



The CSIRO Wellbeing Plan for Kids

Manny Noakes, Jane Bowen

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We all want our children to lead happy, healthy lives. We know they need to eat well and be active in order to avoid the lifestyle diseases we hear so much about these days, such as obesity and diabetes. Parents want to do what's right, but many are unsure of how to get started. In response to this growing need for information, the CSIRO presents a step-by-step healthy eating and activity plan for families, based on extensive research. Find out: * what are healthy foods for kids * how to encourage kids to be active * how to motivate your kids to make changes that will last * how to organise yourself as a parent to make healthy living a reality. Packed with easy-to-follow advice and over 100 delicious recipes for stress-free family cooking, The CSIRO Wellbeing Plan for Kids is your complete guide to helping your children on the road to a lifetime of good health.

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