



## Good Enough to Eat A Kids Guide to Food and Nutrition

By Lizzy Rockwell

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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