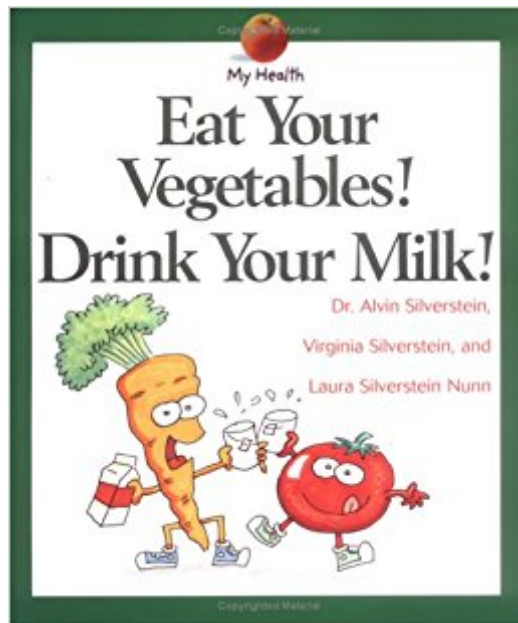




The book was found

# Eat Your Vegetables, Drink... (My Health (Paperback))



## Synopsis

My Health explains the science behind common illnesses and injuries and also emphasizes the importance of maintaining personal health. The colorful, inviting series design features photos, medical illustrations, amusing cartoon art, tables, sidebars, and hands-on activities.

## Book Information

Lexile Measure: 900 (What's this?)

Series: My Health (Paperback)

Paperback: 48 pages

Publisher: Children's Press(CT) (March 1, 2001)

Language: English

ISBN-10: 0531165078

ISBN-13: 978-0531165072

Product Dimensions: 7.9 x 0.1 x 9.3 inches

Shipping Weight: 5.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #734,754 in Books (See Top 100 in Books) #210 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #902 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 8 - 11 years

Grade Level: 3 - 6

## Customer Reviews

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Bought it as a gift

My friend's daughter loves this.

My son is 3. I thought this would help him understand good foods. It is above his comprehension.

The Silversteins provide an excellent overview of good eating habits. I purchased a copy for my

son. He thoroughly enjoyed it and has improved his knowledge of proper nutrition.

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Eat Your Vegetables, Drink... (My Health (Paperback)) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) The Keto Diet: To Drink, or not to Drink? A Complete Beginner's Guide to the Top 10 Alcoholic Drinks for Confidence and Weight Loss on the Ketogenic Diet. The Keto Diet: To Drink, or not to Drink? A Complete Beginner's Guide to the Top 10 Alcoholic Drinks for Confidence and Weight Loss on the Ketogenic Diet. (Volume 1) Best Halloween Drink Recipes: Spooktacularly Delicious Halloween Drink Recipes Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Eat Your Drink: Culinary Cocktails Duke City Foodie: Your 2014 Guide to Eat & Drink Albuquerque: 66 Dining Picks in 11 categories to nosh through Albuquerque's fall and winter season Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Lucky Peach Presents Power Vegetables!: Turbocharged Recipes for Vegetables with Guts Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes Aquaponics: Simple Guide to Growing Vegetables Using Aquaponics (Aquaponics, aquaponic gardening, aquaponic systems, organic vegetables, vegetable gardening, hydroponics) Eat Drink Nap: Bringing the House Home Eat, Drink, and Be Mad Libs (Adult Mad Libs) Eat for Heat: The Metabolic Approach to Food and Drink What to Drink with What You Eat: The Definitive Guide to Pairing Food with Wine, Beer, Spirits, Coffee, Tea - Even Water - Based on Expert Advice from America's Best Sommeliers The Cocktail Party: Eat Drink Play Recover Cool Beijing Travel Guide: The best places to eat, drink and explore in the Chinese capital Maui Travel Guide: Experience the Best Places to Stay, Eat, Drink, Hike, Bike, Beach, Surf, Snorkel, and Discover in Maui Hawaii - ( Things to Do in Maui ) Eat Guides - Barcelona: Local food & drink guide to Barcelona, Spain

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