

N Is For Nutrition Rhymes By The Alphabet

A colorful and playful fruit guidebook for kids ages 4 and up. Put your Food Explorer hats on and join our fruit characters in search of delicious as we discover 108 fruits using our five senses. Learn fun facts from farm to table, nutrition info, fruit seasonality, tasty recipes, and so much more! Even a picky eater can't resist!

'I believe that [this book] could be of value to practitioners working with birth-five year olds, heads or managers of nurseries, health professionals or students who wish to gain an overview of this subject....I enjoyed reading this book and it literally gave me much food for thought' - Early Years
"This book is a welcome addition and the contributors should be congratulated on the scope and depth they manage to achieve...this book is an interesting read, dealing with a topical, yet complex issue' - Journal of Early Childhood Research
'Food plays a huge part in our lives, and this book looks holistically at its influence, including our emotional as well as physical wellbeing. It provides useful facts on diet and healthy eating guidelines for children under five, school age children, adults and pregnant mothers...There is advice on promoting positive attitudes towards food in an early years setting, along with practical advice and case studies to help practitioners promote healthy eating in their settings' - Early Years Update
'This highly readable, thoroughly researched book explores food and eating in an historical, cultural and psychological context and, as public concern about children's nutrition rises, its publication is timely. Food and Health in Early Childhood is a comprehensive, clearly written text enriched with case studies and pertinent reflective activities to consolidate learning' - Angela Underdown, Associate Professor, Early Childhood Studies, University of Warwick
The media interest surrounding children, food and nutrition continues to influence policy and practice in early years settings, and food and eating is of fundamental importance to early childhood practice. Not only does food contribute to health, in terms of nutrition it's also a vital part of a child's emotional and socio-cultural experience that is linked to their growing sense of well-being and identity. This book gives you a comprehensive overview of food and eating in the early years, covering the following:
- nutrition - policy development - health inequalities - food, culture and identity - food and emotion - healthy eating guidelines - promoting healthy eating in the early years - multi-disciplinary working in relation to young children's nutrition
Each chapter includes case studies, links to useful websites, activities and suggestions for further reading. An interactive approach from the reader is encouraged throughout the book. Aimed at all early years practitioners, it will be of particular interest to those studying for Early Childhood Studies' degrees and those studying for EYPS. Other

professionals and students with an interest in this area (teachers, health visitors, dieticians) will also find it useful.

We all know nothing rhymes with orange. But how does that make Orange feel? Well, left out! When a parade of fruit gets together to sing a song about how wonderful they are—and the song happens to rhyme—Orange can't help but feel like it's impossible for him to ever fit in. But when one particularly intuitive Apple notices how Orange is feeling, the entire English language begins to become a bit more inclusive. Beloved author-illustrator Adam Rex has created a hilarious yet poignant parable about feeling left out, celebrating difference, and the irrefutable fact that nothing rhymes with orange. Plus, this is the fixed format version, which looks almost identical to the print edition.

Chances are if you are feeling flat, fat and tired, or are experiencing chronic illness, you are not eating real food. If you want to bounce out of bed feeling fit and fabulous you must find out what is and isn't real food. This book challenges prescriptive approaches to diet, eating and food,

with a revolutionary philosophical approach based on science and studying the healthiest, longest living people on the planet. This approach has seen thousands of people develop a more pleasurable, healthier, and more sustainable eating lifestyle. This illustrated book includes quick, easy and delicious recipes; advice on how to change your lifestyle and food philosophy; insight into how a "return" to natural foods can be cost-effective; and personal stories of transformation and healing.

