



November 21, 2005

Health and Fitness



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

This site was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer.



<http://www.fns.usda.gov/tn/>

Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the [Dietary Guidelines for Americans](#) and [MyPyramid](#).



<http://www.kidshealth.org/kid/index.jsp>

KidsHealth is the largest and most visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use.



Welcome To LessonPlansPage.com!

Physical Education & Health Lesson Plans, Ideas, and Activities

<http://www.lessonplanspage.com/PE.htm>

Lesson plans for PreK through grade 12 submitted by teachers for teachers.