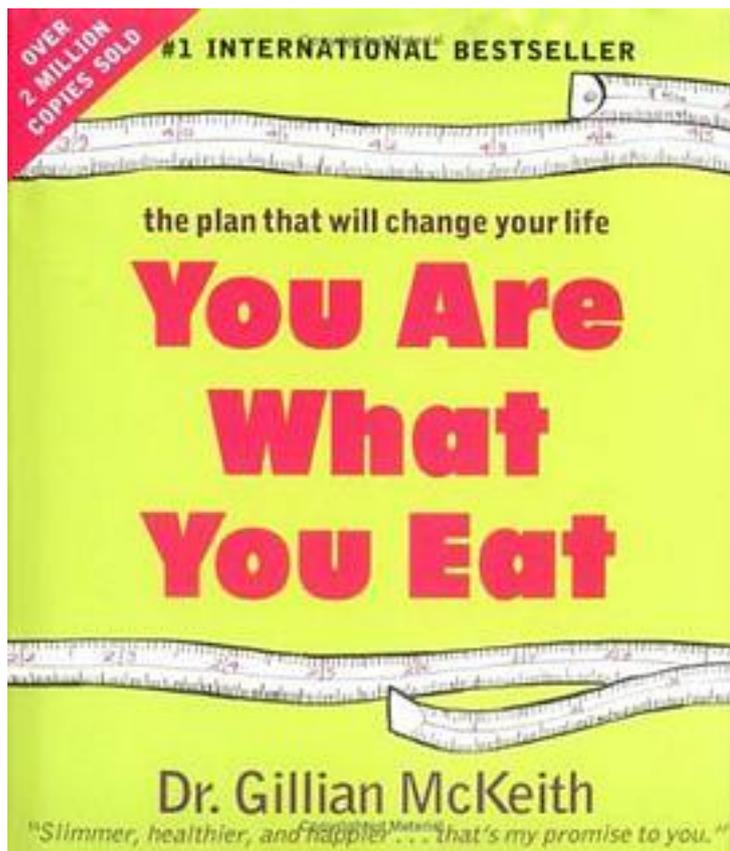


# You Are What You Eat



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Everything you always wanted to know about health -- from head to toe This Rookie Read-About "RM" ... series encourages practicing good habits to maintain good health, while stressing the importance of prevention. Simple text and full-color photos successfully guide young readers through each book, increasing their reading skills and confidence. Why is an apple a better snack than potato chips? What makes breakfast

the most important meal of the day? Get a heaping helping of nutritious facts in this guide to healthy eating.

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