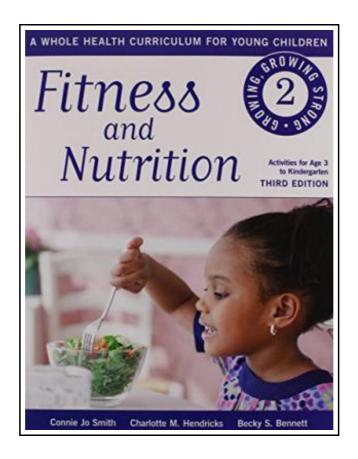
Fitness and Nutrition



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Redleaf Press. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 10.8in. x 8.2in. x 0.4in.During the preschool and kindergarten years, children begin spending more time engaging in physical activity and exploring new foods. Help children learn how to take care of their bodies as they build a foundation for healthy, active lives with this Fitness and Nutrition curriculum. Children will learn about motor development, fitness and physical activity, rest and relaxation, food choices and eating habits, and avoiding germs when eating. The curriculum includesOverviews of the six fitness and nutrition topicsSuggested interest area materials and supports for creating the learning environmentLearning objectives and vocabulary words to introduce and useSuggestions for evaluating childrens understanding of each topicMore than 30 hands-on classroom activitiesFamily information and take-home activitiesThis book is part of the Growing, Growing Strong series, a whole-health curriculum for children age three though kindergarten. Together, the books provide a complete set of activities and resources to help you support childrens growth and wellness. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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