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## Glorious Grains

By John Burstein

Crabtree Publishing Co, Canada. Paperback. Book Condition: new. BRAND NEW, Glorious Grains, John Burstein, Slim Goodbody's latest series, "Nutrition Edition", is designed to teach young children the fundamentals of the Food Pyramid. Targeted for very young children, each book in the "Nutrition Edition" series focuses on a different food group. "Nutrition Edition" reveals how different food groups work within the body, the value of eating 'locally' and 'green' growing practices, cultural differences in food choice, guidelines of daily nutritional requirements. This work helps you learn about the long history of grain cultivation, where grains are grown today, what types of food products are made from grains (i.e. pasta, rice, bread, etc.), the importance of eating whole grains, different grains grown around the world, and how much grain a person needs each day to keep healthy.


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