

Healthy Nutrition and Active Living Resources For Parents and Kids Concerned about being Healthy

A website filled with activities for kids to promote healthy nutrition and healthy active lifestyles.

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

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth has sections for kids, parents, and teens. www.kidshealth.org

Also see: www.kidshealth.org/parent/general/body/overweight_obesity.html

Resources for school personnel and parents on creating environments and opportunities for kids to make healthy choices and develop healthy lifestyles. www.actionforhealthykids.org

Also see: <http://www.actionforhealthykids.org/in-your-state/nebraska/welcome>

Resources for school personnel and parents on creating environments and opportunities for kids to make healthy choices and develop healthy lifestyles. www.kidnetic.com

A kid-friendly site with sections for teachers and parents. www.pbskids.org

MyPyramid for Kids is a child-friendly version of the MyPyramid Food Guidance System for children aged 6 to 11. <http://www.nationaldairycouncil.org/childnutrition/pages/mypyramidforkids.aspx>

Choose My Plate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl. <http://www.choosemyplate.gov/>

Tips for Parents – Ideas to Help Children Maintain a Healthy Weight -

<http://www.cdc.gov/healthyweight/children/index.html>

Resources for parents, kids, school nutrition personnel, and teachers. Links to interactive activities for kids.

www.nutritionexplorations.org

Tips for Teachers – Promoting Healthy Eating & Physical Activity in the

Classroom. http://www.cdc.gov/healthyyouth/npao/pdf/Tips_for_Teachers_TAG508.pdf

Smallstep Adult & Teen – 171 short tips on being healthy.

https://goramsey.co.ramsey.mn.us/Documents/adult_fitness_ideas.pdf

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Updated October 2015