

Nutrition Websites for Middle School Students



<http://www.bam.gov/>

BAM! Body and Mind is an online destination for kids created by the Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services. Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices. The site focuses on topics that kids told us are important to them — such as stress and physical fitness — using kid-friendly lingo, games, quizzes, and other interactive features.

BAM! Body and Mind also serves as an aid to teachers, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health.

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

BrainPOP is an educational program that provides curriculum-based content spanning seven main subjects including: Science, Math, English, Social Studies, Health, Arts & Music, and Technology. It currently features more than 600 animated movies. Each movie is supported by activities such as a quiz, comic strip, experiment and other printable worksheets, all of which speak to kids in a language and voice that they can understand. Although many of BrainPOP's movies are appropriate for all ages, the main focus grades for BrainPOP are 3-12. For content aimed at grades K-3, please visit **BrainPOP Jr.**

BrainPOP is a subscription-based product. Some of the videos in each subject area are free. There is a 14 day trial offer listed on the site. The only technical requirements for running BrainPOP are an Internet connection and the **Macromedia Flash plug-in**.

<http://www.bcm.edu/cnrc/resources/kids.html>

Nutrition Information and Sites Just for Kids presented by USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. This site provides links to many other "Nutrition for Kids" sites as well as information on Hot Topics, General Information for Parents, and other resources from universities, the government, and professional organizations and journals.

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

Dole 5 A Day has sections for kids, teachers, school food service, family and friends, retailers, and media. This program focuses on developing nutrition education programs to encourage elementary school children to eat 5 to 9 servings of fruits and vegetables a day to promote better health. It includes information and educational games.



<http://www.floridajuice.com/nutrition.php>



Florida Orange Juice site contains a Health and Wellness section with nutrition information about orange and grapefruit juice, fresh citrus fruit, scientific research, healthy living tools, and health and nutrition links.