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THE MONSTER HEALTH BOOK A GUIDE TO EATING HEALTHY, BEING ACTIVE FEELING GREAT FOR MONSTERS KIDS



Holiday House. Paperback. Book Condition: New. Paperback. 40 pages. Dimensions: 9.9in. x 9.9in. x 0.3in. Beginning with concise discussions of each of the food groups, along with the newly redesigned food pyramid, Ed Miller looks at all aspects of health and nutrition in this accessible and informative book. Fun facts about different foods are included throughout to keep the reading upbeat and clear distinctions are made between healthy and not-so-healthy meal choices. Readers will learn about nutrients, how to read foods...

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- Authored by Edward Miller
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