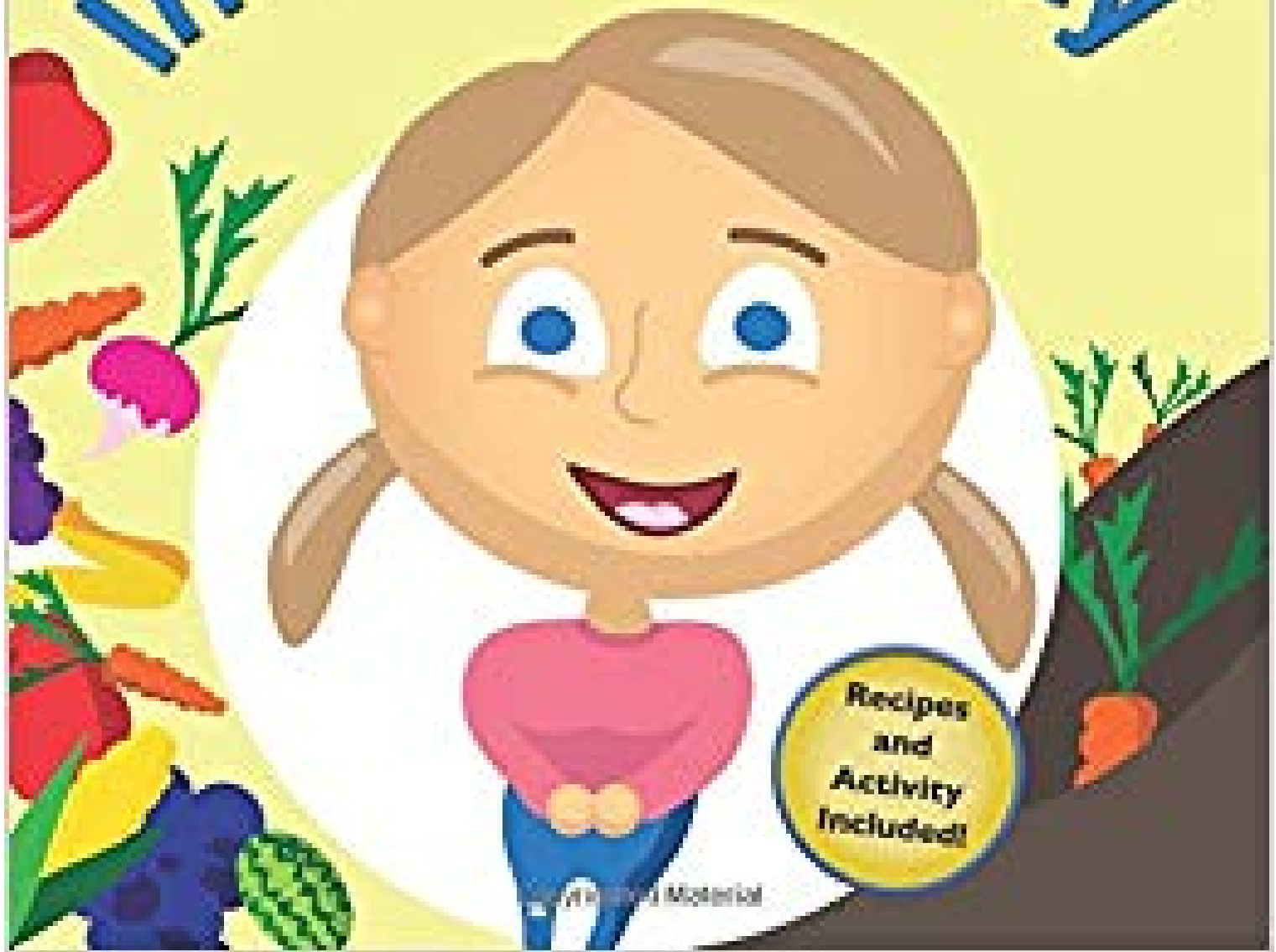


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By Courtney Sexton  
Illustrated by Samantha Harris

