

Food Options: Following Special Diets Ebook: Following Special Diets Ebook - Kristin Petrie

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From breakfast to dinner and everything in between, this title will work up hungry readers' appetites with a delicious look at food and diet options. Bright, colorful photos will entice readers as they learn about the benefits of various meal plans, from a vegetarian diet to a Mediterranean one. Readers will also gain an understanding of how to eat green and deal with food allergies. Engaging chapters present ways to assess food options and approach fast-food alternatives in a straightforward, positive light. Smart sidebars highlight additional opportunities for exploring modified diets, while a full-page spread offers ideas from the Let's Move! campaign for maintaining a balanced diet. This title will leave readers feeling confident about their own unique diets! Bolded glossary terms, phonetic spellings, and an index are included. Checkerboard Library is an imprint of ABDO Publishing Company. Author: Petrie, Kristin Publisher: Checkerboard Illustration: N Language: ENG Title: Food Options: Following Special Diets eBook: Following Special Diets eBook Pages: 00032 (Encrypted PDF) On Sale: 2011-08-01 SKU-13/ISBN: 9781617830846 Age: 08-11 Reading Level: 03-06 Category: Juvenile Nonfiction : Health & Daily Living - Diet & Nutriti

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