

The Healthy Body Cookbook



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Learning about health and science has never been so fun --and delicious! What does a heartbeat sound like? How strong is my hair? Why do my eyes blink? What's in a sports drink? With more than 50 safe and easy recipes and activities to try, you'll discover the nutritious answers to these and tons of other scrumptious mysteries. And best of all, you get to eat the results when you're finished! You'll make carbohydrate-packed Blueberry Power-Snack Turnovers, protein-boosting Crunchy Chicken Fingers, calcium-rich Creamy, Dreamy Yogurt Orange-Banana Frozen Pops, and much more. The Healthy Body Cookbook is a delightfully clever smorgasbord of hands-on lessons about the crucial role that diet and exercise play in the development of heart, blood, bones, muscles, skin, teeth, and the nervous and digestive systems. All activities are kid-tested and require only common ingredients and kitchen utensils. There's also a helpful list of safety rules, an explanation of tools and skills, and nutritional values for each recipe.

作者介绍:

目录:

[The Healthy Body Cookbook 下载链接1](#)

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