



DietMinder JUNIOR Food & Exercise Journal for Kids 6 & Up

F. E. Wilkins

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HELP PREVENT CHILDHOOD OBESITY! DietMinder JUNIOR for Kids is a cute, colorful diary which focuses on the importance of nutritious foods and regular exercise. Just like grownups, kids can learn a lot about healthy habits from writing things down! Each 80-page booklet has room for setting goals and four weeks of daily tracking. There's also a special section for parents and/or teachers to help guide and encourage the child's journaling efforts. DietMinder JUNIOR is the fun way to learn about Food Groups, Serving Sizes, Healthy Eating, Regular Exercise, and How to Keep a Journal. It puts kids on the road to a healthier lifestyle! The dietary and exercise recommendations in DietMinder JUNIOR are based upon US government guidelines.

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Book is to be different for every grade. Book for children until eventually adult are different content. We all know that that book is very important for us. The book DietMinder JUNIOR Food & Exercise Journal for Kids 6 & Up seemed to be making you to know about other understanding and of course you can take more information. It is quite advantages for you. The reserve DietMinder JUNIOR Food & Exercise Journal for Kids 6 & Up is not only giving you far more new information but also to become your friend when you really feel bored. You can spend your own spend time to read your book. Try to make relationship while using book DietMinder JUNIOR Food & Exercise Journal for Kids 6 & Up. You never feel lose out for everything in case you read some books.

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Dorothy Penland:

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