American Lung Association
1740 Broadway
New York, NY 10019
www.lungusa.org
Provides lesson plans about healthy lungs, asthma, etc.
(All Grades)

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329-4251
900-227-2345
http://www.cancer.org

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231-8721
800-242-8721
http://www.americanheart.org

Alcoholics Anonymous
PO Box 459
New York, New York 10163
www.mbensel.com/aa.htm

American Dental Association
211 East Chicago Avenue
Chicago, IL 60611
www.ada.org

American Institute of Nutrition
9650 Rockville Pike
Bethesda, MD 20814
www.asns.org

AskERIC Lesson Plans
Search the AskERIC Lesson Plan Collection! Browse AskERIC Lesson Plans by Subject: Arts. Computer Science. Foreign Language. Health...
http://ericir.syr.edu/Virtual/Lessons/

Asthma and Allergy Foundation of America
1125 15th Street, Suite 502
Washington, DC 20005
www.aafasocal.com

**Cancer Information Service, NIH, DHHS**
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A16
9000 Rockville Pike
Bethesda, MD 20892
http://daccps.nci.nih.gov/5aday/about.htm
"5 A Day for Better Health Program"

**Centers for Disease Control and Prevention**
1600 Clifton Road
Atlanta, GA 30333
http://www.cdc.gov
Provides general health information about schools and information about preventing the spread of the flu in schools.
"Adolescents and Young Adults"
http://www.cdc.gov/nccdphp/sgr/adoles.htm
Web pages for Nutrition and Physical Activity
http://www.cdc.gov/nccdphp/dnpal

**Center for Nutrition Policy and Promotion, USDA**
3101 Park Center Drive
Alexandria, VA 22302
http://www.usda.gov/cnpp

**Council on Environmental Quality**
722 Jackson Place, NW
Washington, DC 20503
www.deq.state.la.us

**Education World® The Educator's Best Friend**
Education World®. The Educator's Best Friend. Here you will find the best education links and original content the Net has to offer.
http://www.education-world.com/

**Food and Drug Administration**
Office of Consumer Affairs
5600 Fishers Lane
Rockville, MD 20857
www.fda.gov
Food and Drug Administration, DHHS
Center for Food Safety and Applied Nutrition
5100 Paint Branch Parkway
College Park, MS 20740-3835
http://www.cfsan.fda.gov

Food and Nutrition Information Center
USDA/National Agricultural Library
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705-2351
Tel: 301-504-5719 Fax: 301-504-8409
Publication request: fnic@nal.usda.gov
Website: http://www.nal.usda.gov/fnic

Food and Nutrition Service, USDA
Team Nutrition
3101 Park Center Drive
Alexandria, VA 22302
http://www.fns.usda.gov/tn

Food Safety and Inspection Service, USDA
1400 Independence Avenue, SW
Washington, DC 20250
http://www.fsis.usda.gov

Gateway to Government Food Safety Information
http://www.foodsafety.gov

General Education
MarcoPolo

Glencoe Health Lesson Plans
Health Topics, Reading Skills, Lesson Plans, Cross Curriculum Lesson Plans, Media Literacy Lesson Plans, Health and Wellness

Health Finder® - Gateway to Reliable
Consumer Health Information, DHHS
National Health Information Center
P. O. 1133
Washington, DC 20013-1133
http://www.healthfinder.gov
Health and Physical Education
http://www.teachnet.com/lesson/health/heafit.html

International Food Information Council Foundation
1100 Connecticut Avenue, NW
Suite 430
Washington, DC 20030
"IT'S ALL ABOUT YOU"
Campaign and Materials
http://ific.org/iaay
see also: http://www.kidnetic.com

Juvenile Diabetes Foundation
432 Park Avenue South
New York, NY 10016
www.jdf.org

Kathy Schrocks Guide for Educator's: Health and Physical Education
Discovery Channel School : Health Lesson Plans ...curriculum tie-ins with the
programs, vocabulary, and great activities to support this...
http://school.discovery.com/schrockguide/health/fitness.html

Lesson Planet
Search our huge directory of over 30,000 lesson plans - Now.
Sponsored by: http://www.lessonplanet.com/

