

Check it Out!



Nutrition and Fitness Websites for Kids

Verb: It's What You Do <http://www.verbnow.com>

Verbnow.com is a good website to go to if you're looking for great activities and how to get a good workout. At this website you can mix games together and create a totally new one. It gives you a big list of games to play outside. Also, when you are creating a game you can choose where to play it: outside or in the house. You could make it a winter game. It inspires kids to go outside and play for 60 minutes a day.

Bam (Body and Mind) <http://www.bam.gov>

Bam is a good website because it tells you what kinds of diseases you can catch if you don't work to stay healthy. It also tells about all kinds of safety tips to keep from getting hurt. The website teaches you about the food and nutrition that all kids should have. This website is very fun to be on. It encourages you to eat healthy and get outside for some exercise.

My Pyramid For Kids www.mypyramid.gov/kids/index.html

At this website you can learn what foods go in the My Pyramid chart by playing a game. When playing the game, if you put all of the foods in the right food group, your ship will blast off. If you mess up, your ship will overload and it won't take off. Another good feature is that it tells you about all the new food pyramids that are coming out. There are great tips for kids that tell how to eat healthy.

Milk Matters for Kids <http://www.nichd.nih.gov/milk/kids/kidsteens.cfm>

This popular website has a Milk Matters puzzle for kids to play, and you can download a coloring book. There are games where you have to get through a maze. This website is great because while your kids are having fun, they're learning at the same time.

President Challenge <http://presidentschallenge.org/>

This is a good website because it gives great ideas about how to work out as an adult, senior, teen or kid. This website is so great for everybody. The other awesome thing is that you can win awards for getting active.

Go Healthy Challenge <http://www.nick.com/letsjustplay/>

This is a good website because it inspires kids to be active and get outside more. Run for 20 minute with your friends or play basketball with your brother. That's a good workout. The other reason this website is well liked is because you can design your own course, send it to other kids, and see if they can beat your course.

Dole 5 A Day: We Make 5 A Day Fun

http://www.dole5aday.com/Kids/K_Index.jsp

This website is good because it contains activity sheets and other great ideas for kids to do when it's a nice day outside. The website shows you how to be healthy. It has crossword puzzles to keep kids' mind busy, and also has a fruit and vegetable encyclopedia. It helps kids stay healthy and learn something new at the same time.

