

■ [MyPyramid](#)



- The MyPyramid food guidance system provides many options to help you and your child make smart choices from every food group, find a healthy balance between food and physical activity and get the most nutrition out of your calories. The MyPyramid for Kids is designed for elementary school-aged children and includes the Blast-Off game, an interactive computer game that helps children learn how to make good food choices.

■ [Eat Smart. Play Hard.](#)



- Eat Smart Play Hard is about encouraging and teaching kids and adults to eat healthy and be physically active every day. There are fun games, activity sheets, food experiments and stories for you and your child to enjoy together.

■ [BAM!](#)



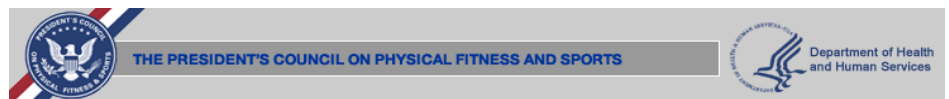
- BAM! Body and Mind is an e-magazine designed for kids 9-13 years old that gives them the information they need to make healthy lifestyle choices. The site focuses on topics that kids told us are important to them using kid-friendly lingo, games, quizzes, and other interactive features.

■ [KidsHealth](#)



- KidsHealth is the most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. The site provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has separate areas for [kids](#), [teens](#), and [parents](#) – each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features, articles, animations, games, and resources – all original and all developed by experts in the health of children and teens.

■ [Fitness](#)



- Fitness.gov is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.

■ [Nutrition Explorations](#)



- Nutrition Explorations is a web site operated by the National Dairy Council. This site is designed to promote overall health, nutrition, and fitness associated with consuming the recommended number of servings from the Food Guide Pyramid. It is a great resource for parents and children that includes articles, lesson plans and games.