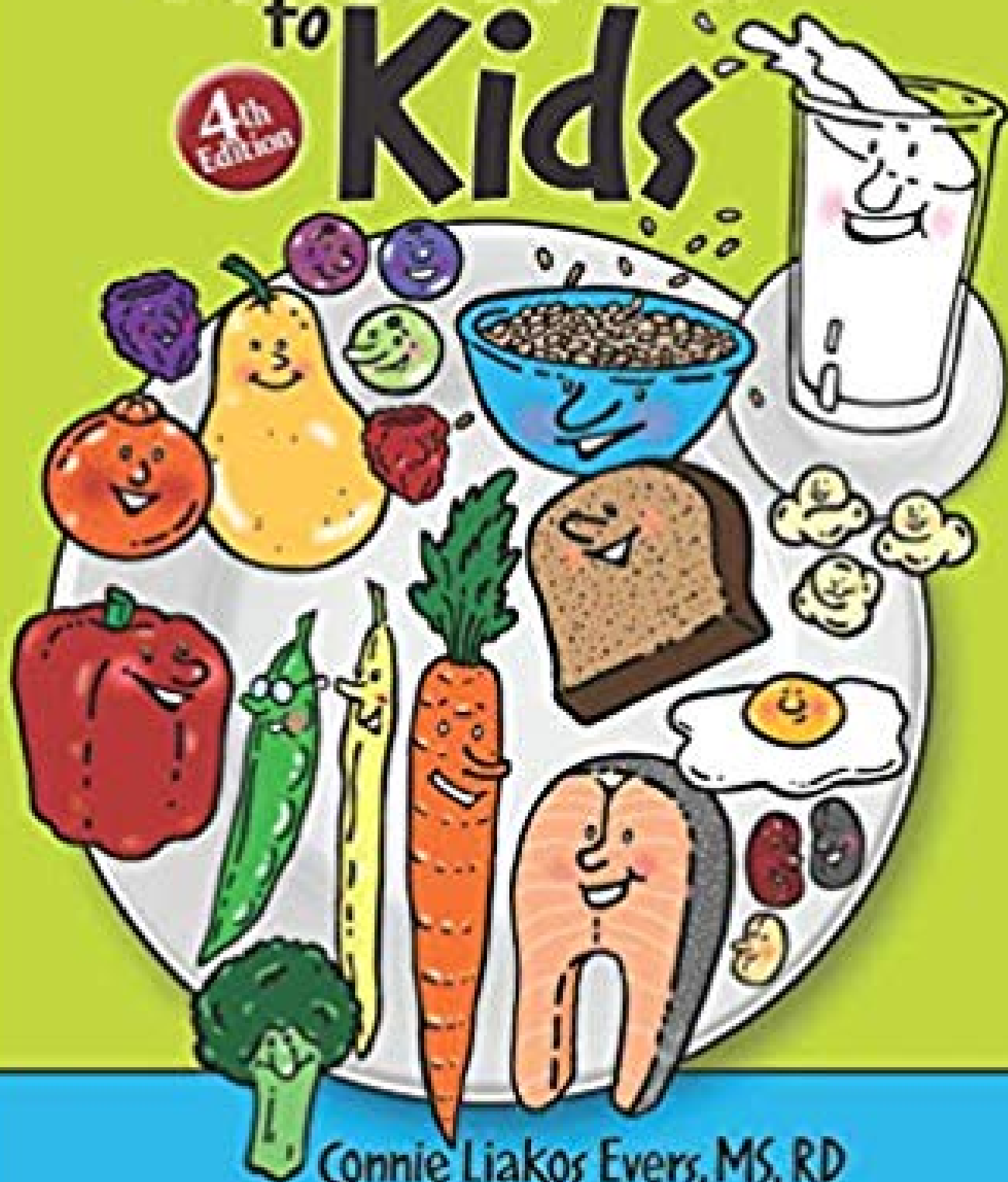


# How to Teach Nutrition to Kids

4th  
Edition



Connie Liakos Evers, MS, RD

Connie Liakos Evers

How to Teach Nutrition to Kids, 4th edition



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Teaching nutrition to children early and often may be the key to developing healthy diet plan. The 4th edition of How to Teach Diet to Kids includes over 200 cross-curricular actions featuring the MyPlate meals lead, children's books, gardening, recipes, food artwork, label reading, fitness and even more. Packed with tips that empower kids to judge nutrition information, make wise food options and creatively prepare meals, this book is used in schools, hospitals, scouting programs, 4-H, summertime camps, and several other youth-focused initiatives. Fun, integrated, and behavior-focused, How to Teach Diet to Kids weaves diet education with math, science, language arts, social studies, executing arts, physical education, wellness education and the school cafeteria.



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Purchased to make use of for our homeschool. Three Stars Just okay. She loved the reserve and can't wait around to begin with using it!!! It was awesome seeing the scenarios in the text brought to life! Incidentally, he made an "A". Good info for a college paper My son was doing a college paper in childhood obesity. This reserve had become very helpful in finding information that went right in along with his outline. It really helped me supplement and strategy out a 16 week program. Has plenty of great lessons and information Plenty of great lessonsVariety of lessons for different subjectsGreat informationHome or classroom activitiesEasily put togetherPages to print Wonderful Resource Bought this for my child who will be serving her internship with a children's fitness/wellness program.. The breakdown makes lesson planning so simple and the activities are easy to change to fit your particular group I facilitated a nutrition camp for youth in my own area and this book was such a God send! The breakdown makes lesson planning so simple and the actions are easy to change to fit your particular group. This book was filled with the right ideas and resources to instruct different age ranges nutrition This book was full of some good ideas and resources to teach different age ranges nutrition. Gave it 3 stars because it's not what I was .. Two Stars Defineltly for an older audience and not for a 1st grader. Gave it 3 stars because it isn't what I was really looking for. The information in the reserve seemed very basic & common knowledge.



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