



## Why Should I Eat Well? (Why Should I? Books)

*Claire Llewellyn*

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Boys and girls discover the importance of eating sensibly and keeping to a balanced diet. They learn that good eating habits are important for health and fitness. Titles in the enlightening and entertaining *Why Should I?* series of picture storybooks answer questions that younger boys and girls are likely to ask about a wide range of topics. Part of every child's development consists of asking questions about themselves, their friends and neighbors, and their surroundings. *Why Should I?* books help them discover good answers. Kids will be attracted by the amusing color illustrations on every page, and parents and teachers will appreciate the note at the back of each book offering further suggestions on answering children's questions.

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Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled Why Should I Eat Well? (Why Should I? Books) can be excellent book to read. May be it is usually best activity to you.

#### **Stuart Ross:**

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