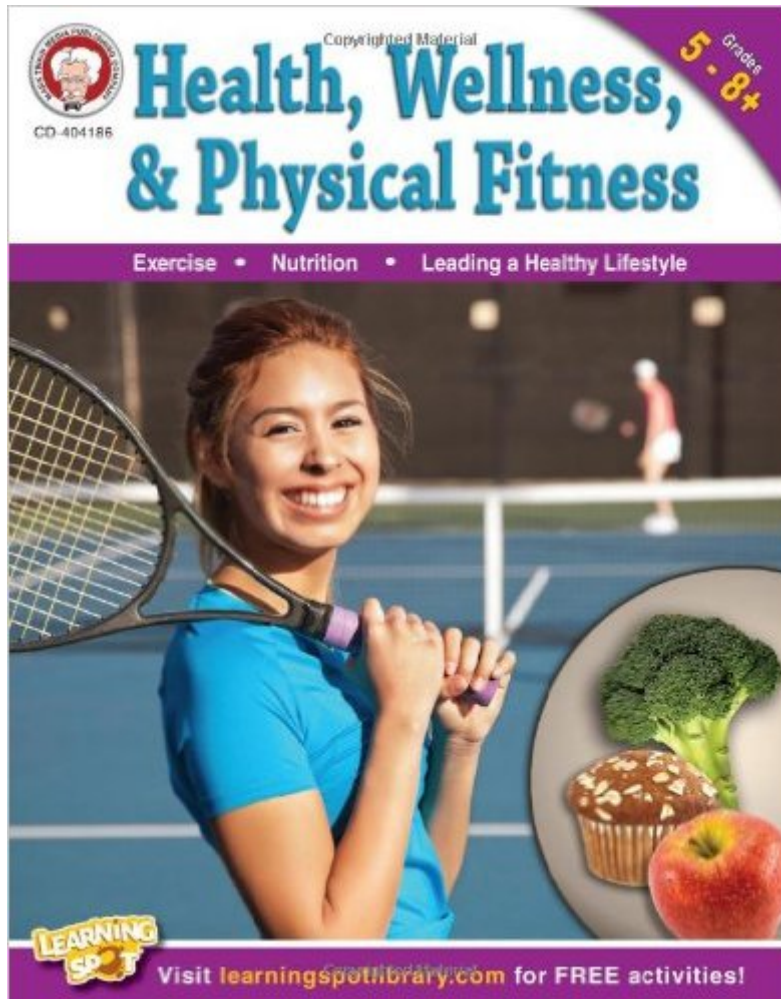


The book was found

# 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 [See all reviews](#) (1 customer review)

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