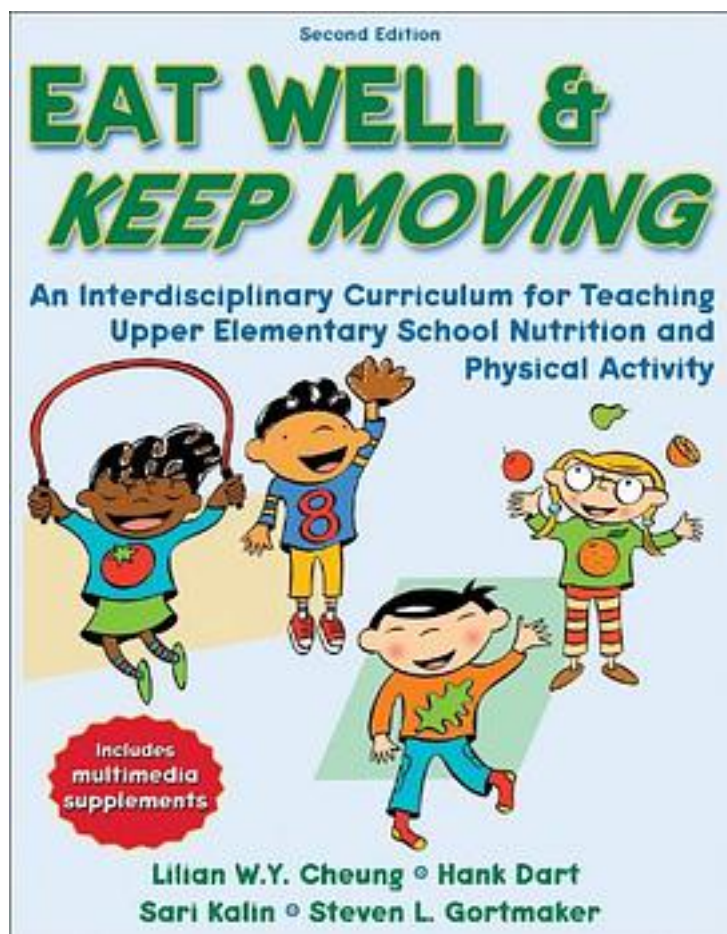


# Eat Well and Keep Moving



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著者:Cheung, Lilian W. Y./ Dart, Hank/ Kalin, Sari/ Gortmaker, Steven Lawrence

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"Eat Well & Keep Moving" is an interdisciplinary nutrition and physical activity curriculum aimed at building lifelong health habits in primary school students. The book focuses on classroom lessons, but also contains tools to reinforce healthy

practices in the whole school - the cafeteria, gymnasium and staff well-being - as well as tools to connect to the home and community. This interdisciplinary, skill-building approach to motivating primary school students to eat better and stay active began as a joint research project between the Harvard School of Public Health and Baltimore Public Schools. It includes two new lessons on sugar-sweetened beverage consumption, a key determinant of childhood obesity. Like the first edition, it is a complete resource that includes everything teachers need to teach students about nutrition and fitness in a classroom setting or to launch an effective school-wide programme. The ready-to-use materials fit easily into any existing curriculum. These materials help classroom teachers overcome any uneasiness they may have about presenting unfamiliar health topics while they build students' language, maths, science, social studies and physical education skills.

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目录:

[Eat Well and Keep Moving\\_ 下载链接1](#)

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评论

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