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Nutrition Activities For Preschoolers

Shirley King Evans

Nutrition Activities For Preschoolers:

Nutrition Activities for Preschoolers Debby Cryer, Adele Richardson Ray, Thelma Harms, 1996 Just like the rest of us preschoolers are naturally interested in the food they eat Nutrition Activities for Preschoolers takes advantage of this interest to provide an ongoing everyday emphasis on good health and nutrition throughout the early childhood curriculum The enjoyable activities in this book are related to the typical preschool classroom learning centers blocks books pretend play science and math art music and so on as well as meal and snack times Teachers will find plenty of support in the appendixlists of related books and cookbooks patterns games to play and newsletters to parents A special feature of this book is a training manual for teachers which outlines a staff workshop for using the book to create awareness of good health Nutrition Education for Preschoolers, 1983 Abstract A selected listing of 93 nutrition education resources is habits provided to aid child care center staff and family day care home providers in initiating or maintaining a nutrition education program for children of ages 2 5 The materials in this guide are organized into 5 sections according to either intended audience of instruction or to type of material The 5 sections comprise nutrition education programs materials directed towards child and adult audiences for providing a complete child care nutrition education program aids for teaching care givers materials directed towards child care providers and parents lesson plans for teaching children food and nutrition activities for teaching children and audiovisuals for teaching children and care givers Each section includes an introduction providing additional information on the types of materials included Each resource citation includes information on the type of material source availability cost an abstract and an appraisal wz 5 Minute Activities Learning Zone Express (Firm), 2006

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