



## Understanding and Tackling Obesity: A Whole-School Guide

By Ruth MacConville

Teach to Inspire, United Kingdom, 2012. Spiral bound. Book Condition: New. 1st New edition. 297 x 210 mm. Language: N/A. Brand New Book. From an early age children are bombarded by the media with messages promoting foods high in saturated fats, sugars and salt. One of the greatest changes for children in the last 50 years is the decrease in exercise and the increase in screen time. This programme is not about dieting or weight control, instead it has been designed to be realistic and non-discriminatory, aiming to enable children from an early age to recognise and resist unhealthy pressures, maintain body-esteem and know how to make skilled choices that will ensure their health and wellbeing. When we shift the focus from fat and weight to healthy choices leading to nutritional health and fitness we sacrifice nothing and gain an approach that enhances the wellbeing of all. (Kater, 2005). The 12 sessions cover topics including: what to eat; how to understand food labels; media messages; get moving; and TV turnoff. There are full facilitator notes with all the necessary resources to run an interactive programme that will engage children. Supporting the class activities there are take home activities that will...



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- **Romaine Rippin**

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**

## Other Books

**Read Write Inc. Phonics: Yellow Set 5 Storybook 8 Danny and the Bump-a-Lump**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 174 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

**Sly Fox and Red Hen - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his big, black bag he heads to her...

**Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

**Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...

**Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...

**Read Write Inc. Phonics: Green Set 1 Non-Fiction 2 We Can All Swim!**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 217 x 115 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...