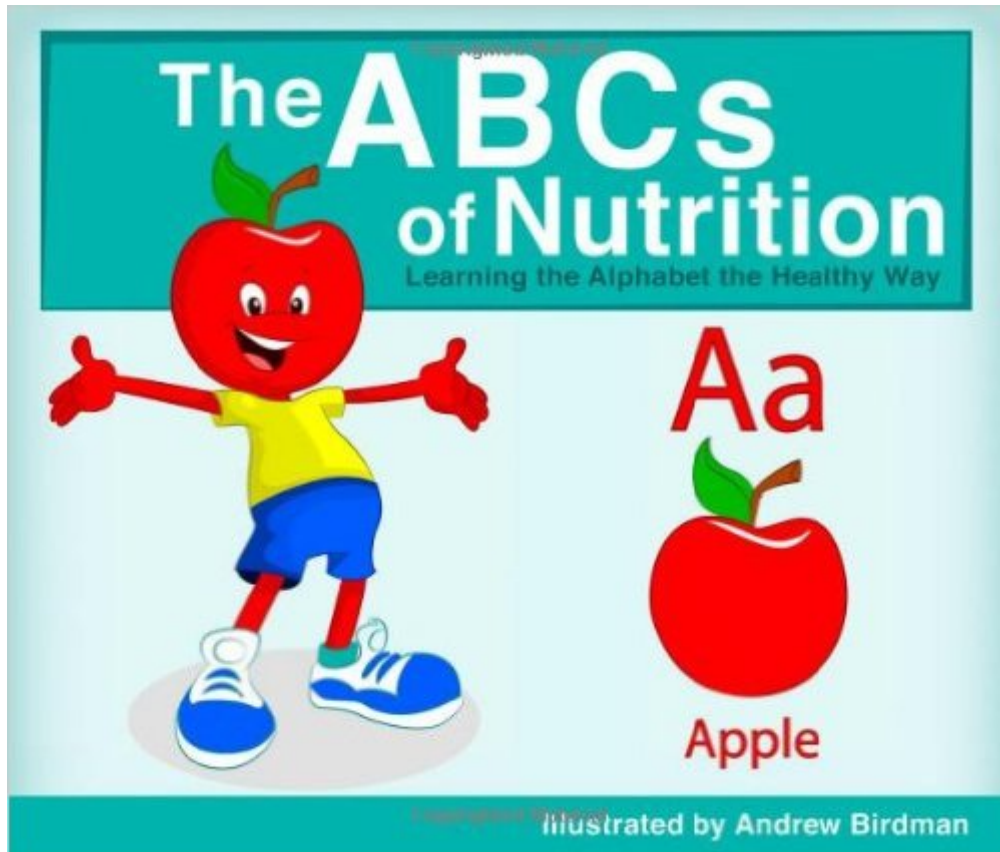


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# The ABCs Of Nutrition: Learning The Alphabet The Healthy Way



## Synopsis

"The ABCs of Nutrition: Learning the Alphabet the Healthy Way" is a fun and colorful book that uses fruits and veggies to teach the alphabet. What makes it truly unique is that each letter is accompanied by a VEDGE' Kid. The fun and colorful VEDGE' Kids are anthropomorphic (part veggie/part human) and are portrayed in some type of activity on each page as they introduce each letter. So kids are captivated as they: \*Learn the Alphabet through visual, auditory and physical/kinesthetic sensory input \*Associate common and exotic fruits and veggies with letters and words \*Get excited about fruits and veggies and thereby want to eat them \*Are encouraged to engage in physical activity, like yoga, as shown by the VEDGE' Kid poses. For kids aged 2 to 5.

## Book Information

Perfect Paperback: 32 pages

Publisher: Orchanian Publishing; First edition (August 29, 2013)

Language: English

ISBN-10: 0965810828

ISBN-13: 978-0965810821

Product Dimensions: 0.2 x 8 x 6.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #3,875,544 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #894 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #1517 in [Books > Reference > Words, Language & Grammar > Alphabet](#)

## Customer Reviews

Characters were appealing, colors were brilliant on my cloud reader, and pretty clever as to how the author worked the letters "V" and "X" (which I will not give away). Very good book!

I teach toddlers in a facilitated daycare program. My classroom of 2 year olds absolutely love this book! It has introduced them to vocabulary they wouldn't normally use on their day to day basis. The pictures keep them engaged and eager for more. Half of my class can identify at least ten letters on their own including "U is for ugly fruit"! I couldn't be happier with this book and look forward to seeing more from the authors and illustrators.

A lively and fun read! The ABCs of Nutrition brings a playful freshness to an expected formulaic ABCs genre. The characters that share the page with the alphabet are bright, youthful, and definitely relatable to kids. My nephew (3 years old) loved pointing out not only the ABCs and fruits/veggies, but also identifying each character's, energetic pose. (Yoga! Skateboarding! Skiing!) A great book for young kids (2-5 years old) to read, learn and play with.

This is a truly delightful ABC book using food items that are nutritious for each letter. Our 3 yr old grandson loved this book and always requested this book at reading time. He wasn't familiar with each food name, but most of them and wasn't turned off by that. The character introducing each letter was whimsical and cute with a cheery expression. 2 to 6 yr olds should love to read this book.

Awesome book! First of all the quality of the book is unmatched. Pictures are big and bold and very easy to read. I'm an adult and thought the pictures were cool. I love how without any extra effort kids are not only learning to read but are learning how to be healthy because the letters are all of fruits and vegetables. You can search on youtube how chef Jamie Oliver went into a school and asked kids what was the name of vegetables he was holding and none had any idea. This is the root of the obesity problem America is having and this book is taking us in the right direction. We need to educate our children and familiarize them with fruits and vegetables so they can eat more of them and make them a healthier generation. Can't wait to give a few copies to friends with kids.

This is a simple and charming book for toddlers to learn the alphabet and identify fruits & vegetables. It's more of a picture book, as there's no storyline. The cover is essentially the page for the letter "A", and all subsequent pages are analogous. For each page there's an uppercase and lowercase letter along with a delightfully illustrated anthropomorphic version of the fruit next to the fruit itself. While it does get a little quirky with certain letters (e.g. I for Italian Plum, V for Veggie Burger, and X for eXquisite pomegranate) that's hardly the fault of the author, who was limited by the English language and made the best of it. The cartoons are great for keeping a toddler's interest as you effectively use each page as a flash card, allowing the child to identify the letter and/or fruit.

This is an excellent resource for teachers of students at the primary level! Not only does it include colorful and fun illustrations that will engage the young learner to learn the alphabet, but also help them to become aware of some more healthy snack alternatives! At a time when there are so many unhealthy snacks flooding the market and constantly at our fingertips, The ABCs of nutrition offers a

breath of fresh and healthy air to help influence the minds of young learners. I also love the fact that each fruit character shares a healthy pose for the reader to promote exercise. As a primary level school teacher I plan to use this book not only to teach letter recognition and their corresponding sounds, but also ask the students to participate in the various healthy poses while reading the book. I'm excited that the lesson will include catchy visuals mixed with fun movements to engage my students. Kudos to Robert Orchanian for introducing the alphabet in a fun, creative and healthy way. Looking forward to more books in this series!

I do not have children as of yet, but I can already tell this would be a good book to introduce them to the alphabet. As an animator, I can tell that the pictures are of good workmanship and they depict neutral and unoffensive characters to boot. My wife and I are against the prospect of giving our future child electronic devices until they are in their teens (and, hopefully, prepared to use them responsibly), so I would recommend purchasing the actual book for your child's convenience rather than downloading it. It is well-suited to young children who are just beginning to speak clearly.

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