



Fitness and Nutrition (Growing, Growing Strong)

Connie Jo Smith, Charlotte M. Hendricks, Becky S. Bennett

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During the preschool and kindergarten years, children begin spending more time engaging in physical activity and exploring new foods. Help children learn how to take care of their bodies as they build a foundation for healthy, active lives with this *Fitness and Nutrition* curriculum. Children will learn about motor development, fitness and physical activity, rest and relaxation, food choices and eating habits, and avoiding germs when eating.

The curriculum includes

Overviews of the six fitness and nutrition topics

Suggested interest area materials and supports for creating the learning environment

Learning objectives and vocabulary words to introduce and use

Suggestions for evaluating children's understanding of each topic

More than 30 hands-on classroom activities

Family information and take-home activities

This book is part of the Growing, Growing Strong series, a whole-health curriculum for children age three through kindergarten. Together, the books provide a complete set of activities and resources to help you support children's growth and wellness.

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