

Nutrition Web Resources for Kids

Nutrition Education Sites	
Have a Bite Cafe: Select foods and learn the nutrition values! From: Washington State Dairy Council	http://exhibits.pacsci.org/nutrition/noflash_nutrition.html
Nutrition Explorations Website (funded by the National Dairy Council)	http://nutritionexplorations.com/kids/main.asp
International Food Information Council Foundation	http://kidnetic.com/
PBS Kids... Food Advertising	http://pbskids.org/dontbuyit/advertisingtricks/
PBS Kids D.W from Arthur Cartoons "Food Shopping"	http://pbskids.org/arthur/games/supermarket/supermarket.html
Kids Health: Mission Nutrition	http://kidshealth.org/kid/closet/games/game_nutrition.html
Center for Science in the Public Interest Website Find out how your favorite snacks and fast food stack up	http://www.cspinet.org/smartmouth/
NC Eat Smart Move More Website Link to Fast Food and Families-an interactive website to select fast food items (Food Court) and learn the nutrition values!	http://www.fastfoodandfamilies.com/
Nutrition Analysis Sites-Parents should help	
Energy needs calculator by the Food Science and Human Nutrition Department at the University of Illinois	http://nat.illinois.edu/energy/daily.html
Nutritional Analysis Tool from the Food Science and Human Nutrition Department at the University of Illinois	http://nat.illinois.edu/mainnat.html
USDA My Pyramid Food Tracker	http://www.mypyramidtracker.gov/Default.aspx?Module=6