



## Healthy Kids, Happy Lives: Healthy Eating for Vibrant and Healthy Kids (Paperback)

By Lea Stening

Lea Stening Publishing, New Zealand, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Learn how to meet your family s basic nutritional needs for both growth and energy How to use meal timing to ensure energy is available and sustainable when it is most needed How to match food quantities to children s needs as they grow Includes shopping guidelines for proper food group selection, label reading and menu planning Includes a starter kit of easy and quick-to-prepare recipes Children need food for energy and for growth. Also, importantly they need certain types and amounts of foods at the right times to build sustainable energy. This book helps parents to understand these essential principles of a healthy child s diet, cutting through the confusing and often conflicting advice. It shows how to buy and prepare the right types of foods and includes some easy to prepare recipes that show examples of good nutrition. Whether your children are young, older or teens, Healthy Kids, Happy Lives shows you how to keep your family s nutritional needs on track, even as they change over time, and ensure their best mental and physical well-being. Written by...



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