

Planet Health



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"Planet Health" is now revised with the latest information and supported by a bound-in CD-ROM and website with free access. Now more than ever, this proven programme is an innovative, interdisciplinary approach to health education. Readers will use this curriculum to teach students about nutrition and physical activity while building skills and competencies in language, maths, science, social studies and physical education. Focusing on this common instructional theme will strengthen connections among academic disciplines for students and teachers. Every "Planet Health" lesson engages students through specifying discussion ideas for small and/or large groups to cooperatively learn and solve health-related issues. Higher-level thinking and cognition are encouraged by active discussion and social development is enhanced by working with peers in groups.

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目录:

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