

Additional Links for Unit 1

Exercise

http://www.Itscotland.org.uk/healthykids/resources/h_kids_fitness_3.1.pdf

http://www.kidshealth.org/kid/stay_healthy/fit/work_it_out.html

[http://www.americanheart.org/downloadable/heart/102440645323629%20Act.%20for%20Heart%20\(K-2\).pdf](http://www.americanheart.org/downloadable/heart/102440645323629%20Act.%20for%20Heart%20(K-2).pdf)

[http://www.americanheart.org/downloadable/heart/102440539450923%20How%20Muscles%20Work%20\(K-2\).pdf](http://www.americanheart.org/downloadable/heart/102440539450923%20How%20Muscles%20Work%20(K-2).pdf)

<http://www.americanheart.org/downloadable/heart/102440728878331%20Find%20Your%20Way.pdf>

[http://www.americanheart.org/downloadable/heart/102441007944944%20Why%20People%20Exercise%20\(3-5\).pdf](http://www.americanheart.org/downloadable/heart/102441007944944%20Why%20People%20Exercise%20(3-5).pdf)

Menus/Foods

[http://www.americanheart.org/downloadable/heart/102440825485637%20Healthy%20Heart%20Menu%20\(3-5\).pdf](http://www.americanheart.org/downloadable/heart/102440825485637%20Healthy%20Heart%20Menu%20(3-5).pdf)

[http://www.americanheart.org/downloadable/heart/102440993901743%20Rate%20that%20Snack%20\(3-5\).pdf](http://www.americanheart.org/downloadable/heart/102440993901743%20Rate%20that%20Snack%20(3-5).pdf)

[http://www.americanheart.org/downloadable/heart/102440617234927%20Fruits%20Veg%20\(K-2\).pdf](http://www.americanheart.org/downloadable/heart/102440617234927%20Fruits%20Veg%20(K-2).pdf)

[http://www.americanheart.org/downloadable/heart/102440979672142%20Be%20Choosy!%20\(3-5\).pdf](http://www.americanheart.org/downloadable/heart/102440979672142%20Be%20Choosy!%20(3-5).pdf)

<http://www.americanheart.org/downloadable/heart/10243448482774%20Healthy%20Snack.pdf>

[http://www.americanheart.org/downloadable/heart/102440586276626%20Making%20Healthful\(K-2\).pdf](http://www.americanheart.org/downloadable/heart/102440586276626%20Making%20Healthful(K-2).pdf)

Table Manners

<http://www.sites4teachers.com/links/redirect.php?url=http://extension.usu.edu/files/foodpubs/manners.pdf>

<http://www.myteachertools.com/old/manners/mealtimemap.pdf>

<http://www.captionedmedia.org/guides/10535.pdf>