

## Nutrition Web Resources for Kids

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