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BRIGHT MINDS AND HEALTHY BODIES: DELICIOUS AND NUTRITIOUS FOOD FOR RAISING BRIGHT AND HEALTHY KIDS (PAPERBACK)

BRIGHT MINDS AND HEALTHY BODIES



Delicious and Nutritious
Food for Raising Bright and
Healthy Kids

Hilda Glickman

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Your children cannot be at their best without the right food. Their health and wellbeing depend on it. This book will show you how the most nutritious food can help your children:* Build better brains and bodies* Concentrate better at school* Improve learning and memory* Sleep well at night* Balance their blood sugar for fewer mood swings* Have more energy* Suffer less from colds...

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- Authored by Hilda Glickman
- Released at 2017



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