

FAMILY LIFE EDUCATION K-5

Materials and Visual Aids

| A. | <u>Substance Use</u> | Grade Level |
|-----------|---|--------------------|
| | Sly's Unwise Surprise (Timothy Stinson) | K-1 |
| | Smoking Stinks (Scholastic) | K |
| B. | <u>Human Development</u> | |
| | Always Changing: About You-Puberty and Stuff (Proctor & Gamble) | 5 |
| | Growing Up and Liking It (Personal Products) - Part IV Puberty Males | 5 |
| | Just Around the Corner (Marsh Media) | 5 |
| | Meet the New You (Marsh Media) | 4 |
| C. | <u>Health and Nutrition</u> | |
| | Head Lice: An Itchy Problem (Marsh Media) | K |
| | Geena's Tremendous Tooth Adventure (Oral B) | 1,2 |
| | Dr. Rabbit and the Tooth Defenders (Colgate) | 1,2 |
| | Portion Distortion - HRM Media (2005) | 3-5 |
| | The Adventures of Wiggly Tooth (Colgate) | K-3 |
| | The Edible Pyramid-Good Eating Every Day (Loreen Leedy) | K-3 |
| | Germly Worm Germ Smart for Kids (Germly Wormy, LLC) | K-1 |
| | Toothbrush & Toothpaste (Crest) | K-1 |
| | My Dentist, My Friend (Ideals Children's Books) | K-1 |
| | Why Should I Eat Well? (Barron's) | K-1 |
| D. | <u>Personal Safety</u> | |
| | Safety Belts: For Dummies or People (General Motors) | 1-3 |
| | ABC's of Fire Safety (National Fire Association) | 1-3 |
| | Disney's Wild About Safety. Timon and Pumbaa Safety Smart, Healthy and Fit DVD (Disney Educational Productions) | K-3 |
| E. | <u>Consumer Education</u> | |
| F. | <u>Fitness</u> | |
| | Just Jump (American Heart Association) | 3-5 |
| H. | <u>Books and Pamphlets</u> | |

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|---|-----|
| Menstruation Facts (ETR Associates) | 4 |
| Poison Prevention - NJ State Department of Health | |
| Growing Up and Liking It (Personal Products) | 4,5 |
| Always Changing: Guidebook for Girls (Proctor & Gamble) | 4,5 |
| Taking Food Allergies to School (Jayjo Books) | K |
| Taking Diabetes to School ((JayJo Books) | K-3 |
| Gorgonzola: A Very Stinkysaurus (Scholastic) | K-3 |
| Gregory, the Terrible Eater by Mitchell Sharmat (Scholastic) | K-3 |
| The School Nurse from the Black Lagoon by Mike Thayer (Spotlight) | K-3 |
| This Is My Body by Mercer Mayer (Little Golden Book) | K-3 |
| Oh the Things You Can Do That Are Good for You: All About Staying Healthy (Cat in the Hat's Learning Library, Random House, Inc.) | K-3 |
| Germes Are Not for Sharing by Elizabeth Verdick (Free Spirit Publishing) | K-1 |
| Allie the Allergic Elephant by Nicole Smith (Allergic Child Publishing Group) | K-1 |
| Brushwell by Katie Bagley (Bridgestone Book) | K-1 |
| Bernstein Bear and Too Much Junk Food by Stan and Jan Bernstein (Random House) | K-1 |
| Try it, You'll like it (An Actions for Health Book) (ETR Assoc.) | K |
| Eat Right by Katie Bagleyn (Capstone Press) | K |
| Jenny's in the Hospital (Little Golden Book) | K-1 |
| Going to the Hospital (G.P. Putnam's Sons) | K-1 |
| Try a Little Kindness (Scholastic) | K-1 |
| One Winter's Night (Tiger Tales) | K-1 |
| The BugaBees Friends with Food Allergies (Beaver's Pond Press) | K-1 |

III. **Kits**

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| Heart Power (American Heart Association) | 1,2 |
| Always Changing (Proctor & Gamble) | 5 |
| Always Changing & Growing Up - Educator's Kit (Proctor & Gamble) | 4,5 |

IV. **Magazines and Newspapers**

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| Time, Newsweek, etc. | 4,5 |
| Philadelphia Inquirer | 4,5 |
| Courier Post | 4,5 |

V. **Websites**

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| www.teamnutrition.usda.gov | K-5 |
| www.choosemyplate.gov | K-5 |
| www.pecentral.com | 1-5 |

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| www.peuniverse.com | 1-5 |
| www.cdc.gov | K-5 |
| www.chop.edu | K-5 |
| www.cooperhealth.org | K-5 |
| www.kidshealth.org | K-5 |
| www.jr.brainpop.com | K-3 |
| www.brainpop.com | 4,5 |

updated: 10/10/19