





EATING FOR A's



A month-by-month nutrition and lifestyle
guide to help raise smarter kids

Kindergarten to 6th grade



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Consuming for A's is a month-by-month diet and lifestyle guide for parents of young school-aged children. Each monthly chapter follows the school year calendar to focus on pre-set goals to create a solid base of healthy practices for achievement in the classroom and in lifestyle. It combines research and whimsy to provide information that matters most to parents.



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Easy Read with Plenty of Tips I have really enjoyed reading "Eating for A's". It really is packed with useful details as a guide to children's nourishment. I especially just like the fact that it's written at a rate that is certainly friendly for people of all educational backgrounds. I would suggest this publication for parents of small kids who want to make sure a healthy diet to their children, but do not have a thorough background in nutrition and dietetics. A+ for Eating for A's

A real plan of action for giving your children the brain boost they need in the current hectic world. I feel great realizing that I am following a advice in the reserve and proactively making my family healthier. I really like giving this as a gift to all brand-new parents. Fun, easy reading with great ideas and good technology. The book promotes active participation for all parties included. Who knows, I would actually eat better myself! I hope part two is normally on it's way, we all want help with the teen years. Required reading for parents This book is quite informative in regards to a topic that people think we are up to date about but we are not. As a retired Teacher/Administrator, I highly recommend this publication. Let's hope they turn out with a book for surviving the teenage years! The graphics and the format held her interested, while at the same time delivered communications that she was able to take away. Overall, this is great publication for parents and children alike to raised navigate the maze of information and misinformation that's out there with regards to nutrition and healthful consuming for our country's most significant asset — our kids. A Great Approach This book is well crafted, filled with good information, and provides a "do-able" method of improving your child's health. I tend to end up being an obsessive/compulsive, "do it now" sort of person so this one-a-month approach is great to gradual me down and help make these changes a permanent, and desirable component of my family's lifestyle. I want to give this reserve to many of my friends to help them and their kids attain a happier, healthier lifestyle. They know their research. Great Teaching Tool Eating for A's is certainly Oscar material. This useful little book is packed with super information--useful and realistic for todays busy moms. The publication is quite well organized and contains a plethora of suggestions, ideas and strategies for teaching children about healthy foods. Children taught at a age to eat healthy will by the time they are teens, have more developed dietary practices. They'll make and gravitate toward healthy choices. This reserve would also be an excellent adjunct to university programs for those in teacher planning programs seeking teaching certification/credentialing for preschool through elementary grades. Consuming for A's will allow parents, grandparents, aunts, uncles, anyone who has children they value, reach their potential. The authors execute a great job at distilling a whole lot of information right down to a concise form that is easy to read and even easier to understand. I highly recommend it. Please write a book for adults. Great information! This book is a surperb teaching tool for parents of small children and educators as well. All you need to know A-Z to look, prepare and serve your kids healthful, nutritious snacks and foods. The authors keep the "fun factor" in eating healthy for all age groups. I read the publication with my 11-calendar year old daughter. This reserve is well received by all the mothers at our elementary school and does make an excellent and thoughtful gift. It sets practical goals for a occupied lifestyle. New Favorite

BABY SHOWER CELEBRATION Gift I have right now found my new favorite baby shower gift. This is an excellent book. All I want is normally this and a trip to the supermarket. Wonderful! Great for everyone! Not only is the information organized in an enjoyably readable format, its monthly format helps it be so easy to follow. What I like best about the reserve is that it gives sound suggestions that I can use to make my entire family more healthy, not just my kids. The graphics are sweet and the written text is engaging. Get it today! Encompassing the what, where, when, and how of good nutrition. The authors have done an excellent job.



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