Healthy nutrition and wellness games for children

1. HEALTH & NUTRITION
Online games, educational videos and lessons, healthy nutrition activities for k12 children. The site also offers printable version of games and tools to develop new quiz games or school presentations.

2. THE INCREDIBLE ADVENTURES OF THE AMAZING FOOD DETECTIVE
This interactive educational game teaches wellness while features kids as junior food detective. The food detectives will get a secret training on how to eat right and exercise.
https://members.kaiserpermanente.org/redirects/landingpages/afd
3. COOLFOOD for Schools & Parents
Guidelines for good nutrition and wellness, including interactive educational activities and games for children: KIDZ (6-12 years old) and ADOZ (13-19 years old)
http://www.coolfoodplanet.org/gb/school/index.htm

4. Food & Nutrition, BAM! Body and Mind
CDC's website page offers educational wellness toolkit (The Game Room) where are interactive fun educational games for wellness, including healthy eating, exercising and others.
http://www.bam.gov/site_games.html
6. **My Very Own Pizza**
Create your own virtual pizza while learning the history and nutrition of pizza.

7. **Online Calcium Quiz**
The online Calcium Quiz helps you to determine if you are getting enough calcium.
http://www.dairycouncilofca.org/Tools/CalciumQuiz/

8. **TeenBEAT – Basic Exercise & Activity Tracker**
This quiz helps you figure out if you are active enough, whether it is through a formal exercise program or fun activities.
9. **Blast off Game**
Interactive computer game, kids can reach the Planet Power by fueling their rocket with food and physical activity.

[http://www.choosemyplate.gov/kids/kids_game.html](http://www.choosemyplate.gov/kids/kids_game.html)

![Launch Game](image1)

10. **The Foods Group Game**
Interactive matching computer game, teaches food groups.


![Fruit and Vegetables](image2)

11. **Food Group Frenzy**
Interactive fun computer game, teaches food groups. Sort the falling food into the correct food groups.


![Balloon](image3)
12. Food Detective Memory Matching Game
Interactive memory computer game, teaches food groups.
http://www.sheppardsoftware.com/nutritionforkids/matching/memoryfooddetectives.html

13. Kids Games from Nutrition Explorations
Nutrition Explorations is part of Fuel Up to Play 60 program. Little D'S Nutrition Expedition Games is designed for lower elementary students. The games are designed to teaching identifying and classifying of foods into the Five Food Groups and identifying the health benefit of each food group.
http://www.nutritionexplorations.org/kids.php
14. Chef Solus and the Food Pyramid Adventure: Nourish Interactive Game Tour

Chef Solus lead the player through seven different sections that are full of fun activities developed to teach nutritional concepts.


15. Food Hero

Food Hero is a game that encourages kids to make more nutritious food choices and become more physically active.

http://healthysocial.org/foodhero.html

16. Food N' Me

This site has fun interactive games and activities for kids to learn about healthy eating. **What Food Am I?** is a game that teaches the principles of the USDA Food Pyramid and the concept of eating a balanced diet; kids have fun creating a food face using **Make Your Own Food Face** tool; get challenged playing **Food Quiz**; be a hero playing the game **What Recipe Are You**; have fun and learn about nutritional value on **Smash Your Food** game.

17. E-Learning for Kids
Interactive online educational activity for children, it teaches make healthy eating choices.
http://e-learningforkids.org/Courses/EN/S0703/index.html

18. Make a Healthy Lunchbox
This interactive computer game teaches to choose food items to make a healthy lunchbox.
http://www.foodafactoflife.org.uk/Activity.aspx?sitId=14&sectionId=61&contentId=56

19. The Food Fury
Interactive computer game, teaches how to eat healthy by using the “Go, Slow, Whoa” method.
http://www.playnormous.com/games/food-fury
20. Move Mixer
Dance Creation Tool for create your own dance, have fun while exercising.
http://www.kidnetic.com/kore/Move.aspx

21. Play it
Interactive computer games at The Great Club site, teach kids food choices and nutrition.
http://www.greatgrubclub.com/play-it

22. Mia Mango Superkids Recipe Inventor
Tool for create healthy recipes and learn more about creative ways to eat more servings of fruits and vegetables.
23. Superfoods Secret Sleuth
Interactive game for kids to learn about healthy food as fruits and vegetables.

24. The Superfoods Mighty Gobble and Chomp
Interactive computer game, the player helps Snack Man to eat fruits and vegetables and to avoid junk food.

25. Fruit and Veggie Color Champions
Interactive fun computer games to teach nutrition for 2-8 years old children.
http://www.foodchamps.org/
26. LDL Buster
Fight the “bad cholesterol (LDL)” to avoid it to build plaques inside and artery.
http://www.nafwa.org/games/ldl_buster.html

27. The Tomato Zone
British site with games that help convey the health benefits of tomatoes. Free interactive resources for children aged 5-16.
http://www.thetomatozone.co.uk/