



Superhero Healthy Henry Discovers Planet Earth

Angela B Lamb

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Introduce your child to a healthy living role model and superhero! Superhero Healthy Henry, in a fun and clear way, shows his unhealthy Earth friend Dan why it is important to eat nutritious food and exercise. As a result, Dan becomes much healthier and helps others do the same. It promotes the importance of eating "real food" that comes from nature and avoiding excessive amounts of junk food, fast food and processed food. Includes fun, kid friendly jokes as a bonus. Healthy habits begin early. This book encourages children to be on the right path to life long health.



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