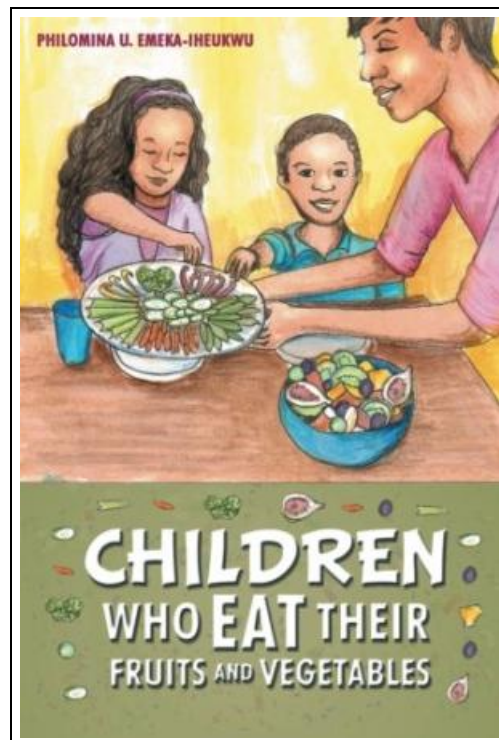


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iUniverse, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In her passion for healthy eating, Philomina U. Emeka-Iheukwu encourages kids and adults to practice healthy food choices through her very unique educative style. Everybody wants to be healthy and fit and this would be a very fun way to start young as healthy eating is crucial to general health and wellness. Fruits and vegetables are not only healthy and beneficial; they taste really delicious too and their benefits cannot be neglected, especially now as we (Americans) are facing childhood obesity challenges. Teach the child/children you love about healthy choices by practicing healthy eating habits too, because you are your child s/children s first and best role model. Children are not responsible for providing or making meals, parents must start cooking and eating healthy now, more than ever. This book will take your entire family to a lifetime healthy adventure by changing their perception towards vegetables, restore courage, hope, confidence, self-esteem, trust and energy to overweight American children, young adults and parents through their life-style changes. Have fun as a family, get cooking; then eat more fruits and vegetables. Together we shall battle childhood obesity and overweight in America because healthy eating tastes really good and truly yummy!.



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