Nutri-Health Quest for Kids and Families 🍎

Subject: A fun, educational website to encourage healthy habits in children and families.

The site will feature a simple, visual tracker for daily activities like drinking water, eating fruits/vegetables, or getting a certain amount of exercise. It will include short, nurse-approved tips and fun facts about why these habits are important, using kid-friendly language and graphics.

This project will demonstrates the ability to apply health promotion and education principles in a creative way. It shows adapting complex health information for a specific audience like kids and create a tool that focuses on preventative care, a key aspect of nursing.