

## Tools for Schools- National Dairy Council/Western Dairy Council

Schools are an ideal place for kids to learn and practice good nutrition. The National Dairy Council provides timely, scientifically-sound nutrition information designed specifically for teachers, parents and school foodservice professionals.

- **Nutrition Explorations:**

A National Dairy Council website that makes nutrition education fun and meaningful with hands-on activities.

Check out the **Educators** section for nutrition lessons for all grade levels.

Visit the **School Foodservice** section for tips and ideas for promoting healthy eating.

Browse the **Nutrition Education Materials Catalog** for resources such as interactive handouts, posters and nutrient comparison cards.

- **Child Nutrition Information:**

Nutrition research summaries, statements from leading health professional organizations and press releases related to child health.

Still can't find the educational materials you're looking for? Please contact the Western Dairy Council. Visit [www.wdairyCouncil.com](http://www.wdairyCouncil.com).

### Introducing Two New Nutrition Education Programs from Western Dairy Council!

**Little D's Nutrition Expedition for 2<sup>nd</sup> grade** and  
**Arianna's Nutrition Expedition for 4<sup>th</sup> grade**



Teach your students the importance of good nutrition with National Dairy Council's new nutrition education programs available beginning fall 2005. Each program teaches all five food groups and includes hand-on student activities, reproducible black line masters, as well as four fun interactive games that reinforce classroom learning. Both teacher-tested Nutrition Expedition programs are designed to support Colorado education standards (reading/writing, science, math and health). Visit [www.wdairyCouncil.com](http://www.wdairyCouncil.com), click on schools, then classroom nutrition education programs, for more information.