The Lesson plans page
2,000+ Free Lesson Plans in Math, Social Studies, Art, Language Arts, Music,
PE, Reading, Writing, Geography, Science projects, and Science lesson plans
http://www.lessonplanspage.com/

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
www.modimes.org

Mothers Against Drunk Driving
511 East John Carpenter Freeway
Irving, TX 75062
www.madd.org

National Arthritis and Musculoskeletal and Skin Diseases
Information Clearinghouse
P.O. Box AMS
Rockville Pike
Bethesda, MD 20892  
www.arthritis.org

**National Association of Mental Health**  
1790 Broadway  
New York, NY 10010  
www.nami.org

**National Association of Sports for Cerebral Palsy**  
66 East 34th Street  
New York, NY 10016  
www.usspaa.org

**National Board**  
National Board information  
Provides certification.

**National Center for Health Statistics**  
6525 Belcrest Rd  
Hyattsville, MD 20782  
Provides health information for each state and how MS compares to the other states.

**National Clearinghouse for Alcohol and Drug Information**  
P.O. Box 2345  
Rockville, MD 20847-2345  
www.learnnc.org

**National Council on Alcoholism and Drug Dependence**  
12 West 21st Street  
New York, NY 10010  
www.ncaddni.org

**National Fire Protection Association**  
P.O. Box 9101  
Quincy, MA 02269-9101  
www.usfa.fema.gov

**National Health Information Center**  
P.O. Box 1133  
Washington, DC 20013-1133  
www.health.gov
Nation Institute of Diabetes and Digestive and Kidney Diseases NH, DHHS
Weight-control Information Network (WIN)
1 WIN Way
Bethesda, MD 20892-3665

National Institute of Health
www.NIH.gov

National Food Service Management Institute
http://www.nutritiondecision.com

National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-320
www.nsc.org

Nutrition
http://www.dole5aday.com/
(Lower Elementary)

Nutrition Explorations
http://www.nutritionexplorations.org/

Partnership for Food Safety Education (Fight BAC!)
http://www.fightbac.org/

PE Central: The website for Health and Physical Education Teachers.
Ideas PreK-12 PE & Health, Integrated Search All Lessons, Submit a Lesson...
Assessment Ideas Paper & Pencil, Alternative (rubrics)...
http://www.pe.central.vt.edu/

PE CENTRAL: Health Lesson Plans
PE Central's Health lesson plans are for physical education and health education teachers.
http://pecentral.org/lessonideas/health/healthlp.asp

President's Council on Physical Fitness and Sports, DHHS
Department W, Room 738-H
200 Independence Avenue, SW
Washington, DC 20201-0004
http://www.fitness.gov
Research Software
http://www.polarusa.com/
(All Grades)

Southeast United Dairy Association
5340 W Fayetteville Road
Atlanta, GA 30349
http://www.southeastdairy.org

Students Against Drunk Driving
P.O. Box 800
200 Pleasant Street
Marlboro, MA 01752
www.saddonline.com

Safety Education
Federal Emergency Management Association
http://www.fema.gov/kids/
(free teacher resources)

Subject Games, Videos, Quizzes
http://www.brainpop.com
(All Grades)

Website for girl power!
http://www.girlpower.gov/
email: gpower@health.org

Texas Folic Acid Case Study
http://www.cdc.gov/ncbddd/folicacid/excite/default.htm

Theme Units, Lesson Plans, Worksheets and Teacher Tools!
Provides comprehensive database of lesson plans plus education news for
grades K-5.
http://www.edhelper.com/

Teacher Resources
http://www.cbsd.org/library/teacher.htm
Also has links to other sites such as CDC. Provides lesson plans and school
health information for grades K-12.

http://www.healthteacher.com/lessonguides/default.asp
Health lesson plans that covers all areas of health (mental, drug prevention, etc)
(All Grades)
Tobacco Prevention Video for Grades 7-12
Acclaimed anti-smoking video for 7th- through 12th grades. Patrick Reynolds motivates students to resist tobacco-advertising peers. Sponsored by: http://www.tobaccofree.org

US Department of Agriculture
10301 Baltimore Boulevard
Beltsville, MD 20705
www.usda.gov

