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## Outstanding Oils and Wonderful Water

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By John Burstein

Crabtree Publishing Co, Canada. Paperback. Book Condition: new. BRAND NEW, Outstanding Oils and Wonderful Water, 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, and guidelines of daily nutritional requirements. This work helps you learn why oils are essential to health, what foods produce oils, what oil products are consumed around the world, and how much oil is needed every day. Students will also learn about why drinking enough water is essential to good health and how much water they need each day.



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