

Title:

An Apple A Day Can Help Kids Make The Grade

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467

Summary:

Getting a child to eat healthy food can be a monumental challenge for any parent. However, stu

Keywords:

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Article Body:

Getting a child to eat healthy food can be a monumental challenge for any parent. However, stu

When you follow the chain of negative events, starting with bad nutrition, it is easy to see h

These particular nutrition problems usually arise when kids are left in charge of preparing th

The simple act of eating breakfast can make a world of difference in warding off many of these

However, breakfast is just one of the many ways parents can ensure their kids get a healthy st

5 Tips to Better Student Nutrition:

1. Don't make the mistake of offering a wide variety of packaged snack items; rather offer a f

2. Make sure the school offers healthy options for lunch and snack; otherwise pack your child's

3. Bring your kids to the grocery store to help choose their favorite foods.

4. Limit their intake of high-sugar drinks including fruit-flavored drinks such as punch, soda

5. Let your kids help prepare a healthy meal; they'll have a great time learning to eat nutrit

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