

Food for Thought

This colorful tool for operators of child care programs is designed to teach young children three to five years old good nutrition and healthy food choices. Charming illustrations, recipes for classroom use, and hands-on activities help children learn concepts in science, math, language, and literacy. Chapters feature fruits and vegetables, protein foods, snacks, and whole grains. A list of children's books and songs are provided along with an appendix on use of the book with the Desired Results system.

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