



**[(The Monster Health Book: A Guide to Eating
Healthy, Being Active & Feeling Great for
Monsters & Kids!)] [Author: Edward Miller]
[Apr-2008]**

Edward Miller

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Beginning with a concise discussion of each food group and the newly redesigned food pyramid, and including sections on exercise, drugs, and self-esteem, this informative and lively book will help kids pick up nourishing foods and get into wholesome habits. Gr. 2-4. Miller, who illustrated Barbara Seuling's *From Head to Toe* (2002), contributes both words and pictures in another book about kids and their bodies, which focuses on healthy lifestyle choices. Opening spreads introduce the basic food groups, followed by pages about the day's early meals (breakfast, lunch, and snack), with menu suggestions for each. Later sections touch on physical and mental health: exercise, sleep, moods, and things to avoid (drugs and alcohol). The text is sometimes confusingly brief, and children will need adults to expand on such subjects as eating disorders and steroids, as well as on some sophisticated vocabulary defined). The jumbled format, with brief text boxes and bright pictures cr

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The reason why? Because this [(The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!)] [Author: Edward Miller] [Apr-2008] is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book next to it was fantastic author who have write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking method. So , still want to delay having that book? If I were you I will go to the guide store hurriedly.

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