



Food and Nutrition: Eating to Win (iScience Readers: Level C (Paperback))

Emily Sohn, Diane Bair

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Describes why, what, and how much we need to eat and the different ways it all affects the human body. As readers use scientific inquiry to learn what it is about different foods that influences your health, an activity based on real world situations challenges them to apply what theyve learned in order to solve a puzzle.

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