U. S. Department of Health and Human Services
DHHS Web pages for educators/teachers
http://www.hhs.gov/kids/teachers.htm

Partnership for a Healthy MS
http://www.healthy-miss.org
http://www.getswat.com
http://www.tobaccofreekids.org
http://www.cdc.gov/tobacco
http://www.tobacco.org
http://www.thetruth.com

The following books can be purchased through many book distributors or retailers.
# Appendix A

Completion of Activity Rubric

<table>
<thead>
<tr>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student completed 100% of the activity.</td>
<td>The student completed 80% of the activity.</td>
<td>The student completed 70% of the activity.</td>
<td>The student completed 50% of the activity.</td>
<td>The student did not attempt the activity.</td>
</tr>
</tbody>
</table>
## Appendix B

### Demonstration Rubric

<table>
<thead>
<tr>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student demonstrated the activity correctly and provided additional information relevant to the activity.</td>
<td>Student demonstrated the activity correctly.</td>
<td>Student demonstrated the activity but left out one key point in his/her demonstration.</td>
<td>Student demonstrated the activity but left out two key points in his/her demonstration.</td>
<td>Student demonstrated the activity but left out three key points in his/her demonstration.</td>
<td>Student did not demonstrate the activity.</td>
</tr>
</tbody>
</table>
Appendix C

Oral Response Rubric

<table>
<thead>
<tr>
<th></th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The student responded to the topic with 100% accuracy.</td>
<td>The student responded to the topic with 80% accuracy.</td>
<td>The student responded to the topic with 70% accuracy.</td>
<td>The student responded to the topic with 50% accuracy.</td>
<td>The student did not respond to the topic.</td>
</tr>
</tbody>
</table>
### Appendix D

**Participation Rubric:**

<table>
<thead>
<tr>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student participated in 100% of the activity.</td>
<td>The student participated in 80% of the activity.</td>
<td>The student participated in 70% of the activity.</td>
<td>The student participated in 50% of the activity.</td>
<td>The student did not participate in the activity.</td>
</tr>
</tbody>
</table>
Discussion Rubric

Name: 

Date: 

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Organization</strong></td>
<td>Student discusses information using an illogical sequence.</td>
<td>Student skips around without smooth transitions. Some logical sequence to discussion.</td>
<td>Student discusses information using a logical sequence.</td>
<td>Student discusses information concisely and logically.</td>
</tr>
<tr>
<td><strong>Content Knowledge</strong></td>
<td>Student does not understand content information; student cannot discuss issues related to the topic.</td>
<td>Student does not understand content; can only discuss basic questions related to topic.</td>
<td>Student is knowledgeable about content but does not elaborate sufficiently when answering discussion questions.</td>
<td>Student is very knowledgeable about content. Student sufficiently discusses all questions.</td>
</tr>
<tr>
<td><strong>Mechanics</strong></td>
<td>Student made four or more grammatical errors during discussion</td>
<td>Student made three grammatical errors during discussion</td>
<td>Student made two grammatical errors during discussion</td>
<td>Student made no grammatical errors during discussion</td>
</tr>
<tr>
<td><strong>Delivery</strong></td>
<td>Student mumbles, incorrectly pronounces words, and is difficult to hear.</td>
<td>Student incorrectly pronounces words and is difficult to hear.</td>
<td>Student's voice is audible. Most words are correctly pronounced.</td>
<td>Student's voice is clear. All words are correctly pronounced.</td>
</tr>
</tbody>
</table>

