



My Healthy Body (Body Works)

Liza Fromer, Francine Md Gerstein

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New book in the BODY WORKS series - straightforward body facts paired with very silly illustrations - for children aged 6 to 9. Ideal for both home and school use.

My Healthy Body is a fact-filled book about healthy habits - perfect for instilling the need to look after both mind and body in young children. Covering topics like sleep, exercise, nutrition, vaccines, eye care, social interaction, family, and hygiene this is the perfect go-to-title for general health care for 6 to 9 year olds.

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