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Delicious Dairy

By John Burstein

Crabtree Publishing Co, Canada. Paperback. Book Condition: new. BRAND NEW, Delicious Dairy, John Burstein, Slim Goodbody's latest series, "Nutrition Edition", is designed to teach young children the fundamentals of the Food Pyramid. Targeted for very young children, each book in the "Nutrition Edition" series focuses on a different food group. "Nutrition Edition" reveals how different food groups work within the body, the value of eating 'locally' and 'green' growing practices, cultural differences in food choice, guidelines of daily nutritional requirements. This work helps you learn about why dairy products are so important for healthy bones and teeth, the difference between whole milk and fat-free milk, how cheese and yogurt is made, what kinds of animals produce milk, different dairy products used around the world, and how much dairy a person needs to consume each day.


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