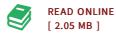




Are You What You Eat? (Hardback)

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 Il 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.



Reviews

It is fantastic and great. It generally is not going to cost an excessive amount of. You will like the way the blogger create this book.

-- Gerardo Bauch PhD

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

-- Estrella Howe DVM