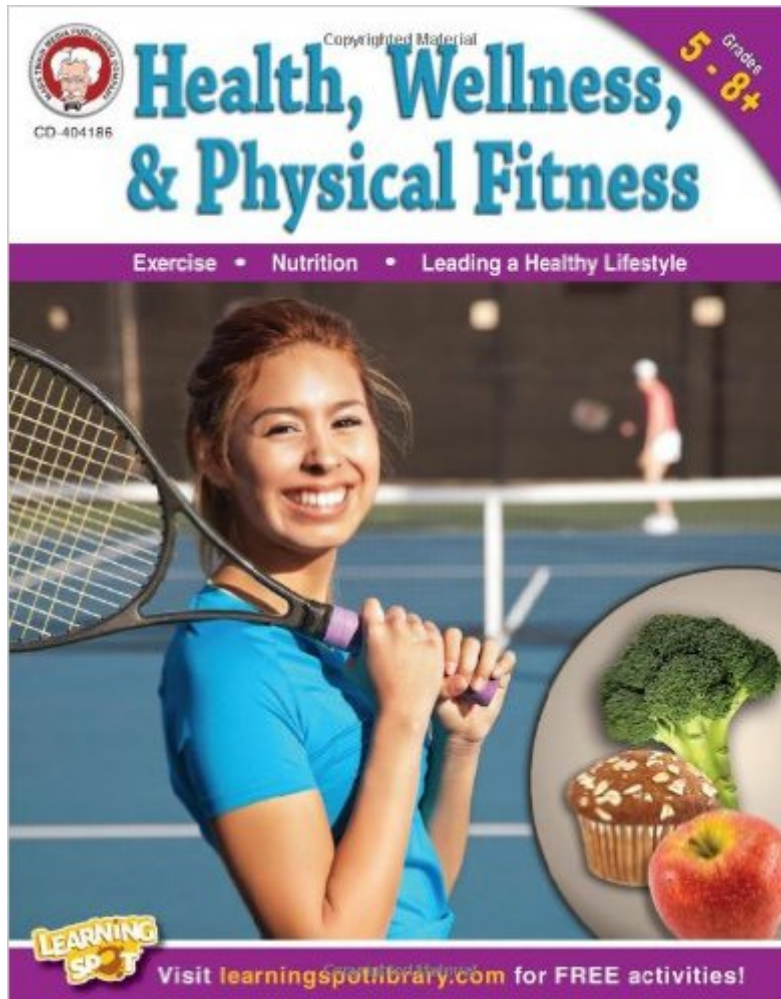


The book was found

# Health, Wellness, And Physical Fitness, Grades 5 - 8



## Synopsis

Health, Wellness, and Physical Fitness is designed to teach students everything they need to know to make informed decisions for a lifetime of wellness. Aligned to Common Core State Standards, the activities in this workbook teach students about heredity, exercise, and nutrition, as well as tobacco, illegal drugs, mental health, and becoming a wise consumer. Self-assessments, real-world situations, games, puzzles, and quizzes reinforce these important lessons while also building strong, independent learners.

## Book Information

Paperback: 96 pages

Publisher: Mark Twain Media (January 2, 2013)

Language: English

ISBN-10: 1622230094

ISBN-13: 978-1622230099

Product Dimensions: 8.4 x 0.4 x 10.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #643,749 in Books (See Top 100 in Books) #84 in Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #131 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #155746 in Â Books > Reference

Age Range: 10 - 14 years

Grade Level: 5 - 8

## Customer Reviews

The first 1/3 of the book isn't really relevant for kids in 5th to 8th grade, and most of the the sections have questions after the reading, but the answers to the questions aren't in the reading....you have to do additional research. I like the health and nutrition section, and other sections did help introduce topics such as drug use, and disease for our homeschool study, but it was so incomplete.

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Body, Total Fitness) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) STEM Labs for Middle Grades, Grades 5 - 8 Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! Principles and Labs for Fitness and Wellness Fitness and Wellness Manual del entrenador personal: Del fitness al wellness (Color) (Deportes nÂ° 93) (Spanish Edition) Brockport Physical Fitness Test Manual-2nd Edition With Web Resource: A Health-Related Assessment for Youngsters With Disabilities Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness Health and Wellness for Life (Health on Demand) Health and Wellness for Life With Online Study Guide (Health on Demand) Manual de epidemiologia y salud publica / Manual of Epidemiology and Public Health: Para Grados En Ciencias De La Salud / For Grades in Health Sciences (Spanish Edition) The Healing Power of Reiki: A Modern Master's Approach to Emotional, Spiritual & Physical Wellness Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf

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