Why Your Genes Need Traditional Food

The Everything Macro Diet Cookbook

Season to Taste

Monsters Don't Eat Broccoli

How I Lost My Sense of Smell and Found My Way

A Cappella Boy

The Cat in the Hat joins forces with the Partnership for a Healthier America! In this newly revised editiion—with 16 pages of bonus materials—the Cat in the Hat takes young readers to a Seussian Spa where they learn the basics of healthy living. Updated with the assistance of the Partnership for a Healthier America, the Cat explains the importance of eating right (based on the latest USDA MyPlate recommendations); staying active; getting enough sleep; handwashing; brushing and flossing; wearing protective gear when playing sports—even the best way to sneeze when you don't have a tissue handy! The 16 pages of newly added backmatter include simple, fun suggestions for children to increase their activity throughout the day, plus 8 kid-friendly, healthy recipes for parents to prepare for their hungry broods. An ideal choice for supporting Common Core Standards and fans of the hit PBS Kids television show The Cat in the Hat Knows a Lot About That!—this is a book that supports healthy bodies AND healthy minds!

While you may have heard of Baa, Baa, Black Sheep, have you heard of his friends, Red, Yellow, Orange, and Green Sheep? Laugh along with this expanded version of the classic children's rhyme as sheep from all across the rainbow teach you and your child nonsensical verses about each color.

"A rich, engrossing, and deeply intelligent story....This is a book I won't soon forget." —Molly Wizenberg, bestselling author of A Homemade Life
"Fresh, smart, and consistently surprising. If this beautifully written book were a smell, it would be a crisp green apple." —Claire Dederer, bestselling author of Poser
Season to Taste is an aspiring chef's moving account of finding her way—in the kitchen and beyond—after a tragic accident destroys her sense of smell. Molly Birnbaum's remarkable story—written with the good cheer and great charm of popular food writers Laurie Colwin and Ruth Reichl—is destined to stand alongside Julie Powell's Julie and Julia as a classic tale of a cooking life. Season to Taste is sad, funny, joyous, and inspiring.

Are morals always relative? Are private actions--among consenting adults--always beyond the law? Or are there some behaviors which so weaken a society that common beliefs about right and wrong must be enforced to protect the common good? In opposing the decriminalization of private acts of homosexuality in Britain, Patrick Devlin maintained that not only is it reasonable to allow popular morality to influence lawmaking, it is imperative: ". . . For a society is not something that is kept together physically; it is held by the invisible bonds of common thought." Some sidestep this controversial issue by asserting that the law should not be used to enforce any morality. Others invoke John Stuart Mill's doctrine that the only purpose for laws governing any member of society is to prevent harm to others, chiefly physical harm. But, Devlin argued, while breaches of shared morality do not cause harm to other individuals in the way that murder and assault do, they do harm society by undermining its moral structure. Patrick Devlin (1905-1992) studied history and law at Cambridge University and became a successful lawyer.

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

A Dyamonde Daniel Book

Rhymes by the Alphabet

How to Nourish Your Body to Awaken Your Spirit

Health, Safety, and Nutrition for the Young Child

Good Enough to Eat

Introduces readers to 102 vegetables and describes how and where they are grown, nutritional information, seasonality, and fun facts.

The funny and fantastic back-to-school picture book from the creative genius behind the #DrawWithRob phenomenon and the bestselling and award-winning Blown Away! School has never been so fun!

N is for NutritionRhymes by the Alphabet

Sameer, a young boy of ten years, is not like all other normal children. He will never be able to read and write. His speech is slurred and incoherent. His mother has given up trying to get Sameer educated. But a young girl of his age, Dipti, enters his life. She discovers this amazing talent in Sameer, his ear for music and ability to produce a cappella music – the exact sounds of musical instruments with his own voice. There is no looking back after that – Sameer turns into a famous musician, a star.

The Enforcement of Morals

Stan the Plant-eater

Fresh Italian Cooking for the New Generation

Holistic Thinking Kids

Lend a Hand

Where Do Bananas Come From? A Book of Fruits

First Verses is a series of books of new and original poetry for young children, chosen by John Foster. The first four titles were very well received, and Food Rhymes is one of the second batch of four more First Verses titles. In Food Rhymes you will find food for

breakfast, lunch and text, and food for in-between. But watch it when you have to be a washing-up machine. The book is illustrated in full colour, and Carol Thompson's beautifully observed pictures create their own lively world, as well as giving help on how to play' some of the rhymes.

