



We Are What We Eat: Holistic Thinking Kids (Paperback)

By Kristy Hammill

Kristy Hammill, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are your kids eating too much sugar? Encourage them to love real food with this new book about all the delicious and nutritious whole food choices! These talking, rhyming food characters will make you laugh while giving you some great ideas. Your kids will start to recognize the difference between foods that are nourishing to their bodies and foods that aren't. They will be telling YOU when a certain treat is going to make them feel yucky from their head to their feet! Feeding your family healthy food is one of the best ways you can be pro-active in keeping them healthy! Parents love reading it and kids love hearing it! You will laugh at some of the great ideas, and some of the not so great ideas, when it comes to filling your plate! Vegan friendly!.



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