

La pequeña ciencia de la salud

The small science of health



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Valentín Fuster's new book is designed to teach children to live a healthy life. This book focuses on healthy habits (healthy diet is the book's central theme) and is aimed at children who have some reading skills, or who are starting to read with their parents. This is a remarkable book, illustrated with great originality, providing solutions of high conceptual value which 'speak' without words. Strategies such as highlighting and the creative use of typography play a prominent role, and the texts are short. The book includes an introduction which gives advice on reading, and the appendix at the end provides an opportunity to test yourself on healthy habits. While there are other publications on children's diet, this entertaining book will be much appreciated for its accessibility, practicality and originality.

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