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Eat Your Veggies  
**Childrens**  
No Bedtime And  
**Book Eat**  
Monster Stories  
**Your**

**Veggies No  
Bedtime And  
Monster  
Stories For  
Kids**

**Provides a**

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simple  
explanation of  
the role that  
vegetables play  
in good  
nutrition.

Eat Your  
Greens, Reds,  
Yellows and  
Purples is a  
colourful guide  
to delicious  
and nutritious

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For Kids

vegetarian food  
for kids.  
Gather your  
ingredients and  
get busy in the  
kitchen  
creating tasty,  
healthy meals  
with your kids.  
Alongside  
nutrition  
facts, there  
are 25

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vegetarian  
No Bedtime And  
recipes for  
Monster Stories  
kids including  
For Kids  
soup, salad and  
stir-fry as  
well as treats  
such as a  
muffin,  
cheesecake and  
cupcake. Learn  
about vitamins,  
minerals, and  
all the amazing

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things that  
colourful fruit  
and vegetables

can do - from  
how carrots

help your  
vision to why  
peppers boost  
your immune

system. The  
delicious,  
healthy meals  
and nutrition

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facts are  
enough to  
satisfy any  
hungry young  
appetite, so  
reach for your  
reds, pick up  
your purples  
and don't  
forget to Eat  
Your Greens,  
Reds, Yellows  
and Purples.

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Colorful and  
engaging book  
for children  
that highlights  
the benefits of  
eating  
colorful, fresh  
fruits and  
vegetables.  
Interactive  
wall chart  
helps kids and  
parents mark

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down how many  
colors they  
have eaten in a  
particular day.

Ideas for  
parents at the  
end of the book  
inspire  
everyone to  
enjoy finding  
new ways to  
include  
healthy, fresh



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foods in their  
daily food  
choices. 22  
pages plus wall  
chart.

Dear Parent -  
This book will  
teach your baby  
the names of  
colors and  
Vegetables!

From my  
experience, I'm

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sure, that you,  
like every  
other parent,  
wondering what  
is the best way  
to teach your  
baby new words.  
With The first  
book of colors  
and vegetables,  
your baby will  
learn the names  
of colors and

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No Bedtime And  
Monster Stories  
For Kids

vegetables as  
well as to make  
the connection  
between them.

Basic concepts  
of colors and  
food (mostly  
healthy foods)  
are extremely  
important to  
help your baby  
build the  
vocabulary and

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Childrens Book  
Eat Your Veggies  
basic language  
No Bedtime And  
skills.

Colorful, high  
quality and fun  
illustrations,  
allow you to  
develop the  
world of words  
of your baby in  
a way of  
playing and  
enjoyment.

Indirectly,

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with the help  
of this book,  
your baby will  
be disclosed to  
the world of  
vegetables  
which are, of  
course, healthy  
food and very  
important for  
the early  
development.

Learning the

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names and the  
images of the  
vegetables, as  
first words,  
allows the baby  
to get to know  
the foods found  
around him/her,  
"make friends"  
with vegetables  
and see them as  
a natural part  
of his world

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Childrens Book  
Eat Your Veggies  
and his /her  
plate. In This  
baby book,  
below each

image, you will  
also find the  
name of the  
color and the  
vegetable in a  
clear and  
correct color.  
The book makes  
use of custom

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fonts, which  
enables the  
initial  
exposure to  
alphabet. This,  
will help  
children to  
form the  
essentials  
elements needed  
for the  
beginning of  
reading, in



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their brain.  
No Bedtime And  
Studies  
Monster Stories  
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indicate that  
exposure to  
written words,  
from a young  
age contributes  
to the  
development of  
written  
language and  
reading. The  
book can be

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used by  
parents,  
kindergarten

teacher and  
therapists to  
built  
foundation for  
good visual and  
alphabet skills  
of the baby.

English

Hungarian

Bilingual Book

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for Kids  
Playful Poses  
and Tasty  
Treats

Monsters Don't  
Eat Broccoli  
Children Who  
Eat Their  
Fruits and  
Vegetables  
Eat Your  
Veggies  
Soup Day: A

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Board Book

*A bunch of  
friendly  
vegetables wear  
colorful  
underwear of  
all  
varieties—big,  
small, clean,  
dirty, serious,  
and funny—demon  
strating for  
young ones the*

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*silliness and  
necessity of  
this item of  
clothing. The  
unexpectedness  
of vegetables  
in their  
unmentionables  
is enough to  
draw giggles,  
but the pride  
with which the  
"big kid"*

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*attire is  
flaunted in  
front of the  
baby carrots in  
diapers will  
tickle readers  
of all ages.  
With rhyming  
text that begs  
to be chanted  
aloud and art  
that looks good  
enough to eat,*

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*this vibrant  
story will  
encourage  
preschoolers to  
celebrate  
having left  
those diapers  
behind!*

*"Simple text  
and photos  
describe USDA's  
MyPlate tool  
and healthy*

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vegetable  
No Bedtime And  
choices for chi  
Monster Stories  
ldren. = " -- Provi  
ded by

*publisher.*

*Children's*

*Book: It's*

*Magic Time!*

*Bedtime Stories*

*for Kids It's*

*time for a*

*little magic!*

*Are you ready*



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*to be*

*mesmerized by*

*this amazing*

*little bird and*

*his bag of*

*tricks? In*

*fact, readers*

*may be asked to*

*participate in*

*the magic show*

*so get ready to*

*have a good*

*time. Read*

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along as you  
and your child  
will once again  
enjoy the silly  
antics of this  
quirky bird!

