



Healthy Eating, Active Living for Kids and Families: Overview

This on-demand video, for parents and kids, focuses on eating and physical activity for good health. Learn principles of basic nutrition and ways to increase energy and fitness with activities the whole family can enjoy. Topics include food labels, limiting added sugars and tips for eating out, as well as healthy goal setting.

- [Introduction, Agenda, and Food Groups](#)
- [Balanced Meals](#)
- [When to Eat and Listening to Your Body's Hunger and Fullness](#)
- [Movement, Healthy Habits, and Next Steps](#)
- [Learning About Healthy Eating for Teens | Kaiser Permanente](#)