

Get Moving, What's on MyPlate?

A Comprehensive Guide to Healthy Eating and Exercise for Children

Get Moving, What's on MyPlate? is a comprehensive guide to healthy eating and exercise for children. The book is written by a team of experts including a registered dietitian and a certified personal trainer. The book is divided into three sections: nutrition, exercise, and recipes.

The **nutrition** section covers the basics of healthy eating including the MyPlate food groups, portion sizes, and healthy eating habits. The

exercise section covers the basics of exercise including different types of exercises, how to warm up and cool down, and how to set fitness goals.

The **recipes** section includes over 50 healthy recipes for kids and families.



Get Moving! (What's on MyPlate?) by Mari Schuh

★★★★★ 5 out of 5

Language : English

File size : 5121 KB

Screen Reader : Supported

Print length : 24 pages



The Importance of Healthy Eating and Exercise

Healthy eating and exercise are essential for children's physical and mental health. Eating a healthy diet helps children maintain a healthy weight, develop strong bones and muscles, and reduce their risk of chronic diseases such as heart disease, stroke, and type 2 diabetes. Exercise helps children build strong muscles and bones, improve their

cardiovascular health, and reduce their risk of obesity and other chronic diseases.

The MyPlate food groups provide a visual representation of the types of foods that children should eat each day. The five food groups are:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

Children should eat a variety of foods from each food group each day. The amount of food that a child needs from each food group depends on their age, sex, and activity level.

In addition to eating a healthy diet, children need to get regular exercise. The American Academy of Pediatrics recommends that children get at least 60 minutes of moderate-intensity physical activity each day. Moderate-intensity physical activity includes activities such as walking, biking, swimming, and playing sports.

Getting children to eat healthy foods and get regular exercise can be a challenge, but it is important for their health and well-being. **Get Moving, What's on MyPlate?** can help you make healthy choices for your child and encourage them to lead a healthy, active life.

Free Download Your Copy Today!

Get Moving, What's on MyPlate? is available now at Our Book Library.com and other major bookstores. Free Download your copy today and start your child on the path to a healthy future!



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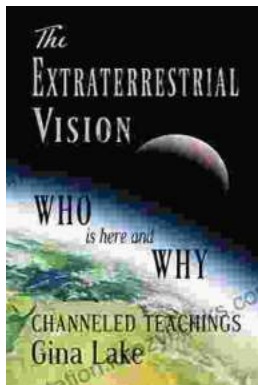
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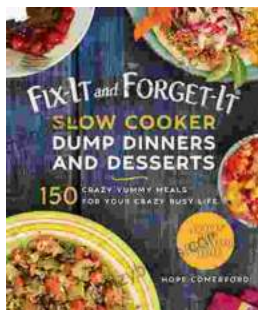
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