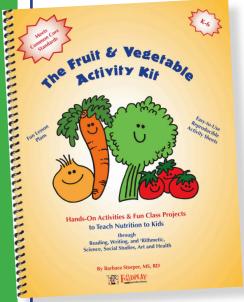
NUTRITION ACTIVITY GUIDEBOOKS

The Fruit & Vegetable Activity Kit



(Ideal for grades K-6)

132 pages filled with everything you need – fun class projects, hands-on activities, standards-based lesson plans, and reproducible activity sheets to engage children in life-long learning.

From creating seasonal food wheels to fun morning announcements, preparing healthy snacks to exploring cultural cuisines, kids will be inspired to eat more fruits and vegetables as they learn all about them, from seed to plate! **Ideal for Grades K-6.**

"A fabulous resource for involving kids in creative food and nutrition activities all year long!"—Deborah Barbe, Food Educator, Cooking with Kids

Meets Common Core Standards and Teaches Nutrition through Core Subject Areas!

Price:

Spiral Bound: \$29.95 E-book: \$19.95

Food Play

Hands-On Health: The Activity Guidebook for Working with Teens



Ideal for middle schools, high schools, and youth groups, this popular sourcebook provides hundreds of engaging, hands-on activities, role plays, reproducible activity sheets, and handouts to empower adolescents to make healthy choices regarding nutrition, physical activity, body image, media literacy, tobacco use, and stress. (200 pages)

"I wish every classroom teacher, parent and health educator could have a copy of this excellent guidebook. Projects for making a difference in the world, relaxation techniques, role playing, plus lots of activities and discussion questions are what make this guidebook such a wonderful resource.

HIGHLY recommended."—Human Environmental Sciences Extension's Resource for Food Science and Human Nutrition Information

Price: \$39.95 Spiral Bound (200 pages, ideal for grades 5th-12th)

MyPlate Activity Kit

(Ideal for grades K - 5th)

Easy to use activities, fun

lesson plans, and reproducible activity sheets help students explore how to build a balanced diet with MyPlate for breakfast, lunch, dinner, and snacks. Keyed to lower and upper elementary grades and core subject areas. (25 pages)

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