

# The ABCs of Nutrition

Learning the Alphabet the Healthy Way



Aa



Apple

Illustrated by Andrew Birdman

Robert Orchanian

## The ABCs of Nutrition: Learning the Alphabet the Healthy Way



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" is a great and colorful book that uses fruits and veggies to teach the alphabet. The ABCs of Diet: Learning the Alphabet the Healthy Way" What makes it truly exclusive is that every letter is accompanied by a VEDGE' Kid. So kids are captivated as they: \*Learn the Alphabet through visible, auditory and physical/kinesthetic sensory insight \*Associate common and exotic fruits and vegetables with letters and words \*Get excited about fruits and veggies and therefore want to eat them \*Are motivated to engage in physical activity, like yoga, as demonstrated by the VEDGE' Child poses. The fun and multi-colored VEDGE' Children are anthropomorphic (component veggie/part human) and so are portrayed in some kind of activity on each web page as they present each letter. For children aged 2 to 5.



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Delightful ABC book This is a delightful ABC book using foods that are nutritious for every letter. Our 3 yr older grandson loved this book and constantly requested this reserve at reading time. He wasn't acquainted with each meals name, but most of them and wasn't turned off by that. It's more of an image book, as there is no storyline. 2 to 6 yr olds should love to read this book. (A)ppealing (B)rilliant & (C)lever! Characters were appealing, shades were brilliant on my cloud reader, and pretty clever concerning how the writer worked the letters "V" and "X" (that i will not hand out). Glad it had been free. Cool book Cool. It is today officially the YUM reserve! The YUM Book! My toddler boy loves this reserve! This is the base of the obesity problem America is having which publication is taking us in the right direction. Meh. Nothing special. Extremely good book! It had been just one single picture per page with corresponding letter. Although some of the vegetables might be obscure for some people, it creates a learning situation... this unique undertake the ABC book can be a great conversation starter With cheerful illustrations, this original undertake the ABC book can be a great conversation starter. Solving America's obesity Awesome book! First of all the standard of the publication is unmatched. Images are big and bold and incredibly readable. Im an adult and thought the images were great. Kudos to Robert Orchanian for presenting the alphabet in a fun, creative and healthy way. You can search on youtube how chef Jamie Oliver went right into a school and asked kids that which was the name of vegetables he was keeping and non-e had any idea. More like flashcards than a book. Best ABC book! The cartoons are excellent for keeping a toddler's curiosity as you effectively use each page as a flash card, allowing the child to recognize the letter and/or fruit. I for Italian Plum, V for Veggie Burger, and X for eXquisite pomegranate) that's hardly the fault of the author, who was limited by the English language and made the best of it. vegetables This is a straightforward and charming book for toddlers to understand the alphabet and identify fruits & vegetables. The type introducing each letter was whimsicle and sweet with a cheery expression. The cover is essentially the web page for the letter "A", and all subsequent pages are analogous. For each page there's an uppercase and lowercase letter plus a delightfully illustrated anthropomorphic edition of the fruit next to the fruit itself. At first it is very plain.g. a charming way to teach toddlers about the alphabet and fruits & Cant wait to provide a few copies to friends with kids. A great and healthy learning knowledge! This is a fantastic resource for teachers of students at the primary level! Not only does it include colourful and fun illustrations that will engage the young learner to learn the alphabet, but also help them to become aware of even more healthful snack alternatives! At the same time when there are therefore many unhealthy snacks flooding the market and constantly at our fingertips, The Abcs of nutrition gives a breath of clean and healthy atmosphere to greatly help influence the minds of young learners. I'm sure my little guy will find out more as he grows. As a primary level school instructor I plan to use this publication not only to teach letter recognition and their corresponding noises, but also question the students to take part in the various healthful poses while reading the book. I'm excited that the lesson includes catchy visuals mixed with fun movements to activate my students. I love how without the extra effort kids are not only learning to read but are learning how to be healthy because the letters are all of fruit and veggies. Looking forward to even more books in this series! I was amazed. He was able to recognize some of the fruit and veggies, and got excited. Some of the fruits/vegetables were sort of obscure. I also like the fact that each fruit character shares a healthy pose for the reader to market workout. This is a unique learning device that keeps it basic and straight forward. We have to educate our kids and familiarize them with fruits and vegetables therefore they can eat more of them and make sure they are a wholesome generation.!! Get the reserve. It really is his favorite book! He loves the bright colors and playful

characters! As a Kindergarten instructor and Mom, I highly recommend this book! We have had the publication for a number of weeks and he is becoming quite attached to it. If u will get this please get it your kid want it. I really didn't know how my 17 month aged would react to this book. My one and a half year older loved the characters My one . 5 year older loved the people. It's a great way to begin teaching ABCs to your toddler! While it will get yourself a little quirky with particular letters (e. But he's very responsive to the bold colors and high contrast. We've been capable to make our very own story line and reference the reserve as we introduce fresh foods. My boy liked this book. to greatly help children advance at night SAD diet is an effort worth supporting Anything, to help children advance past the SAD diet is an effort worth supporting. Specifically, when packaged in a fun way!not really well-known things in america. "Daddy, what's a jackfruit?" Wouldn't it be fun to greatly help your kid try all the foods in here?



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