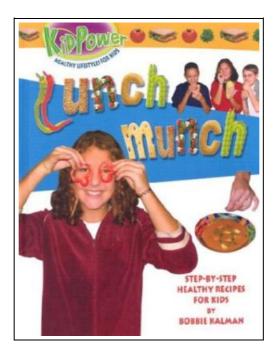
Lunch Munch



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Reviews

This is actually the very best book i actually have read till now. This is for all those who statte that there was not a worth studying. Its been written in an remarkably straightforward way which is merely following i finished reading this publication by which in fact altered me, modify the way i believe.

(Mr. Jeramy Leuschke IV)

LUNCH MUNCH



Crabtree Publishing Co, Canada. Hardback. Book Condition: new. BRAND NEW, Lunch Munch, Bobbie Kalman, Ages 7 to 12 years. Many school children prefer fast-food or packaged lunches to healthy lunches they can make at home. This book explains the food groups, includes portion information, and has been designed with a good school day in mind! Children will love these fun recipes for making absolutely delicious and beautiful-looking healthy foods. Teachers and parents will also love these recipes, which include salads, pitas, soups, wraps, sandwiches, and healthy drinks. Reader's will learn about: the food groups; lunch and nutrition; cooking safety tips and allergy alerts; why the body needs water and tasty ways to get it. Recipes include; potato boats; wonderful wraps; tuna or turkey pita sandwiches; apple-cheddar muffins; zesty rice or pasta.



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