



"Eat Your Vegetables!" and Other Mistakes Parents Make /

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author

Lecture/presentation

Material Proyactable

Every fitness professional knows that raising active, healthier eaters should be a top priority for parents. "Eat Your Vegetables!" and Other Mistakes Parents Make offers insightful advice that trainers can use to help guide parents in their efforts to shape their child's psyche so that their kids embrace fruits, vegetables, and a myriad of other healthful foods without constant mealtime battles, bribes, and downright coercion. The DVD details strategies that are based on scientifically-documented information, expert advice, and real-life examples

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Título: "Eat Your Vegetables!" and Other Mistakes Parents Make Presented by Natalie Digate Muth, MD, MPH, RD

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Descripción física: 1 online resource (104 minutes)

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Nota general: Title from resource description page (viewed January 13, 2017)

Lengua: In English Original language in English

Materia: Nutrition in Physical Education Diet and food

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