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Elementary Nutrition and Activity Journal

By Betty Kern

Holy Macro! Books. Paperback. Book Condition: new. BRAND NEW, Elementary Nutrition and Activity Journal, Betty Kern, Developed to encourage a healthier lifestyle among youth, this log allows preteens to make connections between the exercise they get, the food they eat, and how it all affects their health. Utilising the government's new food pyramid, the guide reveals students' nutritional needs and helps them categorise food choices according to the food groups in the pyramid. They can then apply this information as they make healthier food choices daily and record their eating habits in the journal. Including chapters on sleep basics and meals and snacks, the handbook also focuses on setting and achieving fitness goals that will help students qualify for awards in the President's Challenge Award Program.



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