

Nutrition Sites

Keep Kids Healthy – This website contains loads of information, including a kid's food guide pyramid. There are growth charts, height calculators and nutrition surveys.

<http://www.keepkidshealthy.com>

KidsHealth is one of the largest sites on medical of children. There is also an area specifically designed for kids, which is interactive. There are games, recipes and a place to check your body mass index.

<http://kidshealth.org>

Nutrition Explorations has an abundance of creative activities on nutrition for the classroom. There's an area for teachers to exchange ideas and there are news articles on nutrition.

<http://www.nutritionexplorations.org/educators/main.asp>

Schoolhouse: Health – Nutrition Education

This site has lots of nutrition lesson plans and loads of resources.

<http://teacherpathfinder.org>

Nutrition for Kids

This site has information on how to teach kids nutrition. There are recipes and a variety of charts that can be ordered.

<http://nutritionforkids.com>

Fitness Sites

PE Central provides the latest information about physical education programs for children. There are lesson ideas, instructional resources and links to other sites.

<http://www.pecentral.org>

Games Kids Play is a fun website loaded with playground games, jump-rope rhymes and games listed by categories.

<http://www.gameskidsplay.net>

Action for Healthy Kids is dedicated to improving nutrition and physical activity in schools. Here you can find out what's going on in the state of California and other states.

<http://www.actionforhealthykids.org>

Prevent Disease is a website filled with articles and resources to promote fitness and prevent obesity in kids.

<http://preventdisease.com/fitness>

4 Girls Health is a site that focuses on girls between ages 10 and 16. It covers many health concerns and informs kids about making healthy decisions and choosing healthy behaviors.

www.4girls.gov