

# Web Sites Fit for a Family

Type the word “recipes” into a popular search engine, and you’ll find about 195 million links. “Exercise” will give you 429 million Web sites.

That’s a lot of information on eating and physical activity. To help narrow your choices, we’ve put together a list of 10 family-friendly Web sites. On these sites, you and your children will find recipes and meal ideas; discover fun, easy-to-do exercises; learn about health and the human body; and even find out how to grow your own vegetables. Here’s to healthy surfing!



## Kidnetic

[www.kidnetic.com](http://www.kidnetic.com)

Kidnetic is full of computer games that won't let children sit still. The Scavenger Hunt asks them to find an item in the house, such as a comb or a penny, while the computer counts down. Then, they dash back to the computer for the next item to be found.

Another game lists 10 fitness challenges to do in front of the computer. Examples include getting up and sitting down 10 times, running to the bathroom and back, and doing arm curls holding a book.

The Move Mixer is a dance-creation tool that lets kids select moves to make an animated person dance, and then they dance along with it. The site also lists games invented by children, such as Speedy Stairs, Sock War, and Birdie Hit.

In the Recipe Roundup, children can choose from fun and nutritious dishes, including Blood & Guts Soup, Garbage Pasta Salad, and Dirt Bowl Dessert.

## BAM! (Body and Mind)

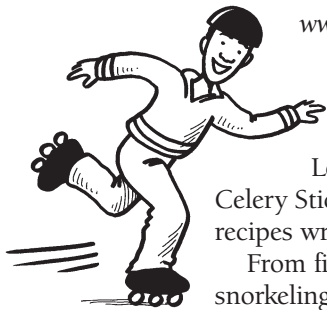
[www.bam.gov](http://www.bam.gov)

Even the youngest children can be successful with the snack recipes and activity ideas at this site. Pink

Lemonade Yogurt Pops and Stuffed Celery Sticks are two of the easy, healthy recipes written especially for children.

From fishing and hiking to tennis and snorkeling, youngsters can choose from more than two dozen activities on cards that contain instructions and information about famous athletes.

The “I Heard” Hurdle Race quiz tests kids’ knowledge of physical activity with true-or-false questions. And there’s a Q&A section with information that helps children understand their bodies and stay healthy.



## NCAA Kids Club

[www.ncaa.org/bbp/basketball\\_marketing/kids\\_club](http://www.ncaa.org/bbp/basketball_marketing/kids_club)

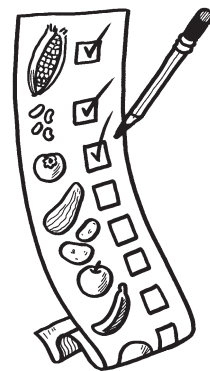
Here youngsters can find basketball drills and activities that will improve their game and help them get more physical activity.

Video clips demonstrate bounce passes, jump shots, rebounds, and other basic skills. A list of drills includes making 40 free throws, dribbling for 5 minutes, or attempting 25 layups. The site also explains games such as Horse, which helps kids practice shots with a friend.

## Fruits & Veggies—More Matters

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

This site encourages kids to include plenty of fruits and vegetables in their diets. Click on “Get Kids Involved,” and find delicious recipes like Bookworm Apple Bark and Banana in a Blanket. Downloadable pages contain a Weekly Shopping Planner, coloring sheets showing all kinds of fruits and vegetables, and activity pages such as “How Much Is a Cup?” Also features an Ask the Expert section and message board for parents.



## Get Kids in Action

[www.getkidsinaction.org/kids](http://www.getkidsinaction.org/kids)

Steer youngsters here to find the sport or activity that is right for them. They can take a quiz to help them identify their interests or choose from twists on traditional favorites, such as Soccer Tag and Pop Fly Relay.

Get Kids in Action features interviews with Peyton Manning, Mia Hamm, and other famous athletes. Kids can even track their daily activities and choose a coach to help

them meet their goals with Get 60. The celebrities discuss their favorite childhood activities and share how they started on the road to sports.

### Milk Matters

[www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm)

This site from the National Institutes of Health (available in English and Spanish) helps families add calcium to their diets—at home and on the go.

From serving calcium-rich meals and snacks and increasing physical activity, to getting calcium into kids who are lactose-intolerant or just don't like milk, Milk Matters is packed with healthy ideas.

In the Just for Kids section, children will find out why they need calcium and what foods are good sources of this important mineral. They'll have fun with games and activities, such as helping Bo Vine the cow reach the Great Calcium Fair by collecting calcium-rich foods along the way. They can also print out a coloring book and learn some lessons from Buddy Brush about how to take care of their teeth.



### Eat Smart Play Hard

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

Let the Power Panther—dressed in exercise clothes and tennis shoes—lead your kids through a total-body exercise routine at this U.S. Department of Agriculture Web site. Children can also visit the Playground to learn new games such as Hula Crawl, and the Fitness Center, where they can dance along with the Power Panther. In “Where in the U.S. Is the Power Panther?” children can find out fun fitness and nutrition facts about each state.

For Chili Popcorn, Peachy Pops, and other healthy recipes, send your youngsters to the Eat Smart Grill. The site also features a Town Library with nutrition and fitness activity sheets in English and Spanish.

### Nutrition Explorations: Kids

[www.nutritionexplorations.org/kids/main.asp](http://www.nutritionexplorations.org/kids/main.asp)

Games and activities teach children about healthy eating. Launch healthy foods into the monster's mouth in Monster



Nutrition—using one item from each food group moves you up to the next level. Or create a virtual milkshake in Make-a-Shake by clicking on the ingredients you want (choose from raspberries, honey, and more).

Youngsters will look forward to helping with grocery shopping after downloading and printing their own shopping lists. The sheets include space for them to write their favorite foods from each food group.

Be a Breakfast Detective tests children's knowledge by challenging them to match foods with clues. The Kids Panel lets youngsters share their favorite foods and activities.

### The President's Challenge

[www.presidentschallenge.org/home\\_kids.aspx](http://www.presidentschallenge.org/home_kids.aspx)

Earn awards for being active. The President's Challenge encourages children to stay active for 60 minutes a day, 5 days a week, for

6 weeks. Kids can choose from more than 100 activities, including cheerleading, soccer, inline skating, and even household tasks. They log their activities, and when they achieve their goals, they earn awards, such as stickers, pedometers, and T-shirts (there is a small fee to order an award).

Youngsters who are active for fewer than 30 minutes a day start with the Active Lifestyle program and work toward a Presidential Active Lifestyle Award certificate. Those who already exercise an hour a day can take part in the Presidential Champions program and earn bronze, silver, and gold awards.

### My First Garden

[www.urbanext.uiuc.edu/firstgarden](http://www.urbanext.uiuc.edu/firstgarden)

What better way for children to have healthy foods at their fingertips than to plant a vegetable garden? The University of Illinois Extension Web site (also available in Spanish) gives information on 15 vegetables, including their history and origin, and guidelines on planting, tending, and harvesting.

Youngsters will find a garden-planning sheet to list the supplies they need, such as tools and seeds. My Garden Journal lets kids record what they did in the garden, what they liked best, and what they plan to do next.

Photographs of other children's gardens are included in the Garden Gallery. Once youngsters' vegetables start growing, they can submit their own pictures.



*Editor's Note:* These Web sites were current at the time of publication, but all are subject to change without notice. We suggest that you review each site to determine its appropriateness for your child.

## Nutrition Nuggets