


Kid's How To Lose Weight Chart– BA019

<p>Description</p>	<p>◆ The How to Lose Weight Poster is designed to teach children a healthy way to lose excess weight. The poster uses images of which foods not to eat along with 5 short descriptions. This poster is a great way to promote a fit lifestyle and is a useful addition to any physical education or elementary school classrooms.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 17" x 22" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster features a blue border and a white background with a black outline. At the top, it says 'To maintain or To lose weight'. Below this, there are five rows, each with an image of a food item on the left and a blue checkmark followed by text on the right:</p> <ul style="list-style-type: none"> ✓ Eat less candy and sweets: Image shows various candies, chocolates, and biscuits. ✓ Drink less soft drinks and juices: Image shows several cans of soft drinks and a carton of juice. ✓ Cut down on snacks: Image shows a pile of french fries and other snack items. ✓ Eat fewer hamburgers and french fries: Image shows two hamburgers and a large portion of french fries. ✓ Eat smaller portions: Image shows two red bowls of fruit and snacks. The left bowl is full, and the right bowl is smaller, with a yellow arrow pointing from the full bowl to the smaller one.