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National Skateboard Certification Program©

FUN & EDUCATIONAL NUTRITION WEBSITES FOR CHILDREN

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To browse The Canadian Health Network Nutrition information sheets enter this address:

<http://www.paguide.com>

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To begin having fun and learn about nutrition encourage your students to try out one of these interactive websites specially geared for children...for some great information, educationally appropriate for children and interactive learning:

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DOLE 5 A DAY This site includes information and activities for children about nutrition, and fruit vegetables. Discover facts about your favorite fruits and vegetables and the healthy benefits they provide.

Teachers can also excite their students.

<http://www.dole.com/#/superkids/>

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KIDSHEALTH FOR KIDS This site includes awesome articles, fun features, and interactive activities for kids relating to health issues.

<http://kidshealth.org/kid/>

NUTRITION EXPLORATIONS This site is a collection of activities and resources for students and teachers regarding the area of nutrition

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

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NOURISH INTERACTIVE Welcome! Nourish Interactive is your free one stop resource for fun nutrition games for kids, interactive nutrition tools and tips for parents and health educators to use to promote healthy living for the whole family. Created by nutrition and health care professionals, Nourish Interactive's nutrition education website gives children and families the knowledge and skills they need to make healthy choices.

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

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