

**2020/2021 Healthy Champion Miscellaneous Virtual Resources**

The below resources are available for teachers to share with students / families on ways they can remain healthy while doing virtual learning.

**Nutrition**

* How to cooking videos
  + [How to Choose Apples](https://prowellness.childrens.pennstatehealth.org/family/nutrition/recipes/#article/how-2-cook/how-to-choose-apples)
  + [How to Blanch Vegetables](https://prowellness.childrens.pennstatehealth.org/family/nutrition/recipes/#article/how-2-cook/how-to-blanch-vegetables)
  + [12 Free Online Cooking Classes](https://www.popsugar.com/food/free-online-cooking-classes-47344274)
  + [12 Chef Taught Online Classes](https://food52.com/blog/25139-online-cooking-classes-coronavirus)
* GIANT resources
  + [Rainbow of Fruits and Veggies](https://i5.peapod.com/c/pdfs/GM_RainbowOfFruitAndVeggies.pdf?_ga=2.53727272.1833112256.1590161457-1064584926.1590161457)
  + [Build a Better Snack](https://i5.peapod.com/c/pdfs/GM_BuildABetterSnack.pdf?_ga=2.116596614.1833112256.1590161457-1064584926.1590161457)

**Physical Activity**

* Kohl’s Cares Activities
  + [Aerobic Activities](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Aerobic-Activities.pdf)
  + [Anaerobic Activities](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Anaerobic-Activities.pdf)
  + [Bone-Strengthening Activities](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Bone-Strengthening-Activities.pdf)
  + [Cognitive Activities](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Cognitive-Activities.pdf)
  + [Muscle-Strengthening Activites](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Muscle-Strengthening-Activities.pdf)

**Mental Health**

* [Be Mindful infographic](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/BeMindful.pdf)
* [Getting a Good Night’s Sleep infographic](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/Getting-a-Good-Night%E2%80%99s-Sleep.pdf)
* [Mindfulness Journal](https://prowellness.childrens.pennstatehealth.org/wp-content/uploads/2019/12/BeMindfulJournal.pdf)
* [Teen Health: Mental Health information video](https://www.youtube.com/watch?v=1i9OktVsTWo&t=12s)

**Virtual Trips from Your Living Room**

* [Here’s a Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours](https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/)
* [8 Stunning Virtual Garden Tours Around the World](https://www.housebeautiful.com/uk/garden/g31913008/best-virtual-tours-garden/)
* [Experience Kennedy Space Center Visitor Complex with Space Visor](https://www.kennedyspacecenter.com/info/space-visor)
* [Experience Disney Parks Around the World with these Virtual Rides](https://www.travelandleisure.com/trip-ideas/disney-vacations/virtual-disney-park-rides-worldwide)

**FREE TEACHING PLATFORMS**

* [Flipgrid](https://info.flipgrid.com/)
  + **Flipgrid** is a simple, free, and accessible video discussion experience for PreK to PhD educators, learners and families. Create a Topic and engage your community...together!
* [Kahoot](https://kahoot.com/)
  + **Kahoot**! is a game-based learning platform that brings engagement and fun to 1+ billion players every year at school, at work, and at home. Sign up for free!
* [Quizizz](https://quizizz.com/)
  + Free gamified quizzes for every subject to play in class and at home. Pick an existing quiz or create your own for review, formative assessment, and more.