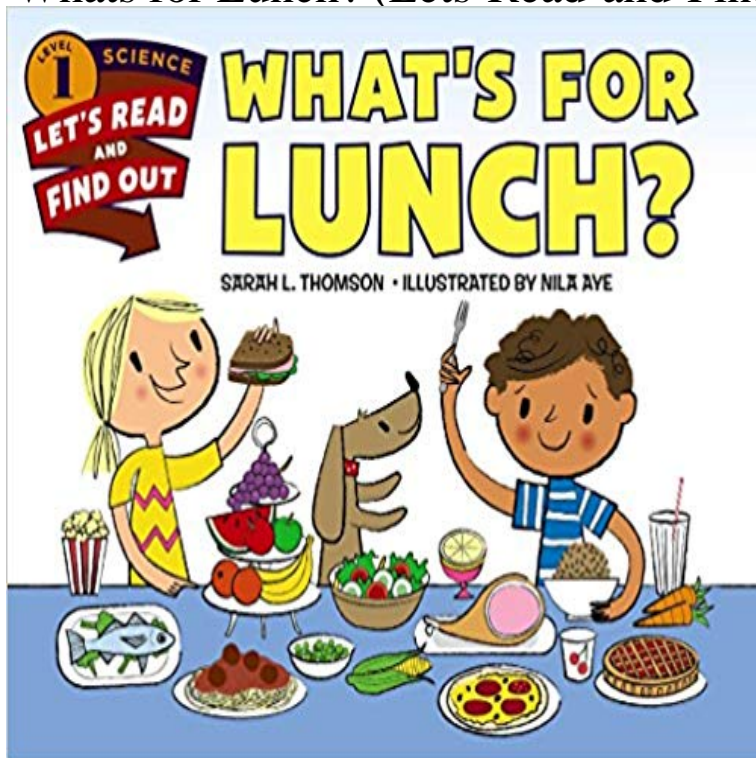


# Whats for Lunch? (Lets-Read-and-Find-Out Science 1)



Whats for lunch? Your body needs lots of different things to eat, and every kind of food has a different job to do! Did you know drinking milk makes your bones strong? Or that eating carrots helps you see better? Read and find out about the different kinds of food we eat and how to fill up your plate to keep your body healthy!A new addition to the award-winning Lets-Read-and-Find-Out Science series, this book features content-rich vocabulary in simple, engaging text by writer Sarah L. Thomson, fascinating visual displays of information by illustrator Nila Aye, and a find-out-more section with simple guides to learn about everyday healthy eating. Both text and artwork were vetted for accuracy by Dr. Carolyn Johnson, PhD, FAAHB, NCC, LPA, and Keelia OMalley, MPH.This is a Level 1 Lets-Read-and-Find-Out, which means the book explores introductory concepts perfect for children in the primary grades and supports the Common Core Learning Standards, Next Generation Science Standards, and the Science, Technology, Engineering, and Math (STEM) standards. Lets-Read-and-Find-Out Science is the winner of the American Association for the Advancement of Science/Subaru Science Books & Films Prize for Outstanding Science Series.

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