

Nutrition Facts for Kids

Teaching children the facts about nutrition



Maryse Rouffler

Maryse A. Rouffaer and

Nutrition Facts for Kids: Teaching Children the Facts about Nutrition



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By giving children basic and more advanced understanding of their nutrition, children will become empowered to make better options for their short-term and longterm health, especially when their parents are educated as well. Maryse Rouffaer, CHHC, provides children the reality about nutrition. Finally a book with true information about real food for true children of ages 8-12.



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Great Book and READABLE for Kids With so many books around on food and nutrition its hard for small children to come across something they can quickly understand because of their generation. I was impressed by the way Ms. My daughters go through the book in a few days and know enough about sugars and carbs right now to indicate what their fellow learners are consuming in the school cafeteria (somewhat critically so). AN EXCELLENT Tool for Teaching Children for Educators and Parents I completely loved this book! I don't often recommend stuff but this publication is a thumbs up! My kids are in middle school and its the perfect age because of this book. Sugar may not always be sweet but this reserve certainly is.! This publication will be needed reading and purchase in our SPC training plan from now on. Well done. Finally a open and very clear mind on Nutritional facts As a Mom of three boys it's not always an easy task to explain the kids about nutrition and healthy choices! This reserve is funny and readable for me aswell to read it with my children.! And to let them know that tasteful food doesn't invariably means that's it's healthful, but that healthy food can be quite tasteful ! I would highly recommend this book for Moms and Dads who would like to teach children in order to make the right choices. Rouffaer didn't "dummy down" the written text. This is an excellent, straight-forward book that tells the truth about how additives and the foundation of food can change its health-giving value alongside those important nutrient facts. Highly recommended! Original and thus important! A little too mature for my grandkids but I'm saving it for when they're previous enough. I am looking forward to more great "tools" from Maryse A. This books earns a simple and very knowledgeable way some important tips for us and our kids about nutrition and how exactly to change small things of our usual habits to create our life healthier with awareness. I am looking forward to see if the author can help us parents to move deeper in the journey of helping our kids to understand that "WE HAVE BEEN WHAT WE EAT", what we drink and the way we manage our lives. Being mindful of meals choices hasn't been more essential than it is today. We are using it for a health device in home schooling 4th grader/6th grader. Five Stars EXCELLENT BOOK! Important thing, fun illustrations and readable text message made it a fun read for my children and that's what matters. It helps them to 'think with me' whenever we shop for balanced diet. Better yet the kids in my cooking plan loved it aswell! Rouffaer is a genuine educator. The pictures were full of whimsy that made it fun and interesting to look at. The pictures also invited discussion about illustrating with a combined mix of styles (I actually created an art lesson from their website). Maryse Rouffaer has done a great job making nutrition details easy to grasp. Finally the reality for kids! Incorporating inquiry and historical details arranged the stage for most additional learning lessons for the learners. The book includes a broad market reach from elementary to senior high school. College students studying early childhood, elementary ed and pediatric nourishment can use this reserve to get concepts on presenting information to a class. The inclusion of the healthy recipes was the real proof that Ms. It actually inspired one of these to create a letter to the author! The children in my own (SmartyPantsChefs) cooking course gave it a real thumbs up, "as a Smarty Pants Chefs book we ought to always use in our programs!" Parents and educators alike will have a valuable "tool" in Nutrition Facts for Kids: Teaching Children the Facts about Nutrition if they purchase this book.! Great book! Rouffaer!! Color is nice, however the text is shallow. This is like reading a couple of pamphlets you will probably find at your local health food store. Informative Good info. Great book to read with your family Great book to read with your family. It must be distributed or read more widely to the young among our family and friends. ~ Brian Despard, Writer 'You AREN'T Your Thoughts'. After reading this book, my granddaughters age group 7 & 9 check the elements and make conscious choices before they snack. I am so impressed that they have used charge of their wellness in this way and that Maryse's book has played a significant part in fostering this healthful habit. Improving the nutrition and health of school age children is important for social and academic wellbeing. What a nice tutorial for developing healthy eating habits in kids! The reserve is divided into twelve brief chapters, each with a brief review by the end to reinforce its message. I found it among the best books on diet for children. Unlike various other books that I researched for suggestion to children in a WIC program

that I am connected with, this publication adopts a straightforward conversational design, and makes good use of illustrations and color. Maryse Rouffaer includes a great present in communicating with kids. The effect is a reserve that engages a child's interest and curiosity, assisting convince him/her to develop good diet plan. Because a lot of our tastes and food preferences are acquired whenever we are children, the book is likely to have a major impact in the lives of the children it gets to. Maryse has created an excellent resource about nutrition for kids. Nazir Bhagat DBA, Harvard



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