

# NUTRITION RESOURCES

**For Teachers:**

**Let's Eat Healthy: High  
School Nutrition Resources**

**Dairy Council of California**

A compilation of educational resources pertaining to nutrition and healthy eating habits for teenagers. Free for any educators based in California.



**For Parents:**

**Healthy Eating During Adolescence**

**Johns Hopkins Medicine**

A brief overview by Johns Hopkins that explains to parents what a healthy diet consists of as well as how to instill good nutrition and activity practices in their adolescent children.



**For Students:**

**Take Charge of Your Health: Why the  
adolescent body needs to be healthy,  
and how the adolescent body works**

**NIH National Institute of Diabetes and Digestive  
and Kidney Diseases**

A guide for teenagers written by the National Institute of Health with tips on how to eat healthier, incorporate physical activity into their lifestyles, and get enough sleep.

