

My Fridge: My First Book of Food

My Fridge: My First Book of Food is a fun and interactive way for kids to learn about different foods and where they come from. With bright and colorful illustrations, this book is perfect for young readers who are just starting to explore the world of food.

The book is divided into different sections, each of which focuses on a different type of food. There is a section on fruits, a section on vegetables, a section on meat, and a section on dairy. Each section includes information about the different types of food in that category, as well as where they come from and how they are grown or raised.



My Fridge: My First Book of Food by Remington Kane

★★★★☆ 4.8 out of 5

Language : English

File size : 24112 KB

Screen Reader : Supported

Print length : 20 pages

Lending : Enabled

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In addition to the information about different foods, My Fridge also includes fun activities and recipes that kids can do to learn more about food. There are recipes for simple snacks, such as fruit salad and vegetable sticks, as well as more complex dishes, such as pizza and tacos. There are also activities that teach kids about different food groups and how to make healthy choices.

My Fridge is a great resource for parents who want to teach their kids about food. It is also a fun and engaging book that kids will love to read.

Benefits of My Fridge: My First Book of Food

- Teaches kids about different foods and where they come from
- Includes fun activities and recipes that kids can do to learn more about food
- Helps kids make healthy choices
- Is a great resource for parents who want to teach their kids about food
- Is a fun and engaging book that kids will love to read

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Young Learner's

My First Book of

FOOD



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