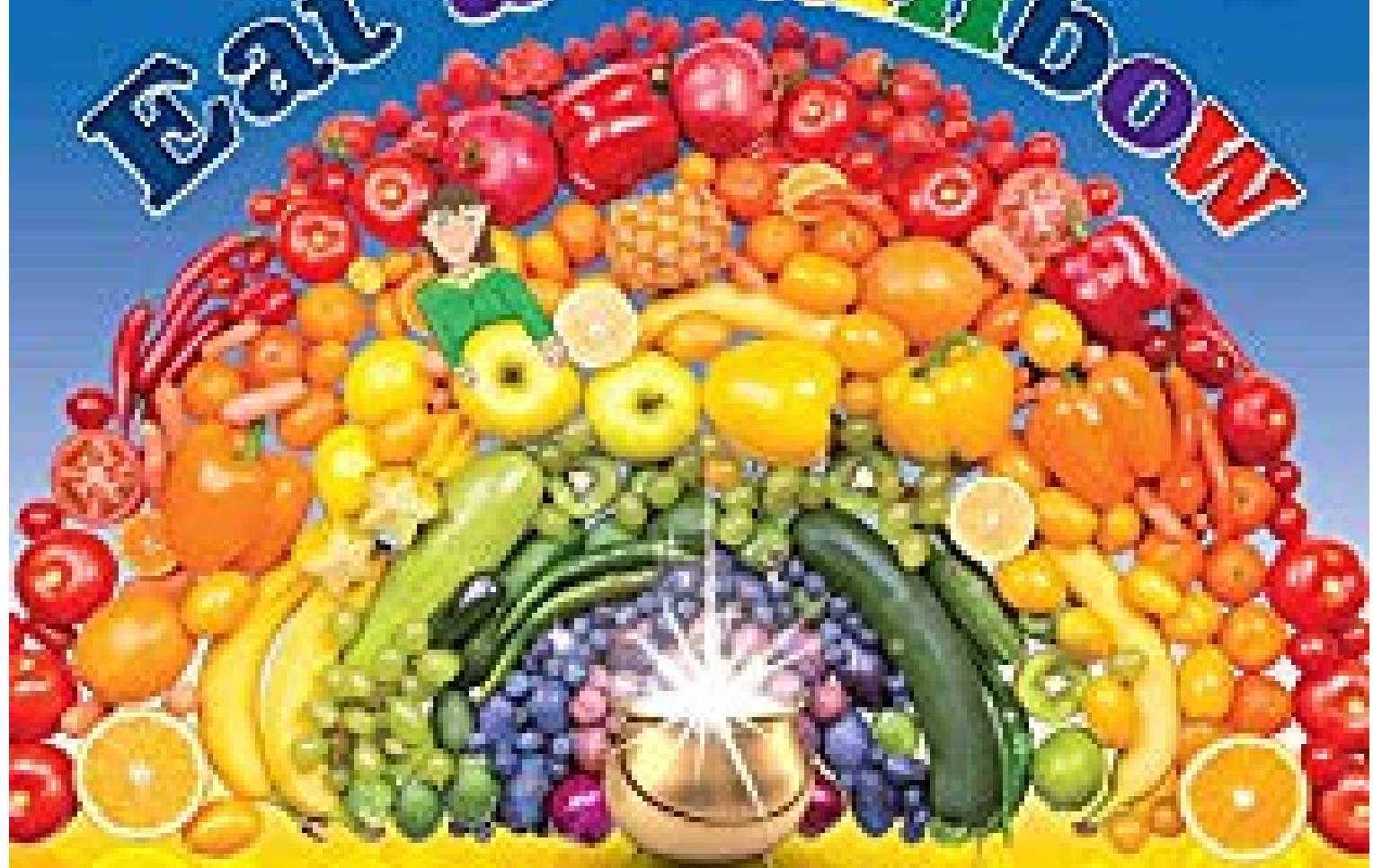


Give It a Go, Eat a Rainbow



Written by
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Are you a parent or instructor hoping to encourage kids to eat more veggies and fruits? Want to support healthy eating communications in a great, educational and positive method? Looking for great educational messaging with peer-to-peer messaging? Children are presented to Blake, the main personality, who feels sleepy (low energy) and wonders why he doesn't possess the energy to play like various other kids. Give it a try, Eat a Rainbow uses wonderful illustrations by 12-year old Alexander Guylay combined with real-life photography and basic rhymes by award winning diet educator Kathryn Kemp Guylay to generate an augmented fact that immediately draws children into the story. Blake meets a friendly, magical leprechaun who will take Blake on a journey to get the pot of gold (a metaphor once and for all health insurance and energy). Blake is definitely shrunk down to small size and explores the vibrant world of fruits and vegetables. The book addresses healthful eating, particularly fruits and veggies, in an engaging and positive method. The colours (and fruits and vegetables) result in the pot of gold, where Blake feels vibrant and active. Targeting early childhood and elementary college age ranges, this picture publication will be simple however profound in promoting healthy eating habits in children. Think The Wizard of Oz meets Honey, I Shrunk the youngsters meets nutrition and health literature. Each page is created for maximum engagement, utilizing a delightful combination of picture taking, illustration, color and text message.



