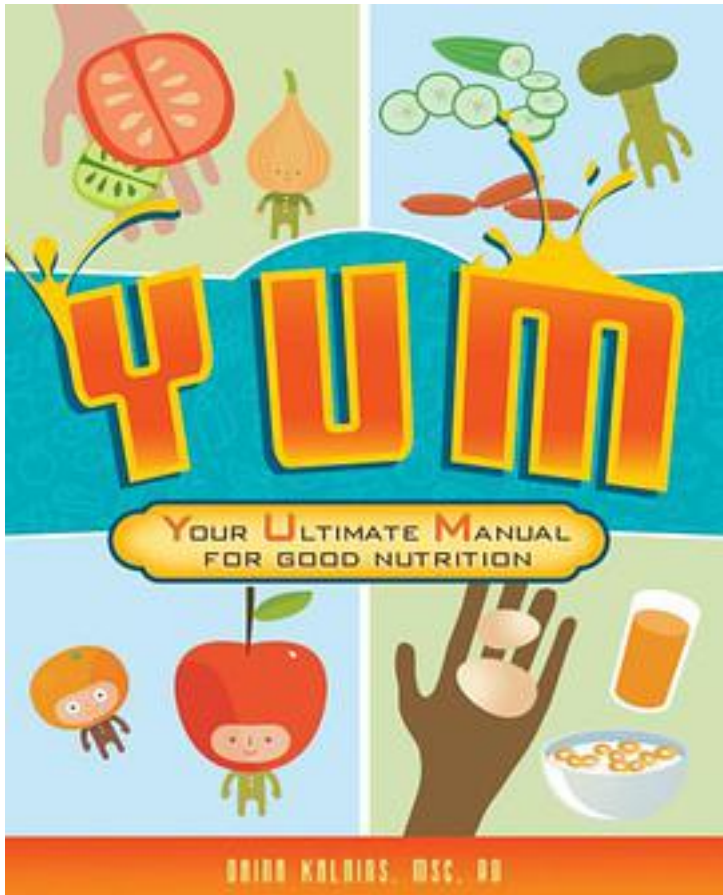


YUM



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著者:Kalnins, Daina/ Becker, Paula (ILT)/ Finkelstein, Paul (FRW)

出版者:

出版时间:

装帧:

isbn:9781897073728

This kid-friendly guide helps readers make smart food choices every day. With recipes, meal plans, tips on nutrition from kids in their own words, fun food facts, and quotes from celebrities like Mia Hamm, Vanessa Hudgens, Zac Efron, America Ferrera, and Tony Parrish, this tasty title is a must-have YUM helps kids become food-label-literate

and figure out how to choose the best foods for their bodies. They'll discover healthy snack ideas from young people who already make nutrition part of their lives. The author encourages readers to set realistic goals for themselves, and to help parents make meal plans and grocery lists, so that the whole family can get on board with nutrition. YUM also serves up tasty recipes, simple enough for kids to tackle on their own

作者介绍:

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