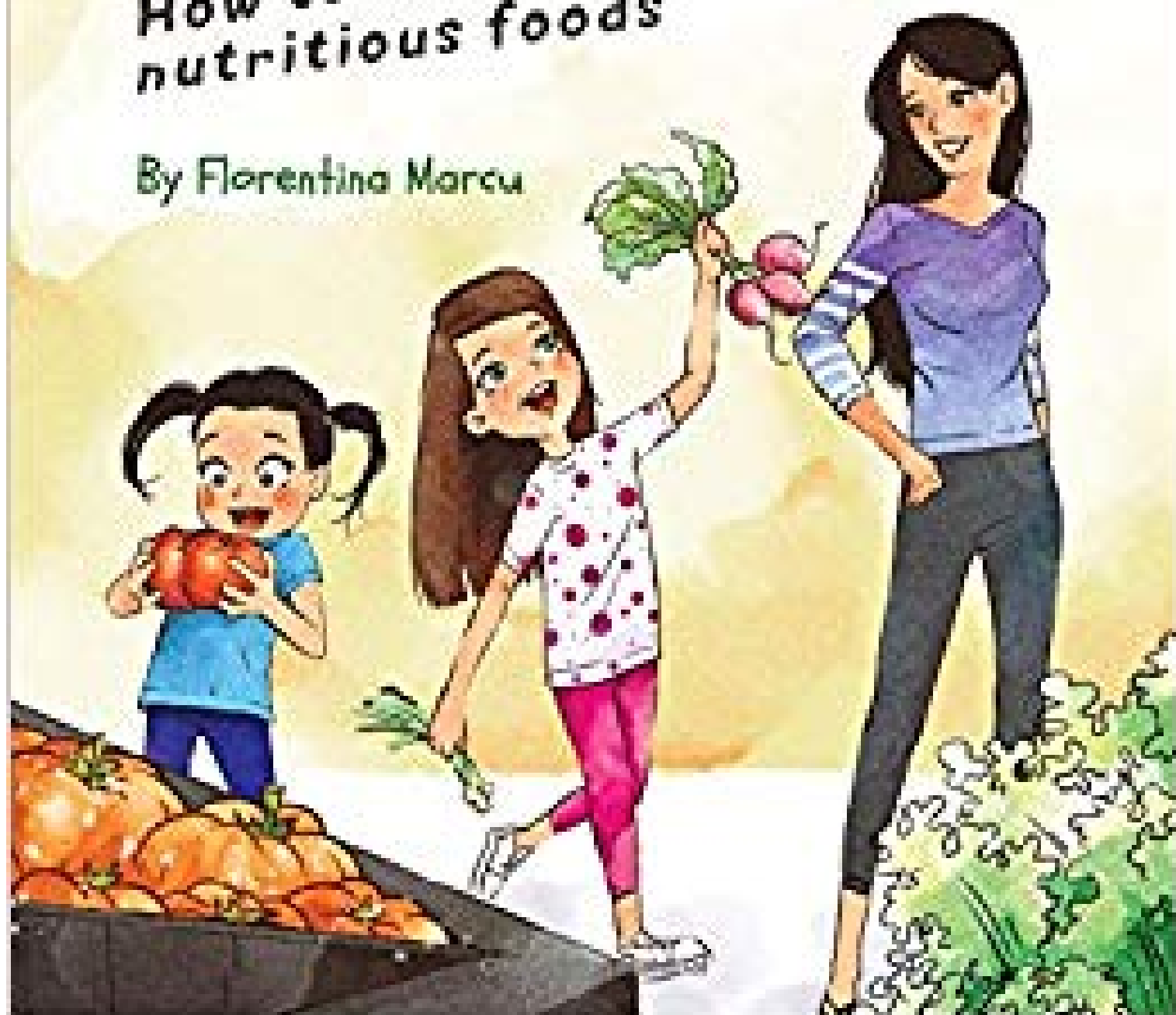


A TRIP TO THE STORE

How to choose and enjoy
nutritious foods

By Florentina Marcu



Florentina Marcu

A Trip to the Store: How to Choose and Enjoy Nutritious Foods



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This is a tale about two girls who visit the store with their mom to choose a variety of real foods - foods that grow in nature - and take part in preparing a delicious dinner. Florentina Marcu, an integrative nutrition health coach and mother, believes that Mother Nature knows best with regards to the foods we eat. how to interpret labels on packaged foods; and how to make educated buying decisions that prevent highly processed foods. Because the girls and their mother make their method around the supermarket and prepare dinner together, kids find out the difference between refined and wholegrain; and how to prevent having too much sugar, while still savoring delicious desserts. what to look for when looking at ingredient labels; The story teaches kids how exactly to navigate a supermarket in search of real, nutritious foods; Involving kids in choosing and preparing nutritious foods and guiding them in creating their very own edition of a grocery list helps children to grow healthy and solid and empowers them with skills that will serve them throughout their entire lives.



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Great book that teaches children about real and well balanced meals ... In an environment of prepared food and processed foods addiction, this fun book encourages children (and parents) to get around toward healthy choices. My daughters love it and today they check labels on all the packaged foods when we visit the store. Not to mention that they became interested in helping me in the kitchen, that is an extra-bonus for me personally! I'm glad I found it and will get it for all your kids I know. Your child will love it! Easy to read for a 2nd grader ... Great kids book Fantastic book for kids that discusses what and how exactly to eat. Easy to read for a 2nd grader with a little help, plenty of pictures too. (Meals doesn't have to come from a fast-food joint or a vending machine, or those crinkly packages on the shelf. Your child will love it!.. Showing children steps to make healthful food choices That is a well-illustrated and realistic book for showing grade-school children how they can learn to make healthful food choices, beginning with how to have fun shopping.Great present too. Good information is shared in a playful, creative way that is appealing to little ones. Having a healthy body throughout life is not only a matter of good luck (aside from choosing good parents as role models).. A birthday party gift which will make a difference. Great publication that teaches kids about real and well balanced meals and how to stay away from all the junk food out there.) Adulthood diet plan begin with what children grow up with in the home, and these discovered patterns effect the chronic illnesses so prevalent today. For Kids and parents. Beautiful and educative book for teaching children how and what . This book might help get the point across at an important age.. Gorgeous and educative book for teaching children how and what things to shop at the grocery store. Wonderful illustrations that offer many opportunities for children to recognize and name a number of fruit and veggies and increase their appetite for them. Great way to instill in your children good nutritional habits, early on in life. A birthday party gift that will make a difference. That is great book not only for kids, but also person started searching for healthier diet. Most of adult doesn't educate what healthy diet is usually in this country. All of children should learns what real meals is and how to read the labels. This book is definitely well illustrated and described.



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