

RENAISSANCE CHAPTER THE LINKS, INC.

PURPOSE:	Resource List
FACET:	National Trends and Services
PRINCIPLE:	A Renaissance of the BODY

BLOG

BLOG TOPIC: What do you like most about your beautiful body?

BLOG TOPIC: When do you feel prettiest or handsome?

BLOG TOPIC: What do you do to promote good health in your life?

BLOG TOPIC: How does your family celebrate mealtime?

BLOG TOPIC: As a leader, what action can you take to get your family and friends to adopt a healthier lifestyle?

BLOG TOPIC: How can I get myself to stop eating the foods with sugar and salt that I crave every day?

GET ADVICE: Chances are, your body's going through major changes these days. If you're not sure what's going on, or have specific questions about your health, our advice team is here to help.

http://pbskids.org/itsmylife/advice/health_body.html

VIDEOS

What's in Your Lunch Bag? Everyone struggles to make good choices.

<http://pbskids.org/itsmylife/video/index.html>

Smoking PSAs

<http://pbskids.org/itsmylife/video/index.html>

Bullies: Whether they're the ones taking it or dishing it out, everyone has something to say about bullies.

<http://pbskids.org/itsmylife/video/index.html>

ARTICLES

Puberty: A Whole Lot of Changing Going On

<http://pbskids.org/itsmylife/body/puberty/index.html>

Food Smart: what's In You

<http://pbskids.org/itsmylife/body/foodsmarts/index.html>

Eating Disorders: Thin At All Cost

<http://pbskids.org/itsmylife/body/eatingdisorders/index.html>

Thinking about Drinking

<http://pbskids.org/itsmylife/body/alcohol/index.html>

Dealing with Anger: The Fire Inside

<http://pbskids.org/itsmylife/emotions/anger/index.html>

Depression: The BIG Question

<http://pbskids.org/itsmylife/emotions/depression/index.html>

Dealing with Death: So Many Questions

<http://pbskids.org/itsmylife/emotions/death/index.html>

RECIPES

Check out these sites for tasty recipes for people with all kinds of nutritional needs. **Remember: You can modify any recipe to fit your dietary needs.**

CDC Nutritional Recipes

<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe/recipesearch.aspx>

For information about keeping food safe to eat

http://www.fsis.usda.gov/Food_Safety_Education/Food_Safety_Education_Programs/index.asp

Recipes for Teens

<http://kidshealth.org/teen/recipes/>

Cooking with Kids

<http://www.cookingwithkids.com/part4/recipes.html>

About.com: TEENS

<http://parentingteens.about.com/cs/recipesforkids/a/funsnack.htm>

Recipe Finder

http://try.alottoolbars.com/tb/recipe/recipe_yellow.php?camp_id=176&aff_id=google&qry=Soul%20food%20recipes

Soul Food Cookbook

<http://www.soulfoodcookbook.com/>

Big Mamas Soul Food Recipes

<http://www.bigmamasrecipes.com/soulfood/africanamericanindex>

Soul Food and Southern Cooking

<http://www.soulfoodandsoutherncooking.com/>

Soul Food Online

<http://www.soulfoodonline.net/>

Farmers markets

To find a farmers market in your state

<http://www.ams.usda.gov/farmersmarkets/>

Fruits and Veggies—More Matters

Offering expert cooking advice, nutrition information, and shopping tips, the [Fruits & Veggies—More Matters campaign](#) demonstrates that eating MORE fruits and vegetables does matter to all of us. The Fruits & Veggies—More Matters campaign replaces the 5 A Day for Better Health Program. <http://www.fruitsandveggiesmatter.gov/>



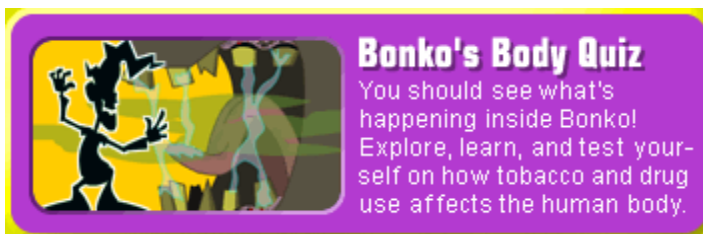
GAMES

My Pyramid Blast Off Game



http://www.mypyramid.gov/kids/kids_game.html#

Bonko's Body Quiz



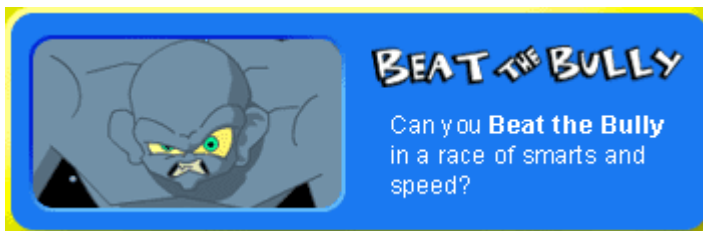
http://pbskids.org/itsmylife/games/bonko_flash.html

Sidewalk to the Future



http://pbskids.org/itsmylife/games/sidewalk_flash.html

Beat the Bully



http://pbskids.org/itsmylife/games/bullies_flash.html

PUBLICATIONS

Take Charge of Your Health: A Guide for Teenagers

<http://win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf>

FITNESS WEBSITES

Physical activity



www.fitness.gov is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports.

For information about physical activity and health

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

TEEN WEBSITES

Body and Mind: The place to go for answers about the things that matter

<http://www.bam.gov/>

Teen Health: Ages 12-17 (Children, Youth, and Women's)

<http://www.cyh.com/SubDefault.aspx?p=159>

Nemours' Teen Health

<http://kidshealth.org/teen/>

LEADERSHIP OPPORTUNITIES

Alliance for a Healthier Generation Youth Advisory Board

<http://www.healthiergeneration.org/teens.aspx?id=2092>

ILLNESSES & DISEASES

Coronary heart disease/cardio-vascular disease

<http://www.nhlbi.nih.gov/health/public/heart/index.htm#chol>

- **High blood pressure**
<http://www.nhlbi.nih.gov/health/public/heart/index.htm#hbp>
http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html
- **Obesity and maintaining healthy weight**
<http://www.nhlbi.nih.gov/health/public/heart/index.htm#obesity>
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
<http://www.win.niddk.nih.gov>
- **Osteoporosis**
http://www.fda.gov/fdac/features/796_bone.html

- **Diabetes**
<http://www.fda.gov/diabetes/>
- **Anemia**
<http://www.4woman.gov/faq/anemia.htm>

AFRICAN AMERICAN WEBSITES

African American Health Page

<http://www.nlm.nih.gov/medlineplus/africanamericanhealth.html>

Black Facts Online

<http://www.blackfacts.com/>