

# Online Resources for Teens



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Eat 5 or more servings of fruits and vegetables per day

- The Food on the Run website (<http://www.caprojectclean.org>) for teens shows you how to increase your physical activity, eat right, and maintain a healthy lifestyle.
- The Food for Fitness and Fun website (<http://www.extension.iastate.edu/food/>) features simple recipes, activities, a monthly newsletter, and healthy tips for families.
- Go to Healthy Fridge Just for Kids (<http://www.healthyfridge.org/justforkids.html>) to play games and get recipes and fun facts while learning how to keep your heart healthy.
- The Kids & Nutrition website (<http://www.ext.nodak.edu/food/kidsnutrition/>) offers a section for kids and a section for teens with links to fun, educational activities on healthy eating.
- Nutrition Explorations (<http://www.nutritionexplorations.org/kids/main.asp>) is a fun, interactive website on healthy eating, nutrition, and many entertaining games.
- On Tooned-In: School Menu (<http://www.schoolmenu.com>), a site loaded with lots of fun and games, D.J. the health dog teaches you about eating right.
- Visit the Nutrition Café (<http://www.eatsmart.org/games/game.htm>) for nutrition information and educational games.



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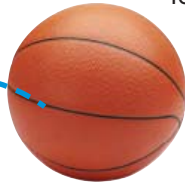
Watch no more than 2 hours of television (and other screen media) per day

- The Don't Buy It: Get Media Smart site (<http://pbskids.org/dontbuyit/>) shows you how to think differently about media and become a smarter consumer.
- Visit the Just Think website (<http://www.justthink.org>) to better understand the messages and images you see in the media.
- The MAGIC website—Media Activities and Good Ideas by, with, and for Children—(<http://www.unicef.org/magic/>) is provided by UNICEF.
- Visit the Just for Kids section of the Media Awareness Network (<http://www.media-awareness.ca/english/games/index.cfm>) to find out more about how television, film, and video games are produced and marketed and to play some fun games.



# 1

Get at least  
1 hour of  
physical  
activity  
per day



- Visit VERB (<http://www.verbnow.com>) to get creative and have fun with physical activity.
- The electriKIDS website (<http://www.electrikids.com>) offers resources for kids on fitness and nutrition.
- The Get Up and Do Something website (<http://www.getupanddosomething.org>) provides many helpful hints and tools for living a healthy lifestyle for Delaware residents.
- Visit Kidnetic, a website for kids on the go (<http://www.kidnetic.org>), offering helpful hints on how to be active.
- 5 Ways to Health and Fitness offers a fun approach to balance nutrition and physical activity for kids and youth (<http://kidshealthandfitness.org.au>).
- The Nutrition, Fitness, and Youth website (<http://citnews.unl.edu/NFY/>) features the character Ferni, who guides you on an educational trip focused on food and fitness.
- Don't understand a term? The Physical Activity Terms website (<http://www.cdc.gov/nccdphp/dnpa/physical/terms/>) provides definitions for lots of physical activity words.
- Visit the Powerful Bones, Powerful Girls website (<http://www.cdc.gov/powerfulbones/>), which teaches girls the importance of getting enough calcium and physical activity.

almost  
none

Drink almost no  
sugary beverages –  
2 or fewer servings  
per week



- The Oliville website (<http://www.umanitoba.ca/outreach/wisdomtooth/index.html>) offers a fun, interactive game where children pick healthy meals for the main character Oli in order to make him grow into a superhero.
- Read this article for kids on the KidsHealth website ([http://www.kidshealth.org/kid/stay\\_healthy/body/teeth.html](http://www.kidshealth.org/kid/stay_healthy/body/teeth.html)) or this article for teens ([http://www.kidshealth.org/teen/your\\_body/take\\_care/teeth.html](http://www.kidshealth.org/teen/your_body/take_care/teeth.html)) for more information on taking care of your teeth, especially after drinking sugary beverages.

## More Health-Related Information for Kids and Teens

- The GirlsHealth website (<http://www.girlshealth.gov>) offers tips on a variety of topics that girls ages 10-16 typically face while growing up.
- Check out KidsHealth for Kids (<http://www.kidshealth.org/kid/>) or KidsHealth for Teens (<http://www.kidshealth.org/teen/>) to find games, recipes, and information about your body and staying healthy.
- Have fun on the Popcorn! website (<http://www.popcorn.org>) and learn about this healthy snack through games and worksheets.
- Check out the U.S. Department of Health and Human Services Kids Page (<http://www.hhs.gov/kids/>), which offers a directory of websites for children and teens.

