

SDC k-5 (Carol): Elementary age nutrition & fitness web links:

These are websites I found that offer fun interactive games and activities that will appeal to elementary age children. Most of these activities I could use for my students during computer lab time. Because my students' literacy levels are somewhat limited, I especially like websites with colorful pictures and interactive games. Not only are these fun, they provide great practice for fine motor skills & eye-hand coordination as the children learn about nutrition and health:

<http://www.dole5aday.com/>

Children learn about the wide world of fruits and vegetables. Kids can play produce games, meet cartoon fruit and veggie characters, and learn all about the tasty benefits of 5 A Day. Teachers can preview 5 A Day resources, and find out how to order cook books and CD-ROM games.

<http://www.kidfood.org/index.html>

This nutrition site helps kids in grade 3 through 5 learn about food and its relationship to health. The goal is improve nutrition by engaging students in an interactive, learner-centered program. It includes fun stuff for kids, a comprehensive teacher's guide, and links to dozens of other nutrition sites.

<http://www.nichd.nih.gov/milk/kids/kidsteens.cfm>

The games and activities on this page will help kids to learn more about calcium, and why it's important for strong bones and healthy teeth. Kids will also find out how much calcium they need every day, and what foods they can eat to get calcium.

<http://www.nichd.nih.gov/milk/kids/kidsteens.cfm>

This is the USDA department of agriculture's website to teach younger children about the food pyramid. Fun, educational games.

<http://www.cspinet.org/smartmouth/>

A mildly fun website that provides nutrition choices information for younger children.

<http://www.cdc.gov/powerfulbones/>

This is a fun website for girls to learn about the importance of getting enough calcium in their diet. This site should appeal to elementary age girls.

<http://www.girlpower.gov/girlarea/bodywise/Index.htm>

A website for tween girls (5th to 7th grade). This site teaches about nutrition, physical fitness and body image as well as other health issues of concern to girls in this age range.

<http://www.bam.gov/>

This website was created by the Centers for Disease Control and Prevention (CDC) to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. This is a fun interactive website for elementary age children.

<http://www.urbanext.uiuc.edu/hopping/index.html>

This website may be informational for elementary children who want to learn more about rope jumping, including stunts, rhymes and games.

<http://www.learntobehealthy.org/for-students/fueling-your-special-body.aspx>

This is an interactive website that teaches elementary age children about the food pyramid.