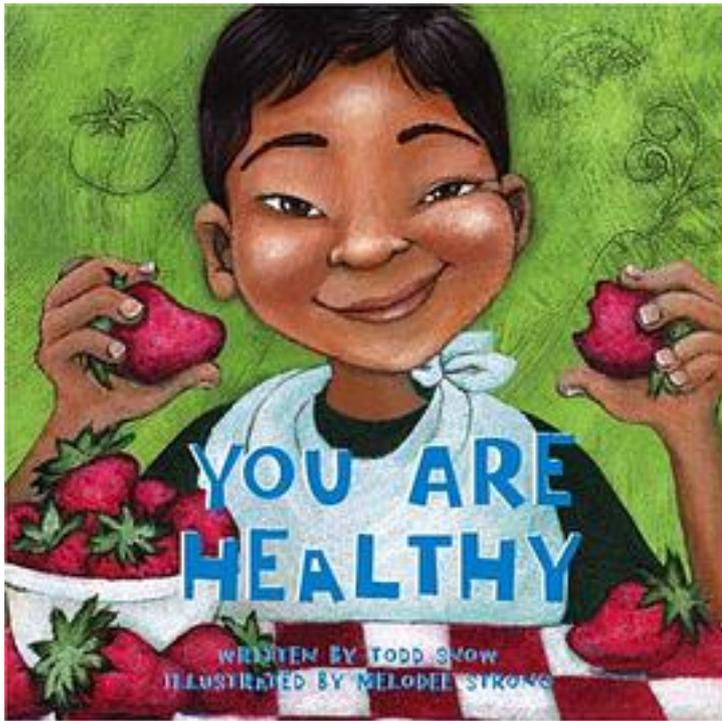


# You are Healthy



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著者:Snow, Todd/ Strong, Melodee

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This important book introduces young children to things they can do to stay healthy and encourages behaviors experts have identified as key to children's health: active play, eating right, washing hands, drinking water, getting enough sleep, and spending time with loved ones. Children will be drawn into the colorful pictures that show kids their age at home, at play, at school, and with family members. Like our world, the illustrations are multiethnic so children will see themselves and say "I can do that!" Written in simple words and vividly illustrated You Are Healthy is affirming, true to life, and makes an ideal introduction to a lifetime of good health. This book is part of the paperback series that also includes: You Are Healthy, You Are Brave, and You Are

Friendly.

作者介绍:

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