



Food, Nutrition and Health Websites for Kids

Ohio Nutrition Council members have found these websites to be interesting, fun and useful. This list is offered as a starting point in your quest to find fun and appropriate ways to teach food, nutrition, and health to kids. (March 2009)

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

Centers for Disease Control and Prevention. This website is geared toward elementary to middle school students that provide information on overall wellness of body and mind. It provides information on topics such as: disease, food and nutrition, physical activity, safety and information about the human body.

Dole 5 A Day <http://www.dole5aday.com>

Dole Food Company. An interactive website with songs about various nutrients, games, and stories about foods, and a facts encyclopedia about different fruits and vegetables.

Girls Health <http://www.girlshealth.gov>

The Office on Women's Health in the U.S. Department of Health and Human Services. Interactive site for teen girls. Contains information on fitness and nutrition as well as other topics.

Healthy Choices for Kids <http://www.healthychoices.org>

The Healthy Choices for Kids nutrition education program was created by the growers of Washington state apples and is funded in part by the Washington Apple Education Foundation, Tree Top, Inc., and other industry sponsors. It includes a curriculum guide. Click on *Just For Kids!*

Keep Kids Healthy <http://keepkidshealthy.com>

This website was developed by pediatricians and helps parents with questions regarding health and safety.

Kidnetic <http://www.kidnetic.com>

Healthy eating and active living site created for kids and their families.

Kids and Nutrition <http://www.ext.nodak.edu/food/kidsnutrition>

This site was developed by North Dakota State University and contains nutrition information aimed at children with interactive games and activities. There are separate sections for children, teens, teachers and parents.

Kid's Health <http://www.kidshealth.org/kid>

This site has separate links directed at kids, teens, and parents. It includes kid friendly recipes.

Nutrition Explorations Kids Zone <http://www.nutritionexplorations.org>

National Dairy Council. The Kids Zone provides interactive puzzles and games. Includes sections for parents, educators, and food service personnel.

Nutrition Café <http://exhibits.pacsci.org/nutrition>

Pacific Science Center and Washington State Dairy Council. Interactive site provides a multitude of games about nutrition. Tests children's knowledge about nutrition.

Sci4Kids <http://www.ars.usda.gov/is/kids>

USDA/ARS site geared towards helping kids understand, and hopefully get hooked on agricultural science.

Smart Mouth <http://smartmouth.org>

This is an interactive site maintained by the Center for Science in the Public Interest for middle school children and is intended to teach them about the nutritional value of fast foods, snacks and healthful eating tips. It also includes recipes, food facts and up-to-date articles.

The Ohio Nutrition Council is a network of individuals representing many diverse organizations, institutions, agencies, businesses, universities, and colleges all concerned about the nutritional well-being of Ohio citizens.

Nutrition Education Committee (March 2009)