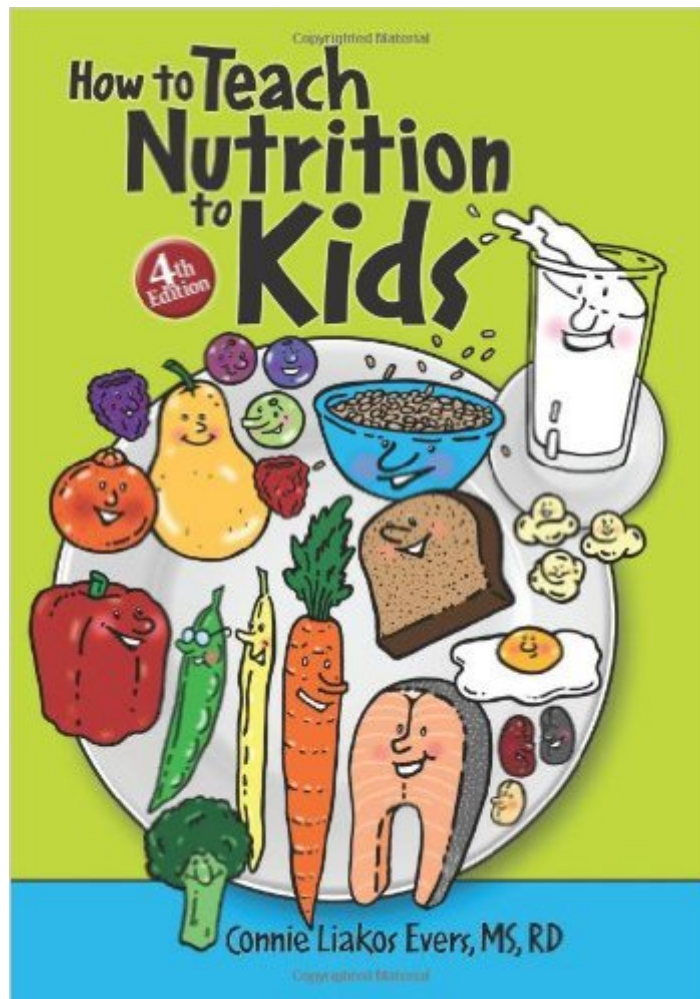


The book was found

# How To Teach Nutrition To Kids, 4th Edition



## Synopsis

Teaching nutrition to children early and often is the key to developing healthy eating habits. The fourth edition of *How to Teach Nutrition to Kids* includes over 200 cross-curricular activities featuring the MyPlate food guide, children's books, gardening, recipes, food art, label reading, fitness and more. Fun, integrated, and behavior-focused, *How to Teach Nutrition to Kids* weaves nutrition education with math, science, language arts, social studies, performing arts, physical education, health education and the school cafeteria. Packed with ideas that empower children to evaluate nutrition information, make smart food choices and creatively prepare food, this book is used in schools, hospitals, scouting programs, 4-H, summer camps, and many other youth-focused initiatives.

## Book Information

Paperback: 248 pages

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Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #283,600 in Books (See Top 100 in Books) #32 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health](#) #631 in [Books > Health, Fitness & Dieting > Children's Health](#) #2134 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Bought this for my daughter who will be serving her internship with a children's fitness/health program. She loved the book and can't wait to begin using it!!!

I facilitated a nutrition camp for youth in my area and this book was such a God send! The breakdown makes lesson planning so simple and the activities are easy to modify to fit your particular group. It was awesome seeing the scenarios in the text brought to life!

This book sets the standard in both content, comprehensiveness and its approach to teaching healthy eating habits to children. It covers all the bases in an easy-to-implement fashion, and makes

learning about nutrition fun & enjoyable for both kids and adults!

My son was doing a college paper on childhood obesity. This book came to be very helpful in finding information that went right in with his outline. By the way, he made an "A".

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