# In Your Tummy



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Courtney Sexton  
In Your Tummy



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Nori loves her fruits and veggies! Follow her as she shows you how to help the close friends in your tummy keep you happy and healthy! "In Your Tummy is normally a innovative and colorful method to teach children the significance of eating healthy." —Dr. I only wish I got this reserve when I was youthful!" —Marie-Claire Arrieta Ph." —Michele Jakubowski, 2013 Moonbeam Kids's Book Award Gold Winner, writer of over 20 books for kids "In Your Tummy does what many child's books on germs possess failed to do: show children the importance of good microbes and their responsibility to maintain these good bugs well fed.D. The best: he'll now pass on a glazed donut because he wants to eat healthy and 'feed his great bracterium' like in the reserve. I was uncertain how he would react to a reserve without trucks or dinosaurs, but he was hooked after just a few web pages. The illustrations and healthy decisions message are designed for children. It's never prematurely . to learn how your body works. My child asks for do it again readings during bedtime, 2., Associate Professor, University of Calgary and co-author of Let Them Eat Dirt "Our family members loves this book—especially our five-year-old. This publication is certainly a keeper." —Chris Garcia-Halenar, author of award-winning Xander's Tale "Thank you, Courtney, for educating children on the importance of a healthy microbiome. In Your Tummy approved the real litmus check in two ways: 1. The bonus dishes in the back certainly are a treat! I can't wait to talk about it with this youngest sufferers. Courtney does a good job of earning a complex subject kid-friendly and digestible. Raphael Kellman, founder of "Microbiome Medicine," author of many bestselling books, and Medical Director of the Kellman Middle for Integrative and Practical Medicine



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Fun Way to Teach Kids "Why" Important to Eat Fruits and vegetables!!! Most of us learn best whenever we understand the "why" we have been asked to do something. Appreciated the book. I also enjoyed the simple to follow quality recipes in the rear of the book. I will add this to my book gifts to my friends and family with younger children. I wish I had this book when my children were younger. Fun book that helps get kids interested in healthy food options! Courtney's book is a creative, fun method to start speaking with children about the significance of choosing balanced diet options. I recommend this book mainly because a teaching tool of what bad and good bacteria does to the body. Can't wait to read Courtney's reserve to my little one! More than only a children's publication! This tells how to keep good bacteria and what bad bacterias does for you. My nieces and nephews were a big enthusiast of the book, and a bigger fan of the recipes! My daughter can't just read this book once, she insists on twice because she loves naming all the veggies and fruits by the end of the book. Story and quality recipes and a game, oh my! The lovely story about Nori and her friends held my toddler involved, and she even asked for an apple later on. It's an excellent story and the recipes in the back certainly are a great reward! We will be making the chickpea nuggets (recipe form the publication) this weekend! In this book, Courtney has done a lovely job with a story about the friends in your tummy and they need fruits and veggies to be able to do all the things you love to accomplish. It is ideal for parents making nutritional selections for their children. Really loved the quality recipes. I especially love that there are quality recipes and activities as well. What an awesome book to have for kids because they learn about eating healthy foods! There are multiple quality recipes, and paper food lower outs. The drawings are kid friendly and the tale is ideal for a younger audience. Very helpful for children. The reserve provides great illustrations and easy to follow principles that explain the advantages of eating healthy and the downside to choosing poor food options. I go through this to my 4 1/2 year aged granddaughter and she really liked it. We have been trying to teach her in what foods are good for her. Such a great read for kids! The book does a great job illustrationing these bacterias. In addition, it has a few quality recipes in the trunk that you and your child will make together. Great Book! I'm all about getting my children to eat more vegetables and fruit, and this reserve makes fruits and vegetables FUN! What a fun way to understand about healthy eating! Just what a wonderful book for toddlers What a wonderful book for toddlers! We can't wait to learn it over and over!



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