



## Looking After Me: Keeping Healthy (Paperback)

By Sally Hewitt

QED PUBLISHING, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Find out how to take care of your body with this fun and fascinating title. How can you help your body fight germs? Why is sleep so important? Discover this and much more in this essential title from QED. This inspiring new series from QED will help young readers learn how to look after their bodies as well as preparing them for first experiences such as going to the doctor or dentist. Healthy eating, personal hygiene and the importance of exercise of exercise are all explained in easy-to-understand terms. The clear and simple sentences will encourage reading skills and ensure even reluctant readers finish the whole book. Each page is bursting with colourful photographs and exciting images that perfectly illustrate and reinforce the text. The Looking After Me series includes: Keeping Healthy: 978-1-78171-549-9 How Do we Move: 978-1-78171-550-5 Going to the Doctor: 978-1-78171-551-2 Going to the Dentist: 978-1-78171-552-9.



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