Kids will celebrate America's diversity with these kid-friendly recipes, learning activities, and food history. They get to engage with the history of the U.S. through food, where it is grown, and how to prepare it. This is a natural extension to many areas of the school curriculum and a go-to cookbook for the family.

Monster Ate Too Much Sugar? How to Undo a Sugar Binge? Simple rhymes, cute characters in adorable settings, and sweet, comforting addition to your child's nighttime routine. Here's what readers are already saying about this amazing, inspiring story: "Got a child who eats only sweets? This sweet book is the perfect way to battle that sugar "addiction" " -- Mary "Wonderful for picky eaters! The story is sweet, simple and perfect for bedtime" -- Susan "My son loved that sweet Monster! The story is truly wonderful and short enough to keep his attention. " -- Lisa Little boy has a friend Monster. He likes all the junk food like candy bars, ice cream, cookies and soda. He never eats healthy salads and vegetables. Broccoli and tomatoes are terrifying for him. After eating so many sweets monster feels really tired and unhappy. Boy shows him that eating greens can be really amazing. They have lot of energy to play all day long and grow bigger and stronger. Warning: Cuteness Overload!This book contains illustrations of cute monster. Lots of them. Enjoy these little sweeties, perfect alongside beautiful rhymes. You and your kids will love this book...grab it now while it's still available at this discounted price.

Danny can have a pet for his birthday and he knows exactly what he wants, but the other members of his family think differently.

100 Full-Flavored Vegetarian Dishes That Prove You Can Stay Slim While Eating Pasta and Bread

Love Your Hair: Coloring Book for Girls with Natural Hair - Self Esteem Book for Black Girls and Brown Girls - African American Childr

My Magical Foods

Food Rhymes

The Vegetables We Eat

Deep Nutrition

A collection of poetry for toddlers that celebrates the everyday things that fascinate them.

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, V Is for Vegan is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, V Is for Vegan will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand. From the Hardcover edition.

Rita, Dan, Max and Ted are on the move in Trucktown! Kids will have hands-on fun with a movable part on each spread! Swing Wrecker Rosie's wrecking ball, spin Monster Truck Max's wheel, dump gravel from Dump Truck Dan's bed, and move Tow Truck Ted's hook up and down as he saves a good friend!

Dyamonde knows it's what's on the inside that counts! Dyamonde loves eating her mom's pancakes. Free loves eating . . . period. But lately Damaris just pushes her food around her plate, and Dyamonde suspects it has something to do with the mean things classmates have been saying about people's weight. Damaris wonders if they might be talking about her too. Dyamonde knows that Damaris doesn't have a weight problem and is perfect just the way she is--so now it's time for her to make sure Damaris knows that, too. In this fourth instalment of the award-winning series, Coretta Scott King Award winner Nikki Grimes's lovable Dyamonde Daniel is back, with a timely message about self-acceptance and healthy eating habits--delivered with her trademark spunk.

A Holistic Approach

Poems About Giving

Clean (Enhanced Edition)

Where Does Broccoli Come From? A Book of Vegetables

Are You What You Eat?

Return to Food

An introduction to nutrition describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each, as well as food experiments and recipes, in a kid-friendly format. Reprint.

Berries, apples, melons, and grapes; oranges, grapefruits, bananas -- yum! This scrumptious picture book, a companion to The Vegetables We Eat, offers youngsters an inviting, information-packed cornucopia of favorite fruits. Gail Gibbons combines a clear, simple text with her signature illustrations to present fruit facts galore: the parts of fruits, where and how they grow, harvesting, processing, where to buy them, and how to enjoy them as part of a healthy diet.

