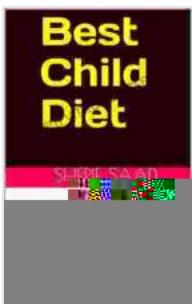


The Ultimate Guide to Child Diet, Health, and Fitness



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\SHVHWWLQJ (QDEOHG
3ULQW OHQJWK SDJHV
/HQGLQJ (QDEOHG

FREE DOWNLOAD E-BOOK

\$ V D SDUHQW \RX ZDQW ZKD\K\LV IEQH\VOX GRHU
WKDW WKH\ DUH HDWLQJ D KHH\OHW\RL\GHL H\WQ (PDLQWDLQLQJ D KH\OWK\ ZHLUR\W\W\%RQV RZL\W EH GLIILFXOW WR NQRZ ZKHUH WR VWDUW

7KLV JXLGH ZLOO SURYLGH \R\Q \WLRW\K QHRYZH\DE GLHW KH\OWK DQG ILWQH\W\ D\W ZLOO FRY

- 7KH LPSRUWDQFH RI D KH\OWK\ GLHW
- :KDW QXWULHQWV FKLOGUHQ QHHG
- +RZ WR FUHDWH D KH\OWK\ 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 HVVHQWGLDQYRORDSFKQC
WKH QXWULHQWV WKDW WKH\ DQ\SHRGXW\ RDEXL
KHDOWK\ RUJDQV DQG PDLQWDLQ D KHDOW

\$ KHDOWK\ GLHW DOVR KHO SRKWRQSLFRQHWFM
KHDUW GLVHDVH VWURNH W\SH GLDEHWH

What Nutrients Children Need

&KLOGUHQ QHHG D YDULHW\ RI 7QHWWU LQHQWUM

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

7KH EHVW ZD\ WR HQVXUH W\KDIWQ XRWXULFQMOV
WR RIHU WKHP D YDULHW\ R\\$MRRGV IURP D

How to Create a Healthy Eating Plan for Your Child

& UHDWLQJ D KH DOWK\ HDWLQJ LHSO DVQ DRQU\ RRX
DUH D IHZ WLSV

- ODNH KDOI RI \RXU FKLOG V BODWH IUXLV
 - &KRRVH ZKROH JUDLQV RYHU UHILQHG JU
 - /LPLW \RXU FKLOG V LQWDNH\ RG USLUQRNFH VD\ XQKH DOWK\ IDWV
 - 2IIHU \RXU FKLOG SOHQW\ RI ZDWHU WR (
- <RX FDQ DOVR XVH WKH 0\3ODWMN RZQHDEOLMHG ' IRU \RXU FKLOG

The Benefits of Exercise

([HUFLVH LV DQ LPSRUWDQWH SIRUWF KRUODG KHD

- %XLOG VWURQJ ERQHV DQG PXVFOHV
- ,PSURYH FDUGLRYDVFXODU KH DOWK
- 5HGXFH WKH ULVN RI REHVLW\ DQG FKUR
- %RRVW VHOI HVWHHP DQG FRQILGHQFH
- ,PSURYH VOHHS

& KLOGUHQ VKRXOG JHW DW OHDDVWK GDPLQXV

How to Get Your Child Started with Exercise

* HWWLQJ \RXU FKLOG VWDUWKGDOZLHQKU HH [HUII WLSV

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

<RX FDQ DOVR ILQG PRUH LQIRXUP\ WILRGQ VRQ\ H[HUFLVH RQ WKH &HQWHUV IRYUHQWHBQH & ZHEVLWH

The Importance of Mental Well-being

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

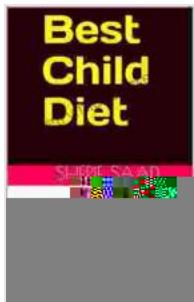
- +DSS\ DQG VXFFHVVIXO
- 5HVLOLHQW WR VWUHVV
- \$EOH WR FRSH ZLWK FKDOOHQJHV
- +DYH KHDOWK\ UHODWLRQVKLSV

7KHUH DUH PDQ\ WKLQJV \RX FDQGGR FWRQWX +HUH DUH D IHZ WLSV
- 7DON WR \RXU FKLOG DERXW WKHLU IHHO
- +HOS \RXU FKLOG WR OHDUQ KRZ WR FRS
- (QFRXUDJH \RXU FKLOG WR JMMWDMQ WRKOYH

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

<RX FDQ DOVR ILQG PRUH LQIRUP\RXURFKRQK
KHDOWK RQ WKH 1DWLRQDO ,QO\W LZH\KEW HWRH

5DLVLQJ D KHDOWK\ FKLOG D\ VDR ORRQWH RRIL ZWRK
UHZDUGLQJ H[SHULHQFHV LQV\LLQ HW K\LVIR\LOG
KHOS \RXU FKLOG WR DFKLHYH\ WHK\I LQRIQJD\K
KDSS\ OLIH



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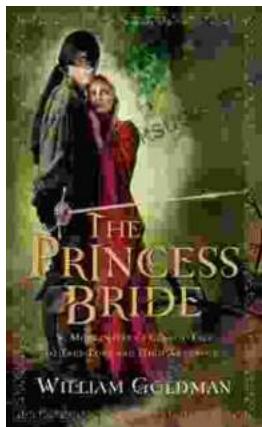
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)LOH VL]H	.%
7H[W WR 6SHHFK	(QDEOHG
6FUHHQ 5HDGHU	6XSSRUWHG
(QKDQFHG W\SHVHWWLQJ	(QDEOHG
3ULQW OHQJWK	SDJHV
/HQGLQJ	(QDEOHG





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

7HDFKLQJ ODUJH (6/ FODVVHV FDQ EH D FK
SRVVLEOH ZLWK WKH ULJKW VWUDWHJLHV
D Q G



Morgenstern: A Classic Tale of True Love and High Adventure

0RUJHQVWHUQ LV D FODVVLF WDOH RI WUX
PHGLHYDO ZRUOG WKH VWRU\ IROORZV WK