

# Nutrition for Children

## Videos

<https://www.youtube.com/watch?v=KBMxpDbp51A>

This is a Sesame Street video with Cookie Monster singing about healthy food.

[https://www.youtube.com/watch?v=ny8nvM\\_pl1g](https://www.youtube.com/watch?v=ny8nvM_pl1g)

This is a Sesame Street video about Captain Vegetable.

[https://www.youtube.com/watch?v=rKs\\_glbFvUE](https://www.youtube.com/watch?v=rKs_glbFvUE)

This is a Sesame Street video about eating different coloured vegetables and fruits.

## Text

<http://www.todaysparent.com/tag/snacks/>

This is a link to many school safe, healthy snacks.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/child-enfant-eng.php>

This is the link to Canada's Food Guide which includes a lot of great information around nutrition for children.

<http://www.eatrightontario.ca/en/Articles/Menu-Planning/eaTracker-Tracking-your-eating-habits-and-physica.aspx#.Vgs3ZOxViko>

An Ontario online program to help track nutrition and physical activity.

<http://www.heartandstroke.ca/get-healthy/healthy-eating/reduce-sugar>

Heart and Stroke Foundation: Sugar and your Health

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/limit-eng.php>

Health Canada: Foods to Limit

[http://www.cda-adc.ca/en/oral\\_health/cfyt/dental\\_care\\_children/nutrition.asp](http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/nutrition.asp)

Canadian Dental Association: Nutrition for Children

<http://www.cheo.on.ca/en/pickyeaternutritiontips>

CHEO - Nutrition Tips for the Selective Eater