

Stephen Dunbar
Health Hotlist

1. <http://www.bam.gov>
-A great kid-friendly site that includes information on physical activities and nutrition
2. <http://www.kidshealth.org/kid/>
-Another kid-friendly site that discusses healthy eating, physical fitness, and the importance of sleep. A lot of games!
3. <http://www.cspinet.org/smartmouth/index1.htm> l
-This site includes factoids about different snacks, different healthy recipes to try, and video clips.
4. <http://www.mypyramid.gov>
-The classic food pyramid website that will help students realize what amounts of different foods that they need to be eating.
5. <http://www.nms.on.ca/Elementary/Canada.htm>
-It gives recommended caloric intake amounts for different ages and genders, and gives ten tips to healthy eating.
6. <http://www.region.york.on.ca/Services/Public+Health+and+Safety/Food+and+Nutriti+on/Nutrition+Facts+Sheets.htm>
-A website that has numerous health tips for different groups, including pregnant women, infants, children, and adults.
7. <http://www.healthyeating.net>
-This website has different games for kids and healthy recipes that they can tryout.
8. <http://www.pecentral.org/websites/peprogramsites.html>
-This site is more for teachers than it is for kids. It includes links to dozens of school districts' PE pages that include ideas for games and activities.
9. <http://nces.ed.gov/pubs/web/96852.asp>
-Once again, another site mainly for adults, but has a lot of statistics dealing with eating habits of elementary/jr. high students.
10. http://www.nasbe.org/HealthySchools/healthy_eating.html
-A site that gives advice on how to run a good health program. It stresses modeling good eating habits by the adults/staff members on campus.