

Supplemental Teacher Resources

SuperTracker Resources

There is a wide array of resources available to help introduce your students to SuperTracker. Below, please find four that will help get you and your students started:

SuperTracker Scavenger Hunt

The SuperTracker scavenger hunt (found in the Printable Materials section at the end of this toolkit) is a quick, fun activity that will help students learn the features SuperTracker offers.

Link: https://www.supertracker.usda.gov/Documents/SuperTracker_Scavenger_Hunt.pdf

SuperTracker 10 Tips

The SuperTracker 10 Tips handout (found in the Printable Materials section at the end of this toolkit) includes tips and ideas for getting started with SuperTracker.

Link: <http://www.choosemyplate.gov/ten-tips>

SuperTracker Site Tour Videos

This short YouTube video offers step-by-step demonstrations on how to use each SuperTracker feature.

Link: <https://www.supertracker.usda.gov/sitetour.aspx>

SuperTracker Button

Click the link below to download a SuperTracker button. Instructions are provided on how to add it to your website, so students can access the site quickly and easily from a webpage they regularly visit.

Link: <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>

Best Practices for Conducting SuperTracker Trainings

Refer to these best practices when conducting SuperTracker trainings for a group. The recommendations are lessons learned from others who have conducted SuperTracker trainings.

Link: <http://www.choosemyplate.gov/sites/default/files/printablematerials/SuperTrackerBestPracticesForTrainings.pdf>

SuperTracker User Guide

This in-depth guide includes instructions for using SuperTracker and details on how it works.

Link: <https://www.supertracker.usda.gov/Documents/SuperTrackerUserGuide.pdf>

Here are some additional teacher resources to supplement the SuperTracker curriculum:

USDA Resources

- USDA Extension Service – Find an Extension Service Map: <http://nifa.usda.gov/partners-and-extension-map>
- SNAP-Ed Connection: <https://snaped.fns.usda.gov/>
- SNAP-Ed Toolkit: <https://snapedtoolkit.org>

Other Government Resources

- President's Council on Fitness, Sports & Nutrition: <http://www.fitness.gov/be-active/ways-to-be-active/>
- Nutrition.gov – Resources for Tweens and Teens: <http://www.nutrition.gov/life-stages/adolescents/tweens-and-teens>

- NIH – Take Charge of Your Health – A Curriculum for Teenagers: <http://www.niddk.nih.gov/health-information/health-topics/weight-control/take-charge-your-health/Documents/TakeCharge.pdf>
- CDC – School Health Guidelines to Promote Healthy Eating and Physical Activity: <https://www.cdc.gov/healthyschools/npao/strategies.htm>