



Let's Go Nuts!: Seeds We Eat

April Pulley Sayre

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This seed-themed companion to *Rah, Rah, Radishes!* and *Go, Go, Grapes!* proves that healthy eating can be both fun and delicious!

What do nuts, beans, grains, and even some spices have in common? They're all seeds—seeds we can eat! So get ready to greet lentils and limas, take a crack at coconuts and cashews, and say hi to rye and buckwheat. You'll soon be seeing seeds in a whole new way!

This seedy celebration comes complete with an author's note full of fascinating facts about seeds, including a section about nut allergies and how to help nut-sensitive friends and classmates stay safe and healthy.

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William Grant:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the Mall. How about open as well as read a book titled Let's Go Nuts!: Seeds We Eat? Maybe it is to become best activity for you. You understand beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have different opinion?

Alma Brady:

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