



Smart Food for Tweens

Anna Jacob, Ng Hooi Lin

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Smart Foods for Tweens provides practical advice on making smart food choices for today's young families.

Written by a dietitian and nutritionist, this book offers up-to-date knowledge and advice on nutrition for children during the critical school-going years.

With 70 carefully researched recipes, from beverages and soups, to snacks, desserts, main and side dishes, parents and caregivers can be assured that they are cooking up tasty yet wholesome dishes for the whole family, without busting the grocery budget!

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