

Children's Nutrition



Finger Foods Kit — Ages 9 months-2 years

These foods can be eaten by toddlers with their fingers when cooked to soft and cut into small pieces. Perfect for use with new parents.

Life/form® replicas includes:

- applesauce
- avocado
- banana, sliced
- beans, green
- carrots
- chicken slice
- cottage cheese
- crackers, whole wheat
- egg, hard-cooked
- milk
- oat cereal, toasted
- pancake
- pasta
- peanut butter
- peas
- tuna, canned

\$105.10 value! Sh. wt. 4.25 lbs.

WA33068H — \$87.95



Nasco's Healthy Kids Kit - Ages 3-8

Introduce children to new foods and help them understand what they might eat in a day for meals and snacks. The foods included are appropriate for us all to eat, but especially fit the guidelines for children. Create many different meals with this complete kit. Includes five replicas from the dairy group, seven fruits, seven grains, five proteins, nine vegetables, a glass of water, and the Healthy Kids TearPad™ listed below (WA33079H). **Life/form**® replicas include:

- apple slices
- bagel
- banana
- beans, red
- beef cubes
- bread, whole wheat
- broccoli
- carrot sticks
- celery stick
- cereal, crispy rice
- cheese, American
- cheese, string
- cherries
- chicken strips
- corn on the cob
- crackers, graham
- egg, scrambled
- grapes, green
- mango
- milk, 1%
- milk, skim
- oatmeal
- pea pods
- peanut butter
- pepper rings, green
- potato, mashed
- raisins
- salmon
- spaghetti, whole grain
- strawberries
- toast
- tomatoes, cherry
- water
- yogurt, vanilla

\$277.93 value! Sh. wt. 12 lbs.

WA33078H — \$234.50



WA33042H

Finger Foods

When are babies ready to start feeding themselves? Learn about healthy and safe food choices for infants over nine months old. Shows how foods should be prepared to prevent choking. Also learn when babies are ready for finger foods, what to serve, portion size, and tips. ©2014.

Poster. 18" x 24". Laminated. Sh. wt. 0.25 lbs.

WA33059H — \$14.95

Tablet. Features the same information as the poster. 50 double-sided sheets, 8½" x 11". Sh. wt. 0.75 lbs.

WA33058H — \$11.95

Guide. Tri-fold pamphlets for a professional presentation in your office. Pack of 50, 8½" x 11". Sh. wt. 0.88 lbs.

WA33042H — \$16.95



How to Teach Nutrition to Kids

By Connie Liakos Evers, MS, RD. 4th Edition.

Gr. K-6 Teaching nutrition to children early and often is the key to developing healthy eating habits. Includes over 200 cross-curricular activities featuring the MyPlate food guide, children's books, gardening, recipes, food art, label reading, fitness, and more. 247 pages, 7" x 9". ©2012. Sh. wt. 1.25 lbs.

WA17517H — \$19.95

Nutrition Fun with Brocc & Roll

By Connie Liakos Evers, MS, RD. Second Edition.

Gr. K-6 This book is the companion activity guide to the book listed above. Includes the MyPlate food guide and 42 copy-ready activities, puzzles, and recipes. 64 pages, 8½" x 11". ©2012. Sh. wt. 0.63 lbs.

WA26407H — \$14.95

Nasco's Healthy Kids TearPad™

The front side features meal plans for 1,400, 1,600, and 1,800 daily calorie intakes for children ranging from 3-8 years old. It also encourages children to get enough physical activity, sleep, and water. The back side contains children's snack tips. 50 sheets, 8½" x 11". Sh. wt. 0.81 lbs.

WA33079H — \$12.00



Go to eNasco.com/nutrition for additional children's nutrition teaching resources.



NEW 5-Minute Activities

Quick, easy, and effective activities that are great for breaking the ice, filling extra minutes of class time, and getting children excited to learn. Use them to introduce lessons, reinforce earlier learning, or as conclusions to lessons. Each activity can be a creative and fun learning experience for students that allows them to get thinking about nutrition. 8½" x 5½". Spiral-bound. Sh. wt. 0.88 lbs.

5-Minute Nutrition Activities for Preschoolers. Gr. K-6.

53 pages. ©2011.

WA29032H — \$29.95

5-Minute Recipes for Kids. Gr. K-5.

50 pages. ©2011.

WA31403H — \$29.95

5-Minute Breakfast Activities. Gr. K+. 50 pages. ©2012.

WA31423H — \$29.95

5-Minute Fruit & Vegetable Activities. Gr. K+. 51 pages. ©2012.

WA32277H — \$29.95