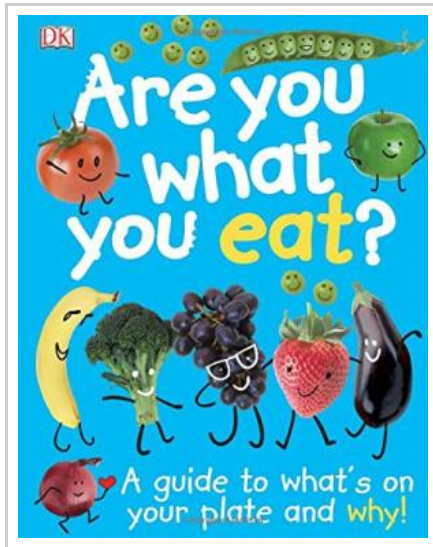




Are You What You Eat? (Hardback)

By DK Publishing, DK

DK Publishing (Dorling Kindersley), United States, 2015. Hardback. Book Condition: New. 278 x 218 mm. Language: English . Brand New Book. Help your child better understand how food fuels and effects our bodies in Are You What You Eat? a book that uses color and fun presentation to communicate nutritional information in a fun and eye-catching way. Kids learn to see their food as more than just taste, learning things like which foods will make you sleepy, how to tell if you re hungry or full, and why our bodies need nutrition. Teach your kids the basics about proteins, taste buds, antioxidants, and more food facts with Are You What You Eat? Because nutritional information is presented through quizzes, questions, facts, and pictures, children are eager to learn from Are You What You Eat? They ll be guided through food facts, how the digestive system works, and how to make smart choices about food and nutrition. Are You What You Eat? may even help picky eaters become a little more adventurous come meal time.



READ ONLINE
[5.38 MB]

Reviews

This pdf is indeed gripping and exciting. it was writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Kurtis Parisian**

A must buy book if you need to adding benefit. It can be rally exciting throgh reading time. I am pleased to let you know that this is the greatest publication we have read through during my very own life and may be he best publication for possibly.

-- **Mr. Kade Rippin**