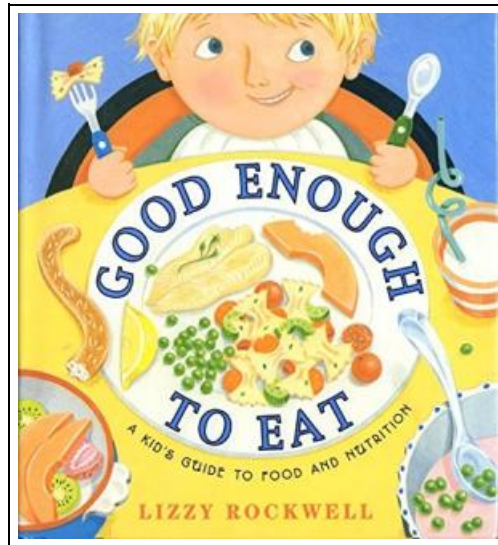


Good Enough to Eat A Kids Guide to Food and Nutrition



Filesize: 2.45 MB

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I actually started out looking at this publication. it was actually writtern really perfectly and useful. Its been written in an extremely simple way and it is only soon after i finished reading through this pdf by which really modified me, change the way i really believe.
(Breanna Kerluke)

GOOD ENOUGH TO EAT A KIDS GUIDE TO FOOD AND NUTRITION



HarperCollins. Paperback. Book Condition: New. Lizzy Rockwell (illustrator). Paperback. 40 pages. Dimensions: 9.8in. x 8.8in. x 0.3in. Good Enough to Eat is one of a kind: the only guide to kids nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies. In this book, you will learn: all about the nutrient groups carbohydrates, protein, fat, water, vitamins, and minerals each nutrient's function which foods contain which nutrients how much of each nutrient a kid needs each day how the body digests food all about calories Good Enough to Eat includes kid-friendly recipes such as Alphabread and Full o Beans Soup, and even shows kids how to test their food for fat. Perfect for parents, educators, librarians, and doctors trying to explain healthy eating to kids! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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