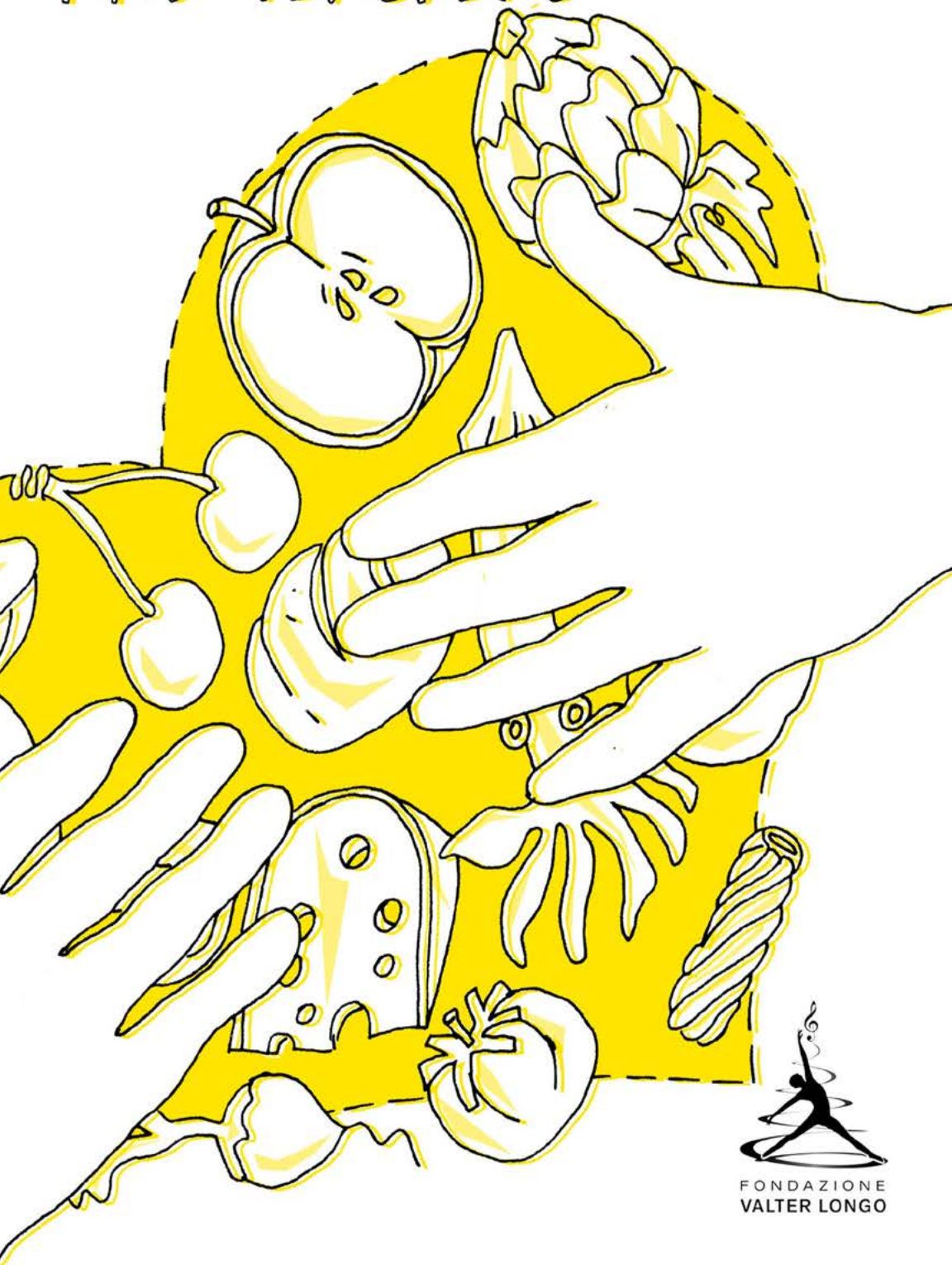


MANUAL FOR FAMILIES AND TEACHERS



FONDAZIONE
VALTER LONGO

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.*

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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

