



Fitness and Nutrition

By Connie Jo Smith

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 includes overviews of the six fitness and nutrition topics. Suggested interest area materials and supports for creating the learning environment. Learning objectives and vocabulary words to introduce and use. Suggestions for evaluating children's understanding of each topic. More than 30 hands-on classroom activities. Family information and take-home activities. This book is part of the Growing, Growing Strong series, a whole-health curriculum for children age three through kindergarten. Together, the books provide a complete set of activities and resources to help you support children's growth and wellness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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