

Nutrition Websites "A Healthy You"

My Pyramid - USDA

<http://www.mypyramid.gov/kids/index.html>

Dole 5 A Day

<http://www.dole5aday.com/>

Kids World Nutrition

<http://www.agr.state.nc.us/cyber/kidswrld/nutrition/index.htm>

Kids Explore the World of Nutrition

<http://www.nutritionexplorations.org/kids/nutrition-main.asp>

Nutrition Café

http://exhibits.pacsci.org/nutrition/nutrition_cafe.html

Nutrition Explorations

<http://www.nutritionexplorations.org/>

Government fitness/nutrition site

<http://www.fitness.gov/10tips.htm>

My Pyramid site

http://www.mypyramid.gov/pyramid/physical_activity.html

Kids Health site

http://kidshealth.org/kid/stay_healthy/food/pyramid.html

