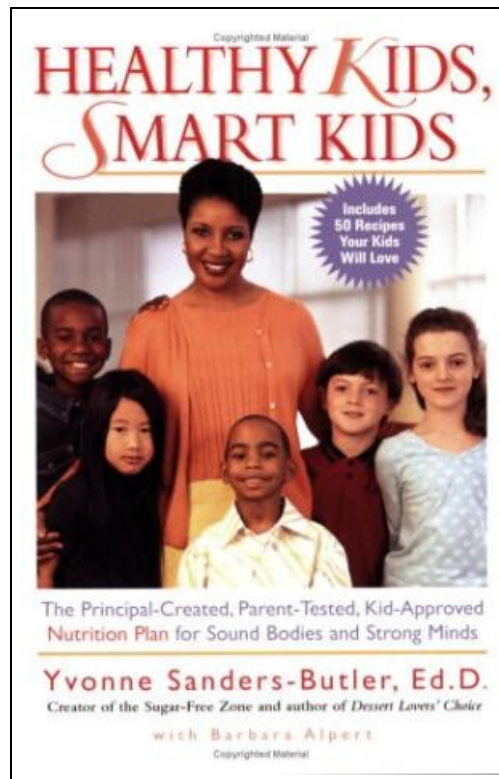


Healthy Kids, Smart Kids: The Principal-Created, Parent-Tested, Kid-Approved Nutrition Plan for Sound Bodies and Strong Minds



Filesize: 2.85 MB

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(Prof. Jasper Murazik PhD)

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



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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