

USDA Launches Brand New Web Pages for Kids and Parents

What should kids and parents eat and do for good health? The answer is just a “click” away at USDA’s new Eat Smart. Play Hard.™ web pages for kids and parents. The kids’ web page provides interactive learning and skill-building experiences in a virtual community setting. The web page encourages and motivates kids to make better lifestyle choices using kid-friendly entertaining techniques. In other words, the web page is fun! Kids can follow Power Panther™, the campaign spokescharacter, in exploring the Power Tunes Store, Theater, Fitness Center, Eat Smart Grill, Fun Times Arcade and Travel Center. Behind each door in this virtual community, kids learn healthy lifestyle skills through geography, music, reading, and science activities. Kids can have lots of fun with the songs, experiments, activity sheets, comics, games, e-cards, recipes, and other materials. Discover the Eat Smart. Play Hard.™ kids’ web page at: www.fns.usda.gov/eatsmartplayhardkids



Parents and other caregivers can find answers to questions on how to improve their family’s health by going to the Healthy Lifestyle web page at: www.fns.usda.gov/eatsmartplayhardhealthylifestyle. Some of the resources on the web page include: tasty, low cost menus and recipes, a handy Calorie Burner Chart, ways to track progress, and smart planning and shopping tips. There is an answer to the commonly asked question “How much do I need to eat?” and lots of ideas for making family time a physically active time. The web page also gives parents a list of quick and easy ways to get started, including ideas for breakfasts, eating out, and being more physically active every day. Information on both sites can help kids and parents make the *MyPyramid* and *Dietary Guidelines for Americans* a part of their everyday life.

