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## Eat Your Colors! (Paperback)

By Terry Harris

Liferich, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eat Your Colors! identifies two important food groups in a fun and educational way. We need family-friendly ways to encourage children to eat healthy and Eat Your Colors! is a creative way to do that. -Mary Ann Hammerle, RD, LD, pediatric clinical dietitian, Texas Children s Hospital Every parent knows that convincing young children to eat their fruits and vegetables is no easy task. Created by an educator and mother, Eat Your Colors! offers a captivating, vibrant way to teach children about colors and foods that are good to eat. Through the use of fun rhymes and brightly colored pictures of foods, Terry Harris shows children all the benefits of eating healthy, delicious foods while teaching them about colors. From green lettuce and white cauliflower to yellow grapefruit and red apples, Harris introduces little ones to a variety of fruit and vegetable options sure to tempt even the pickiest of palates. Also included are interactive exercises that encourage children to identify healthy options. Eat Your Colors! is a children s book that playfully guides little ones to good food choices through bright...



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