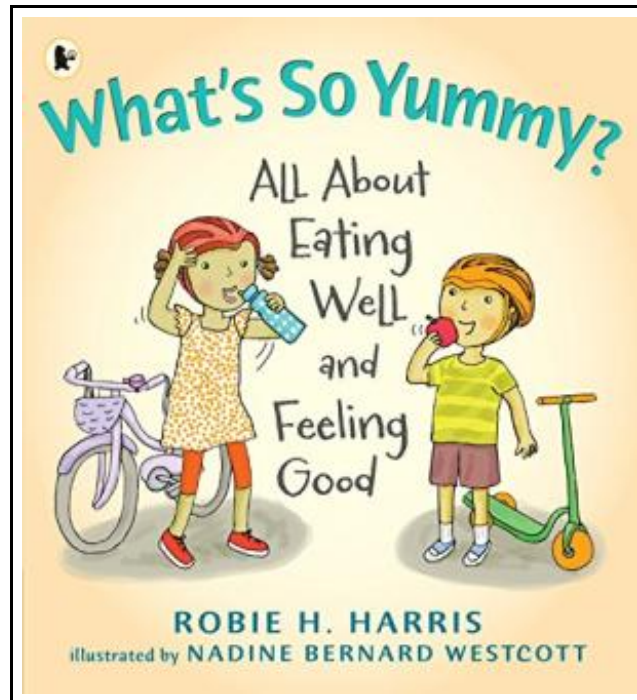


What's So Yummy?: All About Eating Well and Feeling Good



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Reviews

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

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Walker Books Ltd. Paperback. Book Condition: new. BRAND NEW, What's So Yummy?: All About Eating Well and Feeling Good, Robie H. Harris, Nadine Bernard Westcott, Gus, Nellie and baby Jake can't wait to go on a picnic! In the morning the family heads to their community garden, then to the farmer's market and the supermarket to gather vegetables, fruit, meat and other fresh and delicious foods. Readers follow them through the day as they go home to prepare, cook and pack up the goodies. The book ends with the family eating a yummy meal in the park and flying a kite together. Funny, accessible, family-filled illustrations, conversations between Gus and Nellie and a matter-of-fact text combine to show young children how food fuels our bodies - and help them see how healthy eating and drinking, and being active, can make them feel their best for a day full of fun.



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