



Eat Smart, Feel Great: Fun & Informative, For Kids, Teens & the Whole Family Plus Yummy Recipes & Great Nutritional Tips!

Dale Figtree Ph.D.

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Eat Smart, Feel Great is a fun-filled story about a pre-teenager, James, and his struggles and adventures learning how to eat smarter and be healthier and more fit. It is packed with important nutritional tips and wisdom, along with yummy, easy-to-make, high-energy, high-nutrient recipes. Also included are questions and answers that address common food and healthy eating issues along with a special section on skin care and exercise. This book helps children and teens understand how the food they eat each day affects their health and well-being. It makes eating fun, nutritious and positively life-changing. It also encourages and inspires young people to recognize the power of smart choices, choices that not only influence their optimum health, but also build confidence and success for their entire lives.

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Toni Styer:

Eat Smart, Feel Great: Fun & Informative, For Kids, Teens & the Whole Family Plus Yummy Recipes & Great Nutritional Tips! can be one of your beginner books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort that will put every word into satisfaction arrangement in writing Eat Smart, Feel Great: Fun & Informative, For Kids, Teens & the Whole Family Plus Yummy Recipes & Great Nutritional Tips! yet doesn't forget the main level, giving the reader the hottest as well as based confirm resource information that maybe you can be one among it. This great information can easily draw you into brand-new stage of crucial imagining.

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