



Are You What You Eat?

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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.

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From reader reviews:

Clemencia Torres:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a walk, shopping, or went to typically the Mall. How about open or perhaps read a book eligible Are You What You Eat?? Maybe it is to be best activity for you. You understand beside you can spend your time with your favorite's book, you can better than before. Do you agree with the opinion or you have some other opinion?

Carla McFarlin:

Information is provisions for individuals to get better life, information these days can get by anyone on everywhere. The information can be a understanding or any news even a problem. What people must be consider if those information which is inside former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Are You What You Eat? as the daily resource information.

Kyle Reese:

Are you kind of stressful person, only have 10 or 15 minute in your day time to upgrading your mind ability or thinking skill even analytical thinking? Then you have problem with the book compared to can satisfy your short time to read it because all of this time you only find publication that need more time to be go through. Are You What You Eat? can be your answer given it can be read by anyone who have those short time problems.

Anthony Carter:

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