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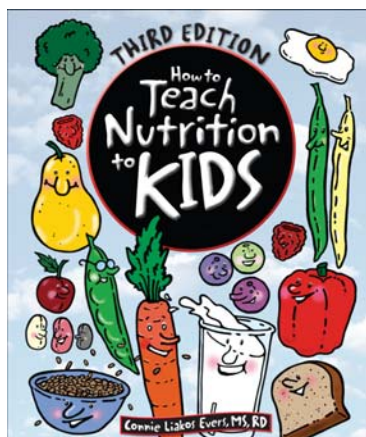
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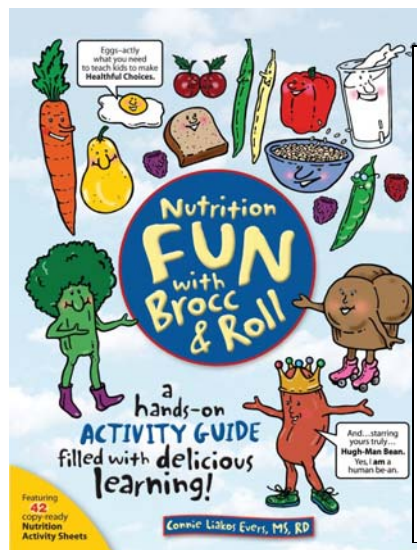
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How to Teach Nutrition to Kids promotes positive attitudes about food, fitness and body image. The book features the MyPyramid Food Guide and hundreds of fun, hands-on nutrition education activities aimed at children ages 6-12.



Nutrition Fun with Brocc & Roll combines a discovery approach to learning with a healthy dose of humor. Important life skills are gained when kids learn to assess food and activity habits using MyPyramid, set goals, make choices, understand advertising and label reading, and develop basic cooking and gardening skills. Includes 42 copy-ready activity sheets!

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