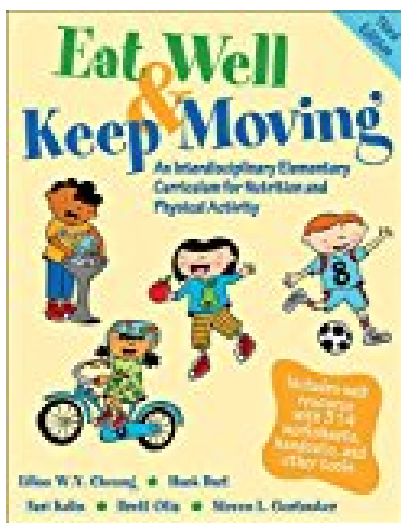


Eat Well & Keep Moving 3rd Edition With Web Resource An Interdisciplinary Elementary Curriculum for Nutrition and Physical Activity



BOOK DETAILS

- Author : Lilian W.Y. Cheung
- Pages : 344 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1492503975

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BOOK SYNOPSIS

Eat Well & Keep Moving, Third Edition, includes thoroughly updated nutrition and activity guidelines, multidisciplinary lessons for fourth and fifth graders, eight core Principles of Healthy Living, and a new Kid's Healthy Eating Plate to help kids make healthy food choices.

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