

## Healthy Eating (Lets Read and Talk About)



This book asks and answers questions about healthy eating. It explores why fruit and vegetables are good for us, what are the best snacks, why we shouldn't just eat sweet foods and much more. It is part of the Lets read and talk about series which includes ready-to-use questions and discussion points to help young readers gain more from their reading experience, and to give busy teachers and parents quality extension material. The concepts are supported with photographs and Take action panels to get the reader involved in research and experiments.

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