

À table !

BIEN MANGER EN FAMILLE
SELON LES SAISONS

Comprendre
son corps

Des conseils pour
bien se nourrir

32 recettes
de saison



Séverine de la Croix
illustré par Adeline Pham
Avec la complicité du
Dr. Arnaud Cocaul, nutritionniste.

Flammarion

Dinnertime!

Eating well in every season--for families!

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Genres : Picture Books - Non-Fiction Children's Books

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A smart guide for taking care of your body and learning to eat well.

An astute and wonderfully illustrated book for families, to help children understand their bodies' needs and the importance of a balanced diet.

A way to involve young and old alike in one of today's trends: making mealtimes something everyone in the family can enjoy.

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