



It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating

By Rose, Dina

Perigee Trade. Book Condition: New. After years of research and working with parents, Dina Rose discovered a powerful truth: when parents focus solely on nutrition, their kids - surprisingly - eat poorly. But when families shift their emphasis to behaviors - the skills and habits kids are taught - they learn to eat right. Num Pages: 272 pages, black & white illustrations. BIC Classification: MBNH3. Category: (P) Professional & Vocational; (U) Tertiary Education (US: College). Dimension: 209 x 148 x 19. Weight in Grams: 238. . 2014. Paperback. Books ship from the US and Ireland.

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-- Hank Powlowski