

BOOK REVIEW

Vegetable Soup: The Nutritional ABC's The Fruit Bowl: A Contest Among the Fruit

by Susan Smith Jones & Dianne Warren

This entrancing children's book is cleverly designed as 2 books in 1. It features vegetables from the front to the middle, and fruits from the middle to the end. Beautiful four-color illustrations and rhyming verses introduce children to the connections between what they eat and how they look, feel, and perform. You will discover exciting new ways to help your children eat right — beginning today. It's perfect for kids ages 1-10.

Each illustration in the book has been carefully chosen to prompt interaction between the child and the reader, or between the child and the picture itself, if he or she is already reading. The entertaining text not only teaches about fresh, delicious whole foods, but also helps develop math and reading skills as the children take an active part in reading it. This "we are what we eat" book is the ideal way to lay the groundwork for lifelong healthy eating habits.

Both Susan and Dianne have Lifetime Teaching Credentials and extensive experience teaching nutrition to children around the world. Their desire to encourage awareness of and appreciation for nutritionally sound foods is expressed in a delightfully entertaining way. Because even the youngest children can participate in the reading process, learning about these colorful fresh fruits and veggies is fun and will promote healthy self-esteem and a positive attitude about learning.

Children everywhere will love and deserve this unique volume. After all, what better gift can you give them as they grow than the gift of vitality and radiant health? Enjoy *Vegetable Soup/The Fruit Bowl* with all the children in your life. It's engaging, empowering, and packed with ideas that promise the best of health.

Here is what some of the experts are saying about this extraordinary 2-in-1 book:

"Children develop their taste preferences as they grow up," writes author **Dean Ornish, MD**, "Therefore, parents would be wise to feed their children a healthy diet. The authors of this reader-friendly, terrific book, *Vegetable Soup/The Fruit Bowl*, show us how."

Wayne W. Dyer, PhD, author and motivational speaker says, "Our bodies are made up of the food we eat. Fruits and vegetables are God's loving gifts to us. When we eat these foods, we create healthy, loving bodies. *Vegetable Soup/The Fruit Bowl* helps us, as parents and teachers, to build this awareness in our children. The choice is ours. We can improve our health by choosing to eat these precious gifts."

"I think that *Vegetable Soup/The Fruit Bowl* is the finest children's book written on the benefits of produce related to health. With the abundant supplies and varieties of fruits and vegetables available today, it has never been easier to get our kids to eat fresh produce and stay healthy," **Tony Tantillo, the Fresh Grocer**, states emphatically.

And **William P. Castelli, MD**, offers, "We must as parents, teachers, and health professionals, get our children on safer diets and into the habit of eating lots of fresh fruits and vegetables. *Vegetable Soup/The Fruit Bowl* helps us lead them in the right direction."



Award-Winning Book
Disney's iParenting Media Award
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