


[DOWNLOAD](#)


## Fitness and Nutrition

By Connie Jo Smith

Redleaf Press. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 10.8in. x 8.2in. x 0.4in. During the preschool and kindergarten years, children begin spending more time engaging in physical activity and exploring new foods. Help children learn how to take care of their bodies as they build a foundation for healthy, active lives with this Fitness and Nutrition curriculum. Children will learn about motor development, fitness and physical activity, rest and relaxation, food choices and eating habits, and avoiding germs when eating. The curriculum includes Overviews of the six fitness and nutrition topics Suggested interest area materials and supports for creating the learning environment Learning objectives and vocabulary words to introduce and use Suggestions for evaluating children's understanding of each topic More than 30 hands-on classroom activities Family information and take-home activities This book is part of the Growing, Growing Strong series, a whole-health curriculum for children age three through kindergarten. Together, the books provide a complete set of activities and resources to help you support children's growth and wellness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



**READ ONLINE**  
[ 2.74 MB ]

### Reviews

*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be the best publication for at any time.*

-- **Prof. Ron Gaylord II**

*The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Wilhelm Predovic**

## See Also



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



### **Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



### **DK Readers Animal Hospital Level 2 Beginning to Read Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



### **DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



### **Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...