

FOOD



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出版者:Dorling Kindersley Publishers Ltd

出版时间:2006

装帧:paperback

isbn:9781405315296

Whether you want to learn about what makes organic food different or how your body breaks it down, this guide will show you the inside story of everything edible. See, learn and discover everything about food, from what is healthy to eat and the different ways of cooking, to GM crops and the changing ways we farm livestock. Easy-to-follow descriptions and photographs make the story of food fun to digest!

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