

NOURISH

INTERACTIVE

The fun way to learn about nutrition



Join Chef Solus and
his Explorers as they unlock the
secrets in the food pyramid!



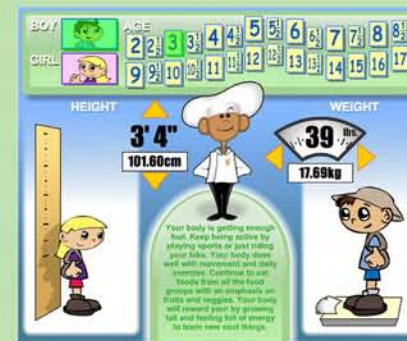
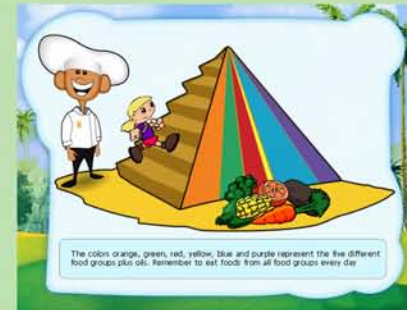
Nourish Interactive is a website devoted towards making nutrition and exercise fun.

We offer FREE interactive features to both children and parents that are designed to help families make healthier choices.

Go to www.nourishinteractive.com

In the children's section:

- Chef Solus teaches kids the importance of each of the Food Groups.
- Kids travel to a school cafeteria, a kitchen and a grocery store to create a balanced meal.
- Kids hear nutritional guidance based on their actual BMI score.
- Kids learn how to use food labels.
- Kids learn a new topic every month in the Band of Explorers' Club webpage.
- And a great deal more...



Our parents' section is filled with interactive tools that keep nutrition fun for the whole family.

And it's all at www.nourishinteractive.com