"A picture book collection of poems centered on spontaneous acts of kindness, representing diverse voices and topical themes"--

Go on a farm-to-table journey through a colorful alphabet of fruits, vegetables and other plant-based foods as several adorable kids learn about nutrition. Written in rhymes using positive language, kids will learn: the plant-based food groups, the power of nutrients, and the joy of farming, cooking, and eating healthy!

Before We Eat: From Farm to Table (2nd Edition)

Halfway to Perfect

Show and Tell

Little Poems for Tiny Ears

Sugar Monster

The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself

*** MOONBEAM GOLD AWARD * * GROWING GOOD KIDS AWARD FOR EXCELLENCE IN CHILDREN'S LITERATURE, AMERICAN HORTICULTURAL SOCIETY AND NATIONAL MASTER JUNIOR GARDENER PROGRAM * *Milk doesn't just appear in your refrigerator, nor do apples grow in the bowl on the kitchen counter. Before We Eat has been***

adopted by the *USDA's Agriculture in the Classroom* program. Before we eat, many people work very hard—planting grain, catching fish, tending farm animals, and filling crates of vegetables. With vibrant illustrations by Caldecott Medalist Mary Azarian, this book reminds us what must happen before food gets to our tables to nourish our bodies and spirits. This expanded edition of *Before We Eat* includes back-of-book features about school gardens and the national farm-to-school movement. Fountas & Pinnell Level L
Enjoy all the tastes and flavors of Italy, but without a heavy meal. Alexandra Caspero is known for her healthy and simple vegetarian meals.Take a tour of Italy and enjoy the lighter side of Italian cooking with Alexandra Caspero. Alexandra is putting a new spin on traditional Italian fare by making dishes that are vegetarian and vegan. As a registered dietitian and nutrition blogger, Alexandra is known for her simple, always vegetarian, mostly vegan and delicious recipes. Her spin on Italian cooking is a refreshing break from heavy, meat and cheese filled pasta dishes. Light Italian Cooking will bring familiar tastes and flavors of Italian food to vegetarians and vegans who may miss the traditional dishes. Savor mouthwatering recipes such as Spring Vegetable Lasagna, Tempeh Bacon Carbonara and Zucchini Pasta with Bolognese Sauce. So whether you're a vegetarian or looking to eat healthier, say buon appetito to healthy and simple vegetarian Italian dishes.

A self-published phenomenon examining the habits that kept our ancestors disease-free—now with a prescriptive plan for “The Human Diet” to help us all live long, vital, healthy lives. Physician and biochemist Cate Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives—diets like the Mediterranean, Okinawa, and “Blue Zone”—and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. These four nutritional strategies—fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats—form the basis of what Dr. Cate calls “The Human Diet.” Rooted in her experience as an elite athlete who used traditional foods to cure her own debilitating injuries, and combining her research with the latest discoveries in the field of epigenetics, Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children. Deep Nutrition offers a prescriptive plan for how anyone can begin eating The Human Diet to: *Improve mood *Eliminate cravings and the need to snack *Boost fertility and have healthier children *Sharpen cognition and memory *Eliminate allergies and disease *Build stronger bones and joints *Get younger, smoother skin Deep Nutrition cuts through today's culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives.

If the Buddha came to dinner at your home, what would you serve? Fast food? A frozen meal quickly reheated in the microwave? Chances are you'd feed your honored guest a delicious meal prepared with love and care. But the next time you have dinner, what will you eat? With so much processed food in the marketplace, obesity in adults and children dramatically on the rise, and digestive problems increasingly more common, it's clear that we're facing a serious food crisis in this country. The answer, however, isn't just to go on a diet. Reducing the intake of refined and processed foods and increasing whole foods certainly can improve one's health. But we need more. We need to feed ourselves with a sense of purpose, self-respect, love, and passion for our lives. We need to nourish our spirits. Nourishment isn't a fad diet . . . it's a lifelong journey, and Halé Sofia Schatz is the ideal guide. Gentle, wise, and humorous, she shows us the way to the heart of nourishment—our own inner wisdom that knows exactly how to feed our whole self. A perfect blend of inspiration and practical suggestions, *If the Buddha Came to Dinner* includes guidelines for selecting vital foods, ideas for keeping your energy balanced throughout the day, a cleanse program, and over 60 recipes to awaken your palate. Open this book and nurture yourself as never before. You'll be fed in a whole new way.

