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## Healthy Reading Resources

- [Family Fun Guide](#)

A fill-in-the-blank template and instructions for creating a personalized (community-specific) pocket guide that contains over 30 different ideas for families to explore physical activity opportunities in their communities.

- [Family Tip Sheets](#)

- [Healthy Reading Lessons](#) PDF

A collection of ten one-hour lesson plans that use popular children's books to teach basic nutrition, physical activity, and reading concepts. For grades K-2

- [Preschool Booklist](#) PDF

An annotated list of over 250 books about food, nutrition, healthy eating and physical activity for young children

- [School Guide to Implementing a Family Nutrition Bookbag Program](#)

A short, how-to guide for setting up a take-home family bookbag program that promotes nutrition and physical activity

- [Michigan Team Nutrition Booklist](#) PDF

An annotated list of over 400 books with positive food, nutrition and physical activity messages for children in grades K-2

- [Pyramids Between the Pages](#)

The Pyramids Between the Pages Mini-pack is a take-and-teach curriculum that links the development of beginning literacy skills with nutrition and physical activity education and promotion. The curriculum is designed for use with children in grades K-2, in school, in an out-of-school setting, or in a community-based program.

- [Role Modeling for a Healthy School Environment](#) DOC

Ideas generated from the Team Nutrition Mini-grant Training held on November 1, 2006