Total score: ___________
### Written Product Rubric

**Name:**

**Date:**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Organization</strong></td>
<td>Student presents information using an illogical sequence.</td>
<td>Student skips around without smooth transitions. Some logical sequence.</td>
<td>Student presents information in a logical sequence.</td>
<td>Student presents information concisely and logically.</td>
</tr>
<tr>
<td><strong>Conventions</strong></td>
<td>Main idea is unclear and/or paragraphs lack transitions.</td>
<td>Main idea is unclear; contains some smooth transitions.</td>
<td>Main idea is clear; most transitions are smooth.</td>
<td>Main idea is clear; all transitions are smooth.</td>
</tr>
<tr>
<td><strong>Grammar and Spelling</strong></td>
<td>Four or more spelling or grammatical errors.</td>
<td>Three spelling or grammatical errors.</td>
<td>Two or one spelling or grammatical errors.</td>
<td>Zero spelling or grammatical errors.</td>
</tr>
<tr>
<td><strong>Legibility</strong></td>
<td>Work has four or more spelling and/or grammatical errors.</td>
<td>Work has three spelling and/or grammatical errors.</td>
<td>Work has one to two spelling and/or grammatical errors.</td>
<td>Work has no spelling or grammatical errors.</td>
</tr>
<tr>
<td><strong>Word Choice</strong></td>
<td>Five or more words are used improperly.</td>
<td>Three to four words are used improperly.</td>
<td>One to two words are used improperly.</td>
<td>All words are used properly.</td>
</tr>
</tbody>
</table>

**Total score:** _____
### Oral Presentation Rubric

**Name:**

**Date:**

<table>
<thead>
<tr>
<th>Organization</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student presents information using an illogical sequence.</td>
<td>Student skips around without smooth transitions. Some logical sequence.</td>
<td>Student presents information in a logical sequence.</td>
<td>Student presents information concisely and logically.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Content Knowledge</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student does not understand content information; student cannot answer questions related to the topic.</td>
<td>Student does not understand content; can only answer basic questions related to topic.</td>
<td>Student is knowledgeable about content but does not elaborate sufficiently when answering questions.</td>
<td>Student is very knowledgeable about content. Sufficiently answers all questions.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Visuals</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student used no visual aids.</td>
<td>Student used a visual aid that did not specifically support text.</td>
<td>Visuals were related to the presentation</td>
<td>Student used visuals to clearly reinforce text.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mechanics</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four or more spelling or grammatical errors.</td>
<td>Three spelling or grammatical errors</td>
<td>Two or one spelling or grammatical errors.</td>
<td>Zero spelling or grammatical errors.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Delivery</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student mumbles, incorrectly pronounced words, and is difficult to hear.</td>
<td>Student incorrectly pronounces words and is difficult to hear.</td>
<td>Student's voice is audible. Most words are correctly pronounced.</td>
<td>Student's voice is clear. All words are correctly pronounced.</td>
<td></td>
</tr>
</tbody>
</table>

**Total score:**

Rubric adapted from www.worksheetmaker.com
Poster Rubric:

Name:

Date:

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Focus</strong></td>
<td>Topic in unclear</td>
<td>Topic is clear upon analyzing the poster</td>
<td>Topic is immediately clear.</td>
<td>Topic is engaging to viewers.</td>
</tr>
<tr>
<td><strong>Supporting Details</strong></td>
<td>Details do not support main idea</td>
<td>Some details are irrelevant to topic</td>
<td>Most details are relevant to topic; one detail is incorrect or irrelevant</td>
<td>All details are appropriate and clearly support the main idea.</td>
</tr>
<tr>
<td><strong>Drawing and Pictures</strong></td>
<td>No graphics or drawing are provided</td>
<td>Graphics detract attention from text</td>
<td>Graphics are presented appropriately and support text</td>
<td>Graphics are enhance text and provide additional knowledge to viewer</td>
</tr>
<tr>
<td><strong>Grammar and Spelling</strong></td>
<td>Four or more spelling or grammatical errors</td>
<td>Three spelling or grammatical errors</td>
<td>Two or one spelling or grammatical errors</td>
<td>Zero spelling or grammatical errors</td>
</tr>
<tr>
<td><strong>Creativity</strong></td>
<td>No originality; insufficient time spent of project</td>
<td>Some originality; insufficient time spent of project</td>
<td>Product is original</td>
<td>Product is original and innovative</td>
</tr>
<tr>
<td><strong>Layout</strong></td>
<td>Confusing layout; details detract from or are inconsistent with text</td>
<td>Some organization; details somewhat detract from or are inconsistent with text</td>
<td>Organized layout; most details are consistent with text</td>
<td>Well organized layout; all details are consistent with text</td>
</tr>
</tbody>
</table>

Total score: ___________

Rubric adapted from www.worksheetmaker.com