

Educational Apps for All Age Groups

2 hours
or less
recreational
screen time
every day

According to the American Academy of Pediatrics, children above the age of two should not exceed two hours of recreational screen time in a day.¹ When your child is using media, encourage them to use apps that contain an educational component! Below are some examples:

3 – 5 YEARS OLD



Nutrition and Healthy Eating by Tribal Nova (iOS)²

A cute and engaging app for preschoolers and kindergarten students, kids will love interacting with Bo and his friends. This app reinforces the food groups and healthy eating choices. Three games are included to reinforce concepts that make health and nutrition fun.

6 – 8 YEARS OLD



Healthy Heroes by Yogome, Inc. (Android and iOS)³

Kids are charged with saving the city of Yogopolis from hungry monsters. Through 36 levels of game play, kids fend off the monsters with healthy foods, such as fruits and vegetables. Junk food angers the monsters and prevent advancement. Kids learn to recognize healthy foods and eating habits throughout the game.



Super Stretch Yoga HD by The Adventures of Super Stretch, LLC (iOS)⁴

Children learn yoga poses with engaging visuals, such as demonstration videos and animations of each pose.

9 – 11 YEARS OLD



Eat and Move-O-Matic by Learning Games Lab (iOS)⁵

This app takes food commonly consumed by kids, explains the nutrition label, then recommends a fun physical activity to burn off those calories. It talks about the association between nutrition and exercise in a way that children can understand.

SEE MORE APPS ON THE REVERSE SIDE OF THIS SHEET!



NFL Play 60 by American Heart Association (Android and iOS)⁵

Kids race to the Super Bowl by running, jumping and dodging to collect coins and power-ups. The players in the app only move if the child moves with their device, not controls or buttons!

EVERYONE



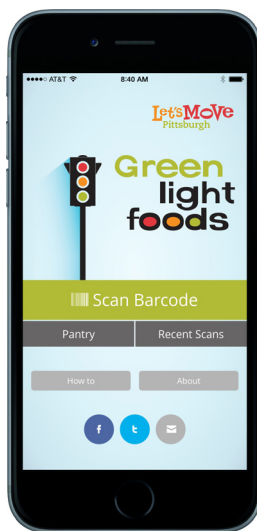
Awesome Eats by Whole Kids Foundation (Android and iOS)⁵

This healthy-eating app pulls fun straight from the garden! It teaches kids about the benefits of a colorful diet of fruits and vegetables and gives recycling tips at the end of each meal.



Green Light Foods by Let's Move Pittsburgh (Android and iOS)

A free mobile app developed by Let's Move Pittsburgh, Green Light Foods is designed to help busy families stay on track and make healthy food choices at the grocery store. Simply scan the barcodes of packaged foods and the app provides nutritional profiles, using traffic light colors to indicate whether the levels of fat, saturated fat, sodium and sugar in certain products are acceptable. It also provides "green light" alternatives to "red light" foods.



Sources

1. "Media and Children." *American Academy of Pediatrics*, 24 Aug. 2016, www.aap.org.
2. "Top 10 Apps to Teach Kids About Healthy Eating." *Avatar Generation*, www.avatargeneration.com
3. "6 Great Apps to Teach Kids About Nutrition." *Eat Right*, www.eatright.org
4. "Best Nutrition and Health Apps for Kids." *Common Sense Education*, www.commonsense.org.
5. "10 Best Health & Nutrition Education Apps for Kids." *Plant a Seed and See What Grows Foundation*, www.seewhatgrows.org.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.