



How to Choose: Foods Your Body Will Use

By Rebecca Sjonger

Crabtree Publishing Co,US, United States, 2016. Paperback. Book Condition: New. 236 x 211 mm. Language: English . Brand New Book. With a focus on building health and nutrition literacy, this timely title gives readers the tools they need to make healthy food choices for every meal! Topics include whole foods, processed foods, and reading food labels. Healthful food tips are explained using text that is easy for young readers to digest.



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