



Inside Me My Strong Bones (QED Readers)

By Lauren Taylor

Paperback. Book Condition: New. Not Signed; How can you help keep your bones healthy? What are your bones made of? Which bones protect your heart and lungs? Read all about your body in this fantastic reader from QED. Learn how each organ does something unique and what it needs to thrive, from rest to the right food and plenty of exercise. Discover everything you need to know to be strong, healthy and happy! Relax those muscles, sit down and have a read. Keep your brain working by reading these titles by yourself or out loud for all to hear! The clear and simple sentences will encourage even reluctant readers to finish the whole book. Learn how your digestive system extracts nutrients and how bones protect your skin. Each page is bursting with colourful photographs and exciting images to illustrate specific areas of your body. From the top of your head to the tips of your toes, your body's welfare is extremely vital! Read up and be in the know of what you can do to keep it healthy. book.



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