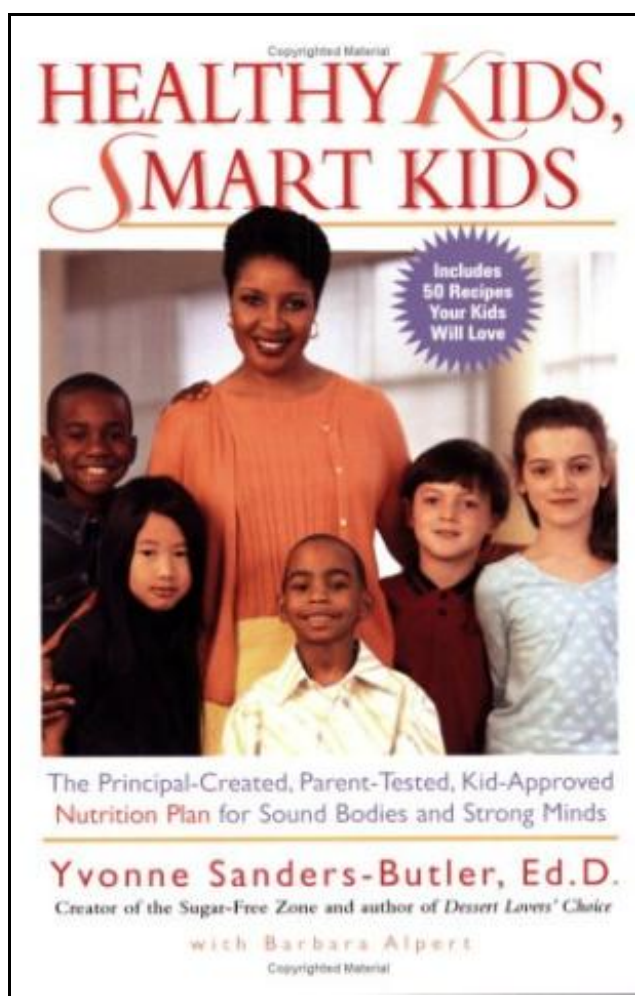


Healthy Kids, Smart Kids: The Principal-Created, Parent-Tested, Kid-Approved Nutrition Plan for Sound Bodies and Strong Minds (Paperback)



Filesize: 1.46 MB

Reviews



Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.

(Audra Hodkiewicz)

HEALTHY KIDS, SMART KIDS: THE PRINCIPAL-CREATED, PARENT-TESTED, KID-APPROVED NUTRITION PLAN FOR SOUND BODIES AND STRONG MINDS (PAPERBACK)



Penguin Putnam Inc, United States, 2006. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. When she became principal of a 1000-student Georgia elementary school, Dr. Sanders-Butler was disturbed by the high number of visits to the school nurse, disciplinary problems, tardiness, and inattention, to say nothing of so many children being overweight. Convinced the problems were directly related to the pizza, sodas, and sweets the school offered, she launched the Achieving Academic Excellence Through Nutrition program, which banned refined sugars and high-fat and processed foods and drink from the cafeteria. The results were immediate: better attendance, improvements in attention and energy levels, plus higher grades. Now, she shares with parents everywhere the lunchroom lessons that will help their children thrive, including: - Best foods for growing minds and bodies - Best choices for setting up a healthy kitchen, including shopping for natural and organics foods and packaged, and convenience products - Eating out, special occasions, and eating on the go. - Fighting peer pressure and junk-food commercials - Breakfast, lunch, snacks, and dinner: ideas, advice, and 50 simple, healthful recipes - How everyone can get involved in their school and community - Resources for information and support-on-and-off line.

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Relevant eBooks



Harriet Tubman and the Freedom (Paperback)

Simon Schuster Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. Ready-to-Read Level 3 Reading Proficiently Rich vocabulary More-challenging stories Longer chapters Harriet Tubman was born...

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Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales...

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Readers Clubhouse B Just the Right Home (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrald-Pilz (illustrator). 224 x 147 mm. Language: English . Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program...

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Readers Clubhouse Set B Joe Boat (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Kristin Barr (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume four, Reading Level 2, in a comprehensive program...

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Readers Clubhouse Set a Nick is Sick (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program...

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Tales of Wonder Every Child Should Know (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

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Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children (Paperback)

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight short stories about knights are selected from several books of fairy tales

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on

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I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy

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