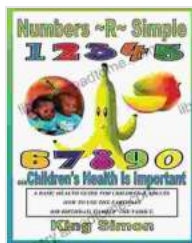


Numbers Simple: Children's Health Is Important

Are you looking for a way to teach your children about the importance of health? Look no further than *Numbers Simple: Children's Health Is Important*. This engaging and educational book uses simple numbers and easy-to-understand concepts to teach kids about the importance of eating healthy, getting enough sleep, and exercising regularly.

With vibrant illustrations and fun activities, *Numbers Simple: Children's Health Is Important* is a must-have for any parent or educator who wants to help kids learn about the importance of health.



Numbers R Simple Children's Health are Important

★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 4450 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 60 pages
Lending	: Enabled



What You'll Learn in *Numbers Simple: Children's Health Is Important*

- The importance of eating healthy foods
- How to make healthy choices

- The benefits of exercise
- How to get enough sleep
- Why health is important

Why *Numbers Simple: Children's Health Is Important* Is the Perfect Book for Your Child

- It's simple and easy to understand, even for young children.
- It's engaging and fun, with vibrant illustrations and fun activities.
- It teaches kids about the importance of health in a way that they can understand.
- It's a great way to start a conversation about health with your child.

Free Download Your Copy of *Numbers Simple: Children's Health Is Important* Today

Numbers Simple: Children's Health Is Important is available now on Our Book Library.com. Free Download your copy today and start teaching your child about the importance of health.

HEALTHY PLATE

1/2 VEGETABLES
& FRUIT

Fill your plate with
vegetables and fruit.
Choose a variety of
different colors.

1/4 DRAIN FLUID

Try to avoid having
more than a few
drinks a day.

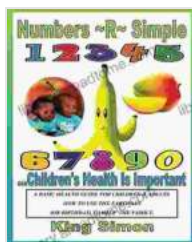
WATER

Drink plenty of water.



1/4 PROTEIN

Include protein in
every meal. Choose
lean meats and
dairy products.



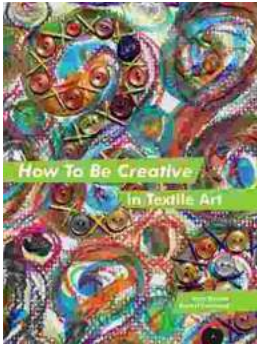
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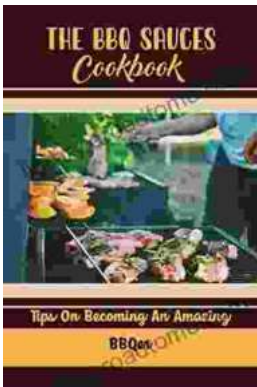
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