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|-----------------------|-------------------------|----------------------------------|----------------------------------|----------------------------|--------------------------------|--|--|-------------------------------------|
| Back to School | Youth Sports/ Soccer | Make Physical Fitness a Priority | The Dietary Guidelines | Breakfast for All | Water and Hydration | The Human Body and the Five Senses | Back to School Strategies and Safety | Healthy Relationships |
| Fall | Basketball | Strength & Endurance | Food Safety Practices | A Healthy Thanksgiving | Prevent Type 2 Diabetes | The Respiratory System | Facts on Smoking/ Tobacco | Safe Schools |
| Winter | Individual Sports | Exercising in the Winter Months | Holiday Recipes | Healthy Eating Habits | The Importance of Hand Washing | National Heart Month | When the Body Begins to Grow | Building Your Social Skills |
| Spring | Sports Safety Awareness | In-Line Skating | Vegetables A Path to Good Health | Disease Fighting Nutrients | Health Literacy | How the Environment Affects Your Body & Health | Preventive Medicine | Anger Management |
| Summer | Cycling | Swimming | Fruits | Healthy Summer Fare | The Sun and Health | The Skin | Preventing Accidents/ 911 Emergency Response | Problem Solving and Decision-Making |

Additional articles with activities (some available in Spanish) can be accessed in the following sections . Nutrition, Exercise and Physical Activity, Reducing Health Risks, Emotional Health, and Safe and Healthy School Environments.



Family Health on a Budget includes articles with activities for parents (English and Spanish).