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Back to School	Youth Sports/ Soccer	Make Physical Fitness a Priority	The Dietary Guidelines	MyPyramid.gov	Water and Hydration	The Human Body and the Five Senses	Back to School Strategies and Safety	Healthy Relationships
Fall	Basketball	Strength & Endurance	A Healthy Thanksgiving	Food Safety	Prevent Type 2 Diabetes	The Respiratory System	Facts on Smoking/ Tobacco	Safe Schools
Winter	Winter Sports	Gyms and Recreational Centers	Sugar Substitutes	Holiday Recipes	Hand Washing Procedures	National Heart Month	When the Body Begins to Grow	Coping with Stress
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	Importance of Preventive Medicine/ Health Care	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).