

WEB SITES FOR HEALTHY EATING AND ENERGIZING ACTIVITIES

FOR PARENTS

www.nutrition.gov	Advice on smart shopping, menu planning and delicious recipes
www.fruitsandveggiesmorematter.org	Get kids involved in mealtime shopping and cooking through fun activities
www.squaremeals.com	Empower your family and your child's school with a serving of fun
www.mypyramid.gov	Personal tracking system and meal plan that is right for you
www.texaswic.org	Classes on kitchen safety and nutritional information for parents and small children
www.screentime.org	Get moving with 101 family activities from gardening to the zoo
www.smallstep.gov	Small steps towards a healthier life
www.americanheart.org	Information about keeping your child's heart healthy
www.healthfinder.gov/kids/privacy_parents.htm	Keep your children safe on the Internet

FOR KIDS

www.kidnetic.com	Fun fitness activities to do and yummy meals to make with mom or dad
www.healthfinder.gov/kids	Links for cool and uncool stuff about food and exercise
www.pbskids.org/kws	Read about your favorite athletes and see what sports kids are playing
www.PickTexas.com	Get cooking with cool facts on nutrition in the Kids Corner
www.girlpower.gov	Girls ages 9-13 feel good about your body by eating right and moving
www.girlshealth.gov	Tons of topics and activities related to girls' health
www.smallstep.gov/kids	Small steps towards a healthier life
www.kidshealthworks.com	General information about kids' health
www.verbnow.com	New and exciting games for school-aged kids to play
www.kidshealth.org	How to get fit and stay healthy with games, movies and experiments
www.bam.gov	See why school-aged kids need food, sleep and physical activity to be healthy
www.diabetes.org/youthzone	Great tips, games and links to help manage diabetes

