**Physical Education Web Resources**

**Toolkits**

Healthy Kids, Healthy New York

After-School Initiative Toolkit

<http://www.nyshepa.org/healthykids.php>

**Health/Nutrition Information**

**School Nutrition Association**

[www.schoolnutrition.org](http://www.schoolnutrition.org)

**American Academy of Pediatrics**

[www.eatright.org](http://www.eatright.org)

**American Dietetic Association**

[www.eatright.org](http://www.eatright.org)

**The National Institutes of Health’s Medline Plus**

ww.nlm.nih.gov/medlineplus/nutrition.html

**The United States Department of Agriculture**

www.mypyramid.gov

**Tufts Health and Nutrition Letter**

[www.healthletter.tufts.edu](http://www.healthletter.tufts.edu)

**Nutrition for Kids**

[www.nutritionforkids.com](http://www.nutritionforkids.com)

**Eat Smart, Grow Strong**

[www.eatsmartgrowstrong.org](http://www.eatsmartgrowstrong.org)

**The Eat Well Guide**

[www.eatwellguide.org](http://www.eatwellguide.org)