



How to Teach Nutrition to Kids, 4th edition

Connie Liakos Evers

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Teaching nutrition to children early and often is the key to developing healthy eating habits. The fourth edition of *How to Teach Nutrition to Kids* includes over 200 cross-curricular activities featuring the MyPlate food guide, children's books, gardening, recipes, food art, label reading, fitness and more. Fun, integrated, and behavior-focused, *How to Teach Nutrition to Kids* weaves nutrition education with math, science, language arts, social studies, performing arts, physical education, health education and the school cafeteria. Packed with ideas that empower children to evaluate nutrition information, make smart food choices and creatively prepare food, this book is used in schools, hospitals, scouting programs, 4-H, summer camps, and many other youth-focused initiatives.

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