

# Nutrition and Wellness Concepts and Activities for the Entire Family

## Fun, Engaging, and Easy to Use

Our proactive, non-punitive approach provides chapter based Health & Wellness concepts followed by fun educational activities for the child and the family. All instructional concepts and activities have been specifically designed to help children understand the relationships between food and food groups, their bodies, exercise, and nutrition.

All content and activities have been specially designed for either parental instruction, as well as child self-paced instructional funbook

## Real Curricula

Chapters address: The Human Body, Food Groups, Nutrients, Junk Food, Water & Oxygen, Metabolism, Exercise, Sleep & Relaxation, Feelings and all Chapters tie back to Nutrition & Wellness

Cross-curricular: Chapters include activities that also reinforce age appropriate Language Arts, Science, Math, and Health skills

## Researched Based

Findings showed that children do not understand the relationships between Food, Nutrition, Their Body Systems, Metabolism, and Health & Wellness All materials have been reviewed, approved and endorsed by leading Doctors, Registered Nurses, Nutritionists, Scientists, Psychologists, and Educators.

## Goals and Outcomes

Each chapter is summarized by individual 'Goal Setting' activities for the child and the family

## Finding the Balance

The included CD simulation, developed by the **Duke University Center for Wellness**, shows children and families the calorie relationship between food intake and the amount of exercise required to 'burn off' that food in a fun video gaming experience.

*"The Books brought back pressure free teaching and learning. The kids knew they were learning things that they were not going to be tested on. They enjoyed learning something just because it was something they wanted to learn but did not have to learn!"*

*"The kids quickly began getting the relationship between the chapter topics. They started to understand how all these health topics are inter-dependent and how Nutrition relates to them all. That it is not enough to do just on thing for good health, you need to think about all aspects of Nutrition and Health"*

Endeavor Elementary, Florida



**Dianne Bean** - is the founder of Baux Publishing LLC and the author of the Nutrition Ambition: *Reaching Your Wellness Goals* activity workbook series. She has been in the business of providing Supplemental Education Materials to Schools, Districts, and States for over 25 years. As an executive and/or top achiever at such well-known publishers as: Scholastic, Simon & Schuster, Pearson, Modern Curriculum Press and CompassLearning; she is known throughout the education industry for providing high quality, research based materials. With her passion for education and her concern over decreasing child health coupled with increasing childhood obesity trends she combined her experience and years of health research to produce this fun, non-punitive, engaging series. This series is for both classroom and home use, appropriate for the entire family.

Discover more at [www.bauxpublishing.com](http://www.bauxpublishing.com)

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