

Health In Progress

Lesson 6

Internet Resources



QUESTION 6:

TRUE OR FALSE

The internet has some websites that provide accurate and useful information on exercise and eating habits for children.

ANSWER: True

1. There are some good websites that young people as well as adults may find helpful in learning about good eating and exercise habits. *(It is important to realize that not everything you read on the internet is accurate, so make sure the website has a reputable name that you may have heard of before.)*

Here are some website that have reliable and helpful information:

- a. www.mypyramid.gov - Watch a cool video explaining the new USDA Food Pyramid!
- b. www.verbnow.com - This cool site has a Game Generator which allows you to mix your favorite games together and turn them into a new game. Anyone for game of Basketball/Badminton?
- c. www.nutritionexplorations.org - Rocket to the kids site from here and play games like *Feed the Monster*. Try to feed the monster foods from the Food Guide Pyramid, answer questions about the foods, nutrition and the Pyramid and compare your score with your friends!
- d. www.5aday.gov - How many fruits and vegetables should you eat per day?
- e. www.kidshealth.org - This fun and interactive site has answers about nutrition and many other health needs of kids including information on dealing with preteen situations such as peer pressure.
- f. www.fitfamilyfitkids.com - Follow the lives of three real families committed to making positive changes in their lifestyles.
- g. www.fitness.gov - Use this page to link to the www.presidentschallenge.org website. Earn points by being active and set up a personal activity log to help track your progress. The more active you are, the more points you get and qualify for Presidential Champions Awards!