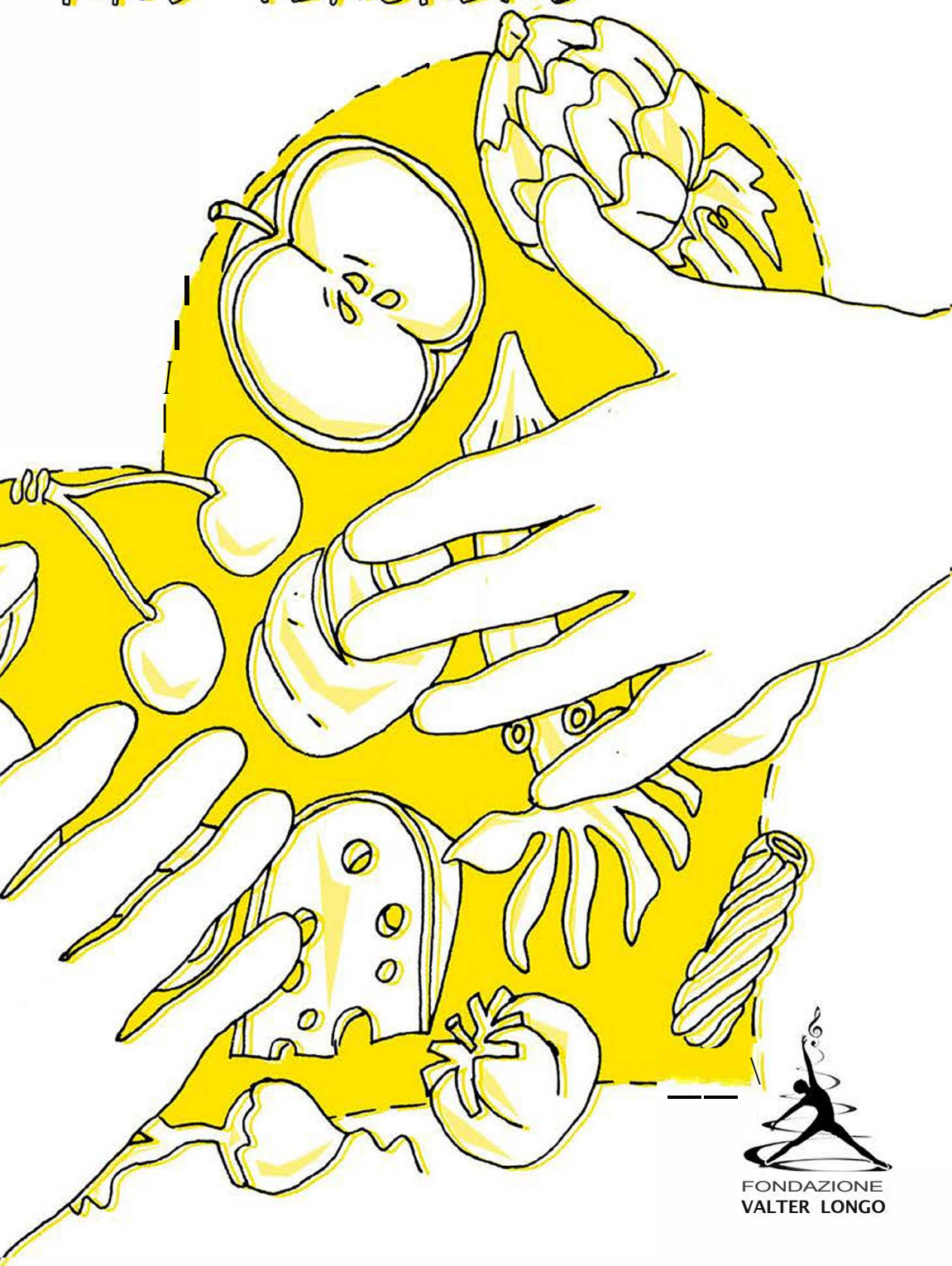


MANUAL FOR FAMILIES AND TEACHERS



VALTER LONGO FOUNDATION

**NUTRITION
BEGINS AS CHILDREN**

Manual for Families and Teachers

W E L C O M E

to the manual for families and teachers of “Nutrition Begins as Children”, a creative and educational coloring book.

This manual offers valuable support that integrates the coloring book with engaging activities that promote fun and interactive learning.

Let's explore together the infinite ways of using this educational tool!

The information provided here is intended for your general knowledge and is in no way a substitute for professional medical advice or treatment for specific medical conditions. Do not use this information to diagnose or treat a health problem or disease without consulting a qualified healthcare professional. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

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Front cover by Manuela Lupis

** The author's proceeds, generated by the book 'Nutrition Begins as Children' by the Valter Longo Foundation, are intended to support research and non-profit projects promoted by the Foundation itself, which aim to promote nutrition education in schools and to provide nutritional assistance to people in particularly critical financial and health situations.*

TABLE OF CONTENTS

1.	THE VALTER LONGO FOUNDATION	7	8.	RECIPES	55
2.	INTRODUCTION AND CONTENTS OF THE MANUAL	9	8.1.	Recipes to Compose	55
3.	OBJECTIVES	11	8.2.	Snack Recipes	58
4.	USE	13	9.	CONCLUSION	63
5.	METHODOLOGY	15	10.	ACKNOWLEDGMENTS	65
6.	LEARNING GAMES	17	11.	BIBLIOGRAPHY	67
7.	INFORMATIVE MATERIALS FOR ADULTS, TEACHERS, FAMILIES	23			
7.1.	The Current Situation: Starting Data and Issues	24			
7.2.	Solutions: Balanced Diet and Physical Exercise	29			
7.3.	Strategy 1: Understand That We Are What We Eat	30			
7.4.	Strategy 2: Know the Mediterranean Diet, Its Importance, and Its Issues	34			
7.5.	Strategy 3: Follow A Diet That Promotes Longevity and Health for Children	36			
7.6.	Strategy 4: Recognize the Leading Experts to Follow and the Pillars of The Study of Healthy Longevity	40			
7.7.	Strategy 5: Be Aware of the Importance of Physical Exercise	43			
7.8.	Strategy 6: Be Aware of the Impact of Lifestyle on the Environment	46			
7.9.	Strategy 7: Follow the Example of Blue Zone Centenarians	51			

A manual that accompanies the coloring book "Nutrition Begins as Children". A book for families and teachers with useful information, activities, and games for children, to start the journey towards a long and healthy life.

The Valter Longo Foundation promotes a healthy lifestyle from childhood to prevent age-related diseases and offers integrated support therapies to those who suffer *from* illnesses and find themselves in financial difficulty (www.fondazionevalterlongo.org).

For information regarding the Foundation's educational programs, please write to: education@fondazionevalterlongo.org

