



The American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from Five to Twelve

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Wiley, 2002. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword. Acknowledgments. Introduction: An Orientation to Eating Smart. Not All Grade-Schoolers Were Created Equal. If Your Family Is on the Go, This Book Is for You! How to Use This Book. Getting Started. Problem Areas at a Glance . . . Which Ones Apply to Your Child? Chapter 1: Feeding Kids Philosophy 101. Who's Principally in Charge of Eating? The Feeding Responsibilities in Action. How to Develop a Gold-Star Feeding Relationship. Tuning In to Your Grade-Schooler's Learning Potential. Extra-Credit Assignment: Eating Responsibilities Worksheet. Chapter 2: Nutrition Fundamentals. Exploring the Pyramids. Dig In to the Food Guide Pyramid. Taking a Closer Look at Each of the Food Groups. Food Pyramid Jr. A Day in the Life of the Food Guide Pyramid. Putting the Pyramids into Perspective: The Dietary Guidelines. Extra-Credit Assignment: Rate Your Kid's Plate. Chapter 3: Breakfast for Brain Power. Breakfast: An Eye-Opening Experience. Breakfast Basics for Busy Families. What Does a Balanced Breakfast Look Like? Analyze This: Real-Life Breakfast Makeovers. Breaking the Breakfast-Skipping Barriers. Breakfast Is Served (Recipes). Extra-Credit Assignment: The Breakfast Club. Chapter 4: Lunch Lessons. Let's Do Lunch! The Anatomy of...

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