



Healthy Jarjums, Healthy Future!

ABORIGINAL AND TORRES STRAIT
ISLANDER FAMILIES WITH KIDS
STARTING KINDERGARTEN

Join Us for:

IN 2023

DATE

17 February

TIME

9am to 3pm

Kids Health Checks

- Speech
- Dental
- Hearing
- Development
- Nutritional Information, ect

Kids Educational Info

Aboriginal
Education
Consultative
Group - AECG
who have been
supporting our
community for
45 years

FREE Gift for each child

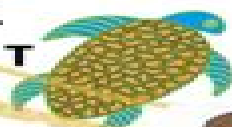
- Backpack
- Pencil Case
- School Supplies

Aboriginal Community Services Information

Transport
Available
Call Bungree
PH: 4350 0100

For more information:

**NUNYARA
ABORIGINAL
HEALTH UNIT
4320 2698**



Location:
EPICentre,
San Remo
Community Centre
28 Brava Ave,
San Remo



Health
Central Coast
Local Health District



Bungree
Aboriginal Association

the epicentre
Core of Community

Central Coast
Regional AECG

Healthy Jarjums Make Healthy Food Choices Section 3

Lesson Plans

Tracie Heskett



Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans:

The Healthy Eating and Active Time Club Curriculum Christina Economos, Jessica Collins, Sonya Irish Hauser, Erin Hennessy, David Hudson, Erin M. Boyd Kappelhof, Sandra Klemmer, Claire Kozower, 2014-07-18 Early elementary years are perfect for instilling healthy habits in children and The Healthy Eating and Active Time Club Curriculum Teaching Children to Live Well offers you the resources and tools you need to instill those healthy habits The text helps children understand what a healthy diet is and how to stay physically active every day The children learn how to make healthier nutrition and activity choices and they discover how healthy eating and regular physical activity keep them feeling their best The Healthy Eating and Active Time Club Curriculum Teaching Children to Live Well comes with a web resource that contains two sections The first section supplies many reproducibles including activity and food cards worksheets separate activity books for grades 1 to 3 and Cool Moves which are warm up and cool down exercises for use in the classroom This section also offers a chart that details how the curriculum meets Massachusetts state education standards which have incorporated the common core standards in English language arts math comprehensive health history and social science arts and science technology and engineering The second section of the web resource contains a detailed book called After School HEAT Club Curriculum This web book reinforces the print book s material and contains lessons and activities for after school programs that extend the classroom learning and bring that learning to life These activities include art projects active games food activities including using healthy recipes and ways to educate the entire family about healthy living The Healthy Eating and Active Time Club Teaching Children to Live Well and its accompanying resources offer an array of tools for teachers Grade specific activity books on the web resource allowing you to print out materials that you need for each lesson Extensions that connect the book s content to physical education library and art Academic connections that help you incorporate the contents into comprehensive health math science and technology language arts social studies and art lessons Background information that gives you everything you need to know and teach the lessons including objectives preparation materials and key talking points A Go Green section in each lesson that helps you incorporate environmental messages into the lesson if you so choose The Healthy Eating and Active Time Club Teaching Children to Live Well is a multifaceted resource that will help you engage students with activities that teach valuable lessons and life skills Through this resource students will learn the value of increasing their consumption of fruits vegetables low fat milk and whole grains decrease their intake of foods high in saturated fat and sugar and increase their time in physical activity They will also learn how to decrease their screen time while discovering how to engage in environmentally friendly practices The Healthy Eating and Active Time Club Teaching Children to Live Well is a win win for you and your students

Healthy Heather and Her Magic Fruits and Vegetables
Kristen Poe, 2018-09-13 Come and take a fun journey with Healthy Heather and her friends This book is about kids nutrition kindness and celebrating individuality Healthy Heather and Her Magic Fruits and Vegetables is written especially for kids

and their families It provides introductory and practical nutritional education to kids helping them understand all of the food groups In this book kids will learn basic nutrition including protein carbohydrates and fats They will learn which foods belong to each group and their functions In addition to learning they will be encouraged throughout the book to eat more fruits and vegetables As Healthy Heather exemplifies throughout the book she gets magical powers everytime she eats her fruits and vegetables Despite being teased by some of her classmates and Billy the Bully for being so different from the other kids she continues to be kind and eat healthy especially her fruits and vegetables A surprise classroom visit from Healthy Heather s two Olympic Athlete idols further educates and encourages the children to make healthy food choices As a parent one of the challenges with children is often mealtimes Healthy eating habits begin in the home from a young age and continue into adulthood Fun nutrition education from a young age will help kids sustain habits that will last a lifetime Healthy Heather was written with kids and their parents in mind in order to not only educate them on healthy eating and nutrition but to encourage them to eat more fruits and vegetables Making Healthy Choices Big Coloring and Activities Book ,2014-02-12 Teach children to eat and live healthy with this fun coloring and activity book Principles and guidelines of healthy eating and living come directly from the CACFP handbook key points from each section of the handbook are mentioned There is also a special dot to dot section in the back of the book with 11 fun dot to dot puzzles of healthy foods Your child will love this book and learn to make healthy choices too Owned and distributed by Wooli Labs LLC under the Wooli Books brand *Healthy Habits for Healthy Kids Grade 3-4* Tracie Heskett,2014-03 Help students learn to make healthy food choices appreciate the importance of daily exercise and develop healthy habits they will maintain throughout their lives Encourage them to journal about nutrition fitness and health to reinforce what they have learned Healthy Choices for Kids Marianne King,Joan Walsh,1991*

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Table of Contents Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans

1. Understanding the eBook Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - The Rise of Digital Reading Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Advantages of eBooks Over Traditional Books
2. Identifying Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - User-Friendly Interface
4. Exploring eBook Recommendations from Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Personalized Recommendations
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans User Reviews and Ratings
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans and Bestseller Lists

5. Accessing Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans Free and Paid eBooks
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans Public Domain eBooks
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans eBook Subscription Services
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans Budget-Friendly Options
6. Navigating Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans eBook Formats
 - ePub, PDF, MOBI, and More
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans Compatibility with Devices
 - Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Highlighting and Note-Taking Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Interactive Elements Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
8. Staying Engaged with Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
9. Balancing eBooks and Physical Books Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Setting Reading Goals Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Fact-Checking eBook Content of Healthy Jarjums Make Healthy Food Choices Section 3 Lesson Plans
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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