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I HOPE This Book Assists My Granddaughter Eat Healthier The book begins with the all-too-typical example of a lethargic and undernourished child, Jake, who enters a magical tale and blossoms right into a vital, healthful boy by learning to eat phytonutrient rich fruits and vegetables. My tummy hurt, my health was failing. Hire an artist to revamp it and I'll give it five celebrities. I was like Blake. A report researching the impacts of bibliotherapy (though this reserve can be for the parents) versus therapy for families of autistic spectrum children (and for that matter, any kids) with rest difficulties, the outcome proved to be that therapy and reading a reserve could possibly be equally helpful. Then I wised up and began eating healthful. I feel so much better today than I did so years ago. "Don't do this... We recommend purchasing the print version to enjoy all the images. After reading the publication our daughter offers asked to try kale and eggplant. Cute story for kids. An inspiring and influential reserve that can help families and ideally even schools serve up healthier meals for an improved thinking, functioning and feeling generation. I am amazed because her mother understands to feed her healthy. I can't find out why she doesn't. from a clinical psychologist . Hurray and large because of this smart nutritionist! I plan on giving this book to that Granddaughter and her Mom hoping that they browse it and something clicks within their heads. so I wasn't thrilled that I payed 20\$ for it. Before I give it to the granddaughter who needs it, I browse it to my additional Grandkids. We produced a plate of meals from the rainbow. Just what a fun way to teach kids about healthy eating. They loved performing this with me, and because they had a hand in rendering it, they ate it all up. This interactive book starts out with a young boy named Blake who is sleepy, has tummy aches and just can't match the other kids. Blake likes to consume cookies, candies and everything sweet. One day, Blake meets a pal who helps teach him about nourishment, using fruit and veggies of rainbow shades. I let them select what they wanted in their rainbow. When you have a picky eater in your house, this book may help them in a fun interactive way to choose foods that are healthful for them. So.... Give it a try, Eat a rainbow!! Yes!!! The kid is tired at all times. . . I never." "You need to do that." They are shedding parenting strategies, and in addition losers for grandparents (like me.) Kids learn greatest from stories and video games. I'm so happy that Kathryn Kemp Guylay has saved me from unfavorable nagging with this publication. She saved me also from telling my daughters that they ought to be feeding their kids more fruits and veggies. It's funny because as a psychologist who has authored a publication for helping kids to stop thumbsucking habits, David Decides About Thumbsucking: A TALE for Children, a Guide for Parents, I've long known how effective bibliotherapy could be. Yet I by no means would have thought of what this reserve does, that is to impact children' options of what foods to eat. Does not have any stamina and complains of stomach aches. I highly

recommend also It had been fun to examine³. I was old more than enough to know better than to eat like that. Underneath line— Give it a try, Eat a Rainbow has potential to have solid and positive impacts on the kids we love and most want to grow up with healthy diet plan.ps, This book also motivated me, the grown-up, to pay more attention to just how many and which colors I am eating! What are rhyming and easy to read on a number of the backgrounds. We just read this book together before supper and it made us both actually hungry! We had fun guessing even more foods that are bright colours. Some tips about what Tristan likes about this book: 1. I liked the rhyming story 2. Solving Sleep Problems in Kids with Autism Spectrum Disorders: A Guide for Frazzled Families. It told me things about food I didn't understand 4. The interactive questions were fun too. For those who have some types of e-reader the wonderful pictures will maintain black and white, which really is a shame because this publication is full of glorious colour on every page. ever want to go back to that period in my life. This reserve is easy to learn for children in quality 3 and old. Also would be a good reserve for them to read with their younger brothers and sisters. Eat a Rainbow Give it a try, Eat a Rainbow Such as this method of get kids to eat more healthier. Begins and we learn that Blake is not feeling therefore well. He only wants candy and cookies and factors that are sweet. A fun method to learn about good eating This review is written with the help of my friend Tristan, who's 8 years old. It's a sensible way to get them to open up to healthier choices Five Stars The kids inside our preschool love this book! It's fine for an extremely young audience It's fine for a very young audience .It looks like a home made, self published book. Great book to get children excited about nutrition The story is a great way to get children and adults to take into account what fruit and vegetables do for your body. Cute poem, neat concept Though poem was fun and I love the fruit and veggie imagery. I loved the food pictures the most -- there were good illustrations. Very simple, doesn't go in depth, but makes enough of an impression I suppose . Beyond the rainbow of food, there was nothing visually interesting. A fun, educational tale. All I wanted to eat was cake, cookies and lovely treats. I'd also recommend it to teachers and parents of small children; especially those that garden or possess picky eaters. You can find notes for the parents to ask the child while they are reading alongside them to pick out what foods are red and what part of the body they are best for. But the illustrations were not made by an artist. Just like a mini quiz and you've been given the answers to, if you were attending to... doesn't look extremely professional ... I hope from scanning this book they find out what they're doing wrong, and just why she actually is having stomach problems at such a age group. I was looking forward to clever color play which felt more like a mishmash of stuff thrown collectively merely to support the story. An excellent book for helping kids understand the benefits of making my wise food choices. I would suggest

this book. An inspiring and influential publication that can help family members and hopefully even institutions offer healthier meals for a better thinking, functioning and feeling generation Colorful, Entertaining and perhaps Life Changing This colorful and entertaining book is definitely a must-read for parents and children alike. When I first opened the reserve, GIVE IT A TRY, Eat A Rainbow, I thought this is written about my life 12 years ago. My one Granddaughter who is just 4 loves carbs, cheese, sweets and needs to learn to eat more fruits and vegetables. I love reading this to my elementary college students every year I love scanning this to my elementary college students each year! He meets a new friend and he tells Blake how he can get more energy-enough thus he can play. Delightful way to greatly help kids eat great food. Too bad this publication isn't more well known. It has great photos and good info. 3 of these eat very healthy and 3 of these don't. Enjoy blue and purple pages. I also like the wide variety of fruits and vegetables shown. Now, I've young Grandkids. Great photos, rhymes, and interactive questions through the story make this book a must read for just about any parent who wants to help their child learn healthy eating habits.



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