USA Regional Recipes and Fun Activities

On the Move!

Revised and Expanded Second Edition

A Kid's Guide to Food and Nutrition

The Daily Show (The Book)

N is for Nutrition

HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 9th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children—and guides teachers in implementing effective classroom practices—in one comprehensive, full-color volume. Concepts are backed by the latest research findings and linked to NAEYC standards. The book emphasizes the importance of respecting and partnering with families to help children establish healthy lifestyles and achieve their learning potential. Early childhood educators, professionals, and families will find the latest research and information on many topics of significant concern, including food safety, emergency and disaster preparedness, childhood obesity, children's mental health, bullying, resilience, chronic and acute health conditions, environmental quality, and children with special medical needs. Also provided are easy-to-access checklists, guidelines, and activities that no early childhood student or professional should be without. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Explains why your body is an amazingly complex machine and what foods you should eat to fuel it. If you've felt sleepy during school or wondered what a superfood is, this explains which foods and food groups boost your energy and keep you healthy. Take the quizzes, read the facts and answer the questions to find out which foods keep your brain in top gear. You can understand why healthy eating is so important and the positive impact it has on every aspect of your life. Packed with information on nutrition and healthy eating including vitamins, minerals and antioxidants, you'll be able to make good choices when you eat.

What are vegetables, anyway? Give kids the 411 on veggies with this richly illustrated introduction to produce! Peppers, beans, corn, and peas! Nonfiction superstar Gail Gibbons lays out the basics of veggies with colorful watercolors and straightforward text. Learn how they grow, how they get to stores, and how many kinds there are—and learn some weird trivia, too! Diagrams, cross sections, and illustrations get kids up close and personal with glossy red peppers, plump orange pumpkins, delectable little peas, and dozens of other vegetables in this essential primer on the subject.

Stop counting calories and transform your body while eating all the foods you love with The Everything Macro Diet Cookbook! You can finally stop counting calories and start eating foods that bring you joy! With the macro diet, no food is off limits. You can eat just about anything, just in specific portion sizes and still lose weight and gain lean muscle.

The Everything Macro Diet Cookbook is an introduction to this flexible diet that can help anyone lose weight without having to avoid your favorite foods that may contain fats or carbs. Based on the simple formula that balances the daily intake of protein, fat, and carbohydrates, the macro diet is gaining in popularity as people discover they can shed pounds without feeling deprived. The Everything Macro Diet Cookbook not only includes an introduction to the diet that is changing lives, but also 300 recipes for every meal and sample meal plans to make shopping and meal prep easier than ever! This book gives you all you need to transform your body while eating what you love!

All About Staying Healthy

Nothing Rhymes with Orange

If the Buddha Came to Dinner

Baa, Baa, Black Sheep

The Birthday Pet

Oh, The Things You Can Do That Are Good for You

Love Your Hair Coloring Book for Girls Love Your Hair is a children's story follow-up to Dr. Phoenix's bestselling natural hair care book, "If You Love It, It Will Grow." This fun and engaging coloring book version contains 32 beautiful illustrations and coloring pages designed to build self esteem and promote hair love and self love in little black girls and brown girls! The story of *Love Your Hair* is lead by a super-cute, confident, and sometimes sassy little girl named Phoenix who loves her natural hair and wants every beautiful brown skin girl to love their natural hair too! *Love Your Hair* is fun, educational, full of imagination, and helps to boost self-esteem and confidence in little girls, and women of all ages. So get ready for a rollercoaster ride of playful rhymes, beautiful illustrations, sassy style, and gorgeous afro puffs that will have YOU proudly rocking your glorious kinks and curls!

