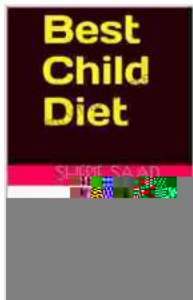


The Ultimate Guide to Child Diet, Health, and Fitness



Best Child Diet (Health & Fitness) E\ 6DQG\ %RGHD

★★★★★ RXW RI
/DQJXDJH (QJOLVK
)LOH VL]H .%
7H[W WR 6SHHFK (QDEOHG
6FUHHQ 5HDGHU 6XSSRUWHG
(QKDQFHG W\SHVHWLQJ (QDEOHG
3ULQW OHQJWK SDJHV
/HQGLQJ (QDEOHG



\$V D SDUHQW \RX ZDQW ZKD\ILW IEQ\VOX GRU
WKDW WKH\ DUH HDWLQJ D KHD[QW KL VGL HDVQ (
PDLQWDLQLQJ D KHDOWK\ ZHLUR\DW %XQV RZLW
EH GLILFXOW WR NQRZ ZKHUH WR VWDUW

7KLV JXLGH ZLOO SURYLGH \R\ ZLW\KQRYZHE
GLHW KHDOWK DQG ILWQHVK\DM ZLOO FRY

- 7KH LPSRUWDQFH RI D KHDOWK\ GLHW
- :KDW QXWULHQWV FKLOGUHQ QHHG
- +RZ WR FUHDWH D KHDOWK\ HDWLQJ SOD
- 7KH EHQHILWV RI H[HUFLVH
- +RZ WR JHW \RXU FKLOG VWDUWHG ZLWK

- 7KH LPSRUWDQFH RI PHQWDO ZHOO EHLQ
- +RZ WR VXSSRUW \RXU FKLOG V PHQWDO

The Importance of a Healthy Diet

\$ KHDOWK\ GLHW LV HVVHQWLDO IRORSDFKLQ WKH QXWULHQWV WKDW WKH\ DQGHGXWROEXL KHDOWK\ RUJDQV DQG PDLQWDLQ D KHDOW

\$ KHDOWK\ GLHW DOVR KHOSFKWRQSLFRGLHFFW KH DUW GLVHGVH VWURNH W\SH GLDEHWH

What Nutrients Children Need

&KLOGUHQ QHHG D YDULHW\ RI 70 KHWHUHQW

- &DUERK\GUDWHV
- 3URWHLQ
-)DW
- 9LWDPLQV
- 0LQHDOV
- :DWHU

7KH EHVW ZD\ WR HQVXUH WKDW XRXU FKLOG WR RIIHU WKHP D YDULHW\ RSMRRGV IURP D

How to Create a Healthy Eating Plan for Your Child

- 0DNH H[HUFLVH IXQ
- /HW \RXU FKLOG FKRRVH DFWLYLWLHV WK
- 6WDUW VORZO\ DQG JUDGXDO QHULFVH DRV.
GRHV
- %H D UROH PRGHO IRU \RXU FKLOG

<RX FDQ DOVR ILQG PRUH LQIRXUP DWLQRG VWL
H[HUFLVH RQ WKH &HQWHUV IRYH'QWHBQH &E
ZHEVLWH

The Importance of Mental Well-being

0HQWDO ZHOO EHLQJ LV MXVWHDOWRS&KWDO
KDYH JRRG PHQWDO KHDOWK DUH PRUH OLN

- +DSS\ DQG VXFFHVVIXO
- 5HVLOLHQW WR VWUHV
- \$EOH WR FRSH ZLWK FKDOOHQJHV
- +DYH KHDOWK\ UHODWLRQV KLSV

7KHUH DUH PDQ\ WKLQJV \RX FDQGGW FRQWXL
+HUH DUH D IHZ WLSV

- 7DON WR \RXU FKLOG DERXW WKHLU IHHO
- +HOS \RXU FKLOG WR OHDUQ KRZ WR FRS
- (QFRXUDJH \RXU FKLOG WR JMMWQWRQYH

- 6HW OLPLWV DQG ERXQGDULHV IRU \RXU
- %H D UROH PRGHO IRU \RXU FKLOG

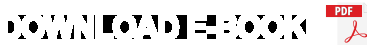
<RX FDQ DOVR ILQG PRUH LQIRWPLD\ URFKRQ KH DOWK RQ WKH 1DWLRQDO 1QVWLWXEHWH

5DLVLQJ D KH DOWK\ FKLOG IDVDRORQH RRI ZARK UHZDUGLQJ H[SHULHQFHV LQVQLQHW\VI RLOG KHOS \RXU FKLOG WR DFKLHYH\WKELQRIQJOK KDSS\ OLIH



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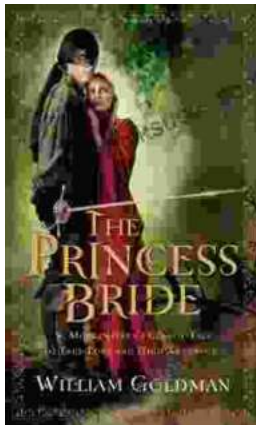
★★★★★ RXW RI
 /DQJXDJH (QJOLVK
)LOH VL]H .%
 7H[W WR 6SHHFK (QDEOHG
 6FUHHQ 5HDGHU 6XSSRUWHG
 (QKDQFHG W\SHVHWLQJ (QDEOHG
 3ULQW OHQJWK SDJHV
 /HQGLQJ (QDEOHG





79 ESL Activities, Games, and Teaching Tips for Big Classes (20+ Students)

7HDFKQLQJ ODUJH (6/ FODVVHV FDQ EH D FK
SRVVLEOH ZLWK WKH ULJKW VWUDWHJLHV
DQG



Morgenstern: A Classic Tale of True Love and High Adventure

ORUJHQVWHUQ LV D FODVVLV WDOH RI WUX
PHGLHYDO ZRUOG WKH VWRU\ IROORZV WK