

I choose to make a HOTLIST of Nutrition and Fitness web sites. Some are for parents and educators and others are interactive for children.

FITNESS

http://kidshealth.org/parent/nutrition_fit/

Fitness and Exercise links such as a parent's guide to fitness for kids who hate sports and Kids, Sports, and Exercise.

<http://www.keepkidshealthy.com/welcome/treatmentguides/exercise.html>

A Fitness and Exercise guide including a fitness quiz regarding your child, and information on warming up, exercising, and cooling down for your child. This site also includes links on information from newborns to adolescents.

http://www.acalogic.com/daily_sedentary_index.htm

Calculate your child's Daily Sedentary Index to see if they are active enough.

<http://preventdisease.com/fitness/fitkids/fitkids.html>

An information site with articles such as the benefits of fitness on children and child obesity prevention in schools.

<http://www.healthierus.gov/exercise.html>

Links on such topics as Physical Activity, Nutrition and Physical Activity, and Obesity.

NUTRITION

<http://www.nal.usda.gov/fnic/etext/000008.html>

You can click on topics from A-Z including AIDS/HIV, Child Nutrition and Health, and Dietary Guidelines.

<http://www.nutritionexplorations.org/index.asp>

Links for kids, educators, and parents. The links for kids include interactive games and activities, and featured recipes.

<http://www.exhibits.pacsci.org/nutrition>

Interactive activities such as Nutrition Sleuth (missing nutrient hangman), Grab a Grape (similar to Jeopardy), and Have-a-Bit Café (choose meals and find out nutritional content).

<http://www.nutrition.about.com/library/foodfind/blfoodfind.htm>

You can look for nutrient composition of an individual food.

<http://library.thinkquest.org/3641/>

Nutrition for Kids - Includes nutrients and their functions, foods you should eat, and the Food Pyramid.