Dedicated to building confidence in little brown girls with powerful imagery and positive affirmations, *Love Your Hair Coloring Book for Girls* is a delightful story of Hair Love and Self Love that little brown girls and black girls will fall in love with over and over again! ♥ A Positive, Educational and Fun Activity Book ♥ Encourages Girls to Embrace Their Natural Hair and Natural Beauty ♥ Promotes High Self Esteem and Self Love ♥ Makes a Great Gift for Any Girl ** Written by Dr. Phoenix Austin MD, author of the bestselling natural haircare guide, "If You Love It, It Will Grow: A Guide to Healthy, Beautiful Natural Hair" Additional Highlights: - Contains large, beautiful coloring pages - Illustrations are printed on single sides to prevent any bleed issue - Large size book (8.5 x 11 inches)

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

Do your kids eat too much sugar? Do you find yourself saying, "eat your vegetables" all too often? Many parents are becoming aware of how effective it is to feed their kids healthy food. Feeding your family nutritious, whole foods is one of the best ways you can be pro-active in keeping them healthy! Encourage them to love real food with this catchy new book about all the delicious and nutritious whole food choices! These talking, rhyming food characters will make you laugh while giving you some great ideas. Your kids will start to recognize the difference between foods that are nourishing to their bodies and foods that aren't. They will be telling YOU when a certain treat is going to make them feel yucky from their head to their feet! Parents love reading it and kids love hearing it! You will laugh at some of the great ideas, and some of the not so great ideas, when it comes to filling your plate!

We Are What We Eat is a fun way to help you to be mindful while you eat, and encourage your kids to do the same. Vegan friendly!

This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. This enhanced edition of Clean includes extra audio, video and recipes. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger, offers a major medical breakthrough. Dr. Junger argues that the majority of common ailments are the direct result of toxic build-up in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are unavoidable but Clean offers a solution.

V Is for Vegan

The Life-Changing Anti-Diet

The Fruits We Eat

Food and Health in Early Childhood

We Are What We Eat

I Can Eat a Rainbow

I Can Eat a Rainbow is a book for young children to learn, in simple terms, how important it is to incorporate fruits and vegetables into their diet. It is a bright and colorful book that will keep your children engaged and entertained along the way, complete with a rainbow of fruits and vegetables of their own to color!

One day, Tara and Arun discover an old newspaper in their grandmother's attic. They open it and embark on a historical adventure about a magic mango seed and a little boy who tried to telegraph it from India to London. 'The Magic Mango' (English), written by Amelia Bonea, (© Amelia Bonea, 2018), illustrated by Ioan Balcosi, published under a CC BY 4.0 license on StoryWeaver. Read, create and translate stories for free on www.storyweaver.org.in

Is it possible to be a young child and love whole, plant-based foods? It sure is, and Stan of Stan the Plant-eater is a shining example. Stan the Plant-eater is a fun and entertaining book that is simple and to-the-point for young children. Through the use of rhythmic poetry, children are encouraged to eat whole, plant-based foods and be friends with animals. Stan is a young boy who is a compassionate, kind and loving role-model. He is very excited about healthy food and eating lots of it. But, there are some things that he just won't eat. Young children, as well as the adult reading with them, are provided with ideas for meals and for ways to be kind to animals. Stan the Plant-eater presents the message of health and non-violence in a style that captures the hearts and laughter of children.

Illustrations and rhyming text reveal how imagination can spice up even the healthiest meal.

Cooking Around the Country with Kids

The ABCs of Being Kind

(children's Book about a Monster Who Craves Only Sweet Food)

The Magic Mango

300 Satisfying Recipes for Shedding Pounds and Gaining Lean Muscle