

Vital Vegetables



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Slim Goodbody's latest series, "Nutrition Edition", is designed to teach young children the fundamentals of the Food Pyramid. Targeted for very young children, each book in the "Nutrition Edition" series focuses on a different food group. "Nutrition Edition" reveals how different food groups work within the body, the value of eating 'locally' and 'green' growing practices, cultural differences in food choice, guidelines of daily nutritional requirements. This work helps you learn about the incredible variety of vegetables and vegetable products, the history of vegetables in the human diet, what is special about dark green and leafy vegetables, what changes occur when vegetables are cooked, vegetables grown around the world, and how many vegetables a person needs each day.

作者介绍:

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