

Healthy Eating Websites for Children



General Health

BAM! Body and Mind

Centers for Disease Control and Prevention (CDC)

www.bam.gov

Online games, sound effects and information on healthy eating, physical activity, health, dealing with life situations, and safety.

GirlsHealth.gov

Centers for Disease Control and Prevention (CDC)

www.girlshealth.gov

Information for girls ages 10–16 on health, fitness, nutrition, feelings, relationships, smoking, bullying and more.

KidsHealth

Nemours Foundation

<http://kidshealth.org/kid>

Articles, videos and quizzes for kids on such topics as physical health, feelings, puberty and growing up, healthy eating and exercise, and the health problems of grownups. (In English and Spanish.)

Scrub Club (Washing Hands)

National Science Foundation

www.scrubclub.org

Information about germs and the proper way to wash hands.

Healthy Eating

Food Quiz

Food N' Me

www.foodnme.com/food-quiz

A fun, animated food quiz that provides important nutrition information.

Healthy Eating

Sesame Workshop

www.sesamestreet.org/parents/topicsandactivities/topics/healthyeating

Videos like “Cookie Is a Sometimes Food” with Cookie Monster and “Healthy Eating” with Elmo.

Life in the Balance

Food N' Me

www.foodnme.com/vinz-and-lyn/life-in-the-balance

An animated video about Vinz and his sister Lyn as they get food in the cafeteria. Lyn makes a well-balanced plate, but Vinz fills his plate with French fries. When they step into a machine that tests your food tray, Vinz is in trouble!

Families Finding the Balance: A Parent Handbook

We Can! U.S. Department of Health & Human Services

www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf

A guide for parents that explains how to keep the whole family's weight in balance through eating and exercise.

Planning a Healthy Meal

My Plate Planner

New York City Department of Health and Mental Hygiene

www.nyc.gov/html/doh/downloads/pdf/csi/csi-my-child-plate-planner.pdf

Downloadable plate diagrams that are a simple way to teach kids how to choose healthy portion sizes and healthy food.

Healthy Eating Tips, Tools & Fun Activities—For Parents & Caretakers

Nourish Interactive

www.nourishinteractive.com/parents

Nutrition tools, tips and recipes to keep the whole family healthy. Learn how to create a healthy food plate, calculate body mass index (BMI) and read a food label. Get information on grocery shopping, cooking with kids, eating out and making a healthy lunch box. Download coloring pages, puzzles, games and holiday cards to help kids learn about healthy eating.

Go Shopping by Color

Food N' Me

www.foodnme.com/swf/what-food-am-i/pdf/child-shopping-list.pdf

A chart that gives examples of healthy foods by color. Try eating multiple colors at each meal for a balanced diet!

Go, Slow & Whoa Foods

National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf

A chart that shows what foods to eat almost anytime (“go foods”), sometimes (“slow foods”) and only once in a while (“whoa foods”).

The Snack Neutralizer

www.thesnackneutralizer.com

An interactive site that allows kids to find out what it takes to burn the calories they consume. For example, one piece of pie needs an hour of basketball!

Healthy Eating Websites for Children



Games About Healthy Eating

Fruit & Veggie Color Champions

Produce for Better Health Foundation

www.foodchamps.org

Online games, coloring sheets, activity pages and recipes to teach children about fruits and vegetables.

Fun Nutrition Games

Nourish Interactive

www.nourishinteractive.com/kids

Fun online games that teach kids about healthy eating and nutrition. (In English and Spanish.)

Healthy Eating

PBS Kids

<http://pbskids.org/games/healthyeating.html>

Online games about healthy eating featuring favorite PBS characters like Cookie Monster, Grover and Curious George.

Healthy Hiker Build-A-Meal

Denver Museum of Nature & Science

<http://apps.dmns.org/nutrition>

A fun game to help kids learn about what foods make a healthy meal. Players must choose food for the hungry hiker to give her a balanced meal. Will that food give her the energy to make it to the top of the mountain?

Smash Your Food

Food N' Me

www.foodnme.com

A game that asks players to guess how much salt, sugar and oil is in pizza, hamburgers and other foods—and then smash the foods to find the answers!

What Food Am I?

Food N' Me

www.foodnme.com

Interactive tool that allows children to pick the foods they ate today, put them on the plate, and then see how healthy their diet is.

Kid-Friendly Recipes

The Healthy Lunchtime Challenge Cookbook

U.S. Department of Health and Human Services (letsmove.gov)

www.letsmove.gov/kids-state-dinner

A free, downloadable cookbook with 54 winning recipes by kids who participated in First Lady Michelle Obama's Healthy Lunchtime Challenge.

Kids' Recipes

Chop Chop Magazine

www.chopchopmag.org/kids

Simple recipes kids can make for breakfast, lunch, dinner, snacks, drinks and dessert.

Cool Treats Recipes

BAM! Body and Mind, Centers for Disease Control and Prevention

www.bam.gov/sub_foodnutrition

Kid-friendly recipes for dips and snacks, salads, drinks and smoothies, desserts, and veggies.

Recipes and Cooking

KidsHealth, Nemours Foundation

<http://kidshealth.org/kid/recipes>

Recipes for kids, including kids with cystic fibrosis, diabetes, lactose intolerance or celiac disease, and kids who are vegetarian.

Sesame Street Recipes

Sesame Workshop

www.sesamestreet.org/parents/topicsandactivities/recipes

Recipes for child-friendly foods that children will love to make—and eat!