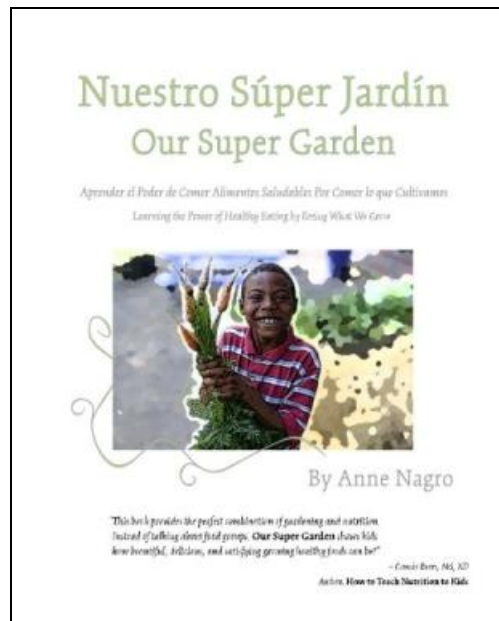# Nuestro Super Jardin: Aprender El Poder de Comer Alimentos Saludables Por Comer Lo Que Cultivamos

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Reviews

This written book is excellent. It really is rally fascinating throgh studying period. You are going to like the way the writer write this publication.

(Hadley Ullrich)

NUESTRO SUPER JARDIN: APRENDER EL PODER DE COMER ALIMENTOS SALUDABLES POR COMER LO QUE CULTIVAMOS

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Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. Theresa Mezebish (illustrator). 254 x 203 mm. Language: Spanish . Brand New Book ***** Print on Demand *****.Right on the heels of the nationally-acclaimed children s book, Our Generous Garden, comes the garden-to-table treasure, Our Super Garden, where children explore eating healthy by eating what they grow. Kid-friendly language and eye-catching art highlight the special powers fruits and vegetables give our bodies, like the force field created by vitamin C which helps keep us from getting sick, antioxidants that karate chop diseases, and fiber, which helps us poop. Children ages three to 10 learn it s okay to try new foods, and why fruits and vegetables are an important part of a healthy diet - important life lessons with childhood obesity and diabetes reaching epidemic levels. Start the conversation - and hands-on learning - about healthy eating. Inside you ll find 20 kid-tested recipes from successful youth garden programs across the country, a color-coded chart of nutrients found in fruits and vegetables, and more. Research shows children who plant and harvest their own fruits and vegetables are more likely to eat them. Our Super Garden shows just how much fun this can be!.

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