This is a read  
aloud kids book  
and is easy to  
read. The  
target age  
range audience  
is for

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toddlers,  
preschool and  
Monster Stories.  
young children.

*It's Magic*

*Time! is a book  
that any child  
will love,  
especially at  
bedtime. This  
book is  
suitable for  
parents to read  
to their*

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children.

Grandparents  
will definitely  
enjoy reading  
this book to  
their  
grandchildren.

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children's book  
**FREE** as part of  
your **PRIME** or  
**Kindle**

**Unlimited**

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membership

Do you like  
chips? Oliver  
does. In fact,  
he won't eat  
anything else -  
until he plays  
a game with his  
grandpa.

Whatever  
vegetable  
Oliver finds in  
the garden, he

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No Bedtime And  
Monster Stories  
For Kids

*must eat. On  
Monday, he  
pulls up  
carrots, on  
Tuesday, it is  
spinach . . .  
An excellent  
book for  
parents with  
slightly fussy  
children, which  
also introduces  
the days of the*

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week. Other  
titles in this  
series:

*Oliver's Fruit  
Salad Oliver's  
Milkshake*

*The ABCs of  
Awful Veggies  
Fairy Tales*

*Gone Wrong: Eat  
Your Greens,  
Goldilocks*

*Me and My*

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**Veggies**

**A Rhyming Book  
for Children**

**Who Don't Like  
Their Veggies**

**Zombies Don't  
Eat Veggies!**

**Vegetables**

Young children  
discover both the  
upper and lower case  
letters of the



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alphabet, in an  
ingenious concept  
book that also  
introduces a wide

variety of fruits and  
vegetables from  
around the world.

Children's BOMC.  
If Little Pea doesn't  
eat all of his sweets,  
there will be no  
vegetables for

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No Bedtime And  
Monster Stories  
For Kids

dessert! What's a young pea to do? Children who have trouble swallowing their veggies will love the way this pea-size picture book serves up a playful story they can relate to.

**STRESS-FREE  
HEALTHY FOOD**

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YOU CAN FEEL  
GOOD ABOUT  
SERVING The  
Standard American  
Diet is sadly  
becoming the source  
for an array of  
chronic childhood  
illnesses. As  
children's bodies  
develop they need a  
foundation of health

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that includes the nutrition that they get from eating vegetables. We all want our children to be healthy but many times, our busy lives leave us struggling to put healthy meals on the table in a reasonable amount of time. This book

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solves the problem of providing quick, healthy meals for picky eaters or anyone struggling with what to serve for dinner. Leann takes the burden off of moms that want to feed their family good nutrition without the hassle of

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added preparation.  
By using veggies in  
the form of baby  
food, organic  
vegetable powders  
and other tricks,  
Leann sneaks  
additional nutrients  
into family favorite  
recipes in a snap -  
making picky eaters  
a thing of the past

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and bringing  
No Bedtime And  
harmony to the  
Monster Stories  
dinner table. Some  
For Kids.

of the recipes that  
you will get in this  
cookbook include: □

Creamy Pumpkin  
Oatmeal □ The Best  
Beet Gingerbread  
Muffins □ Easy  
Veggie Pasta  
Casserole □ Savory

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Turkey Veggie  
Meatballs □ Secret  
Ingredient Mac &  
Cheese Cups □ Super  
Sloppy Joes □ Kid's  
Salsa Enchiladas □  
Pizza Pocket  
Sandwiches □  
Mom's Meatloaf □ B  
etter-Than-State-Fair  
Chili dogs □ Family  
Favorite Lasagna □



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Goopy Double  
Cheesy Quesadillas □

Secretly Stuffed  
Peppers □ Whole

Grain Beet Rice  
Krispy Treats □

Chocolate Superfood  
Muffins □ Sweet

Potato Brownies □  
Paleo Brownie

Pancakes □ Banana  
Lime Cream Pie

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Know any kids who  
don't like veggies?

Here is a book that's  
sure to change their

hungry minds! With  
a raucous, rhyming  
text, Rah, Rah,

Radishes! celebrates  
fresh vegetables,  
nature's bright

colors, and the joy of  
healthy eating. The

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book's interactive  
spirit encourages  
kids to join in on the  
read-aloud fun, and  
little ones won't be  
able to resist the  
book's vibrant  
photographs—they're  
a feast for the eyes!

The I Hate  
Vegetables Book of  
Poetry for Kids

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Eat Your Colors,  
No Bedtime And  
Drink Your Energy  
Monster Stories  
Children's Book  
For Kids  
No More  
Vegetables!  
Picky Nicky  
Easy Kid-Approved  
Meals and Family-  
Friendly Comfort  
Foods with  
Surprising Veggie  
Twists

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Eat Your Greens,  
No Bedtime And  
Reds, Yellows and  
Monster Stories  
Purples  
For Kids

*Come and take a  
fun journey  
with Healthy  
Heather and her  
friends. This  
book is about  
kids nutrition,  
kindness and  
celebrating*

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*individuality.  
Healthy Heather  
and Her Magic*

*Fruits and  
Vegetables is  
written*

*especially for  
kids and their  
families. It  
provides*

*introductory  
and practical  
nutritional*

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No Bedtime And  
Monster Stories  
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education to  
kids, helping  
them understand  
all of the food  
groups. In this  
book, kids will  
learn basic  
nutrition,  
including  
protein,  
carbohydrates,  
and fats. They  
will learn

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*which foods belong to each group and their functions. In addition to learning, they will be encouraged throughout the book to eat more fruits and vegetables. As*



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*exemplifies throughout the book, she gets magical powers everytime she eats her fruits and vegetables. Despite being teased by some of her classmates and "Billy the Bully" for*

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*being so different from the other kids, she continues to be kind, and eat healthy, especially her fruits and vegetables. A surprise classroom visit from Healthy Heather's two*

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Olympic Athlete  
idols further  
educates and  
encourages the  
children to  
make healthy  
food choices. As  
a parent, one  
of the  
challenges with  
children is  
often  
mealtimes.

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*Healthy eating habits begin in the home from a young age, and continue into adulthood. Fun nutrition education from a young age will help kids sustain habits that will last a lifetime.*

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Healthy Heather  
was written  
with kids and  
their parents  
in mind in  
order to not  
only educate  
them on healthy  
eating and  
nutrition, but  
to encourage  
them to eat  
more fruits and

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*vegetables.*

*Illustrations*

*and rhyming*

*text reveal how  
imagination can  
spice up even  
the healthiest  
meal.*

*Is your child a  
picky eater who  
won't eat  
vegetables? ?*

*Or maybe eats*

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*only a select  
few? Well,  
finally, here's  
a rhyming book  
that will help  
them become  
friends with  
those veggies  
kids usually  
like the least!  
???? If you  
don't eat  
vegetables, now*

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*is time to  
start Smart  
kids eat all  
kinds of foods,  
that's what  
makes them  
smart You can  
eat some junk  
food every  
other day But  
you'll need  
those veggies  
if you want to*



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play Fresh  
No Bedtime And  
Monster Stories  
For Kids

foods are  
important to  
grow big and  
tough Hot dogs,  
fries, and  
pizza, they are  
not enough! In  
this book, we  
don't lie to  
them - we tell  
them like it  
is. The

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*emphasis is on  
growing big,  
staying  
healthy, and  
being a smart  
kid. One of  
these  
motivations  
will likely  
connect with  
your kid and  
prompt them to  
skip some junk*

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*food every once  
in a while.*

*This way  
they'll make  
room for trying  
something new,  
even if it's  
not quite the  
best taste in  
the world ?*

*because it's  
good for them.*

*Padma Lakshmi,*

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bestselling  
author and host  
of Bravo's Top  
Chef and Hulu's  
Taste the  
Nation, and  
Caldecott Honor-  
winning  
illustrator  
Juana Martinez-  
Neal team up in  
this  
celebration of

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*food and family. “Some of my fondest memories from childhood are of cooking with the women in my family. It is the foundation for all I have spent my life working on.”*

*-Padma Lakshmi*

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Neela loves  
cooking with  
her amma and  
writing down  
the recipes in  
her notebook.  
It makes her  
feel closer to  
her paati who  
lives far away  
in India. On  
Saturdays,  
Neela and Amma

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go to the green  
market and  
today they are  
buying tomatoes  
to make Paati's  
famous sauce.

But first,  
Neela needs to  
learn about all  
the different  
kinds of  
tomatoes they  
can pick from.

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*And as Neela  
and Amma cook  
together, they  
find a way for  
Paati to share  
in both the  
love and the  
flavors of the  
day.*

*Bestselling  
author and host  
of Bravo's Top  
Chef and Hulu's*



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*Taste the  
Nation Padma  
Lakshmi takes  
young readers  
on an intergene  
rational  
journey full of  
delicious  
flavors and fun  
food facts that  
celebrates a  
family's  
treasured*

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*recipes. And  
Caldecott Honor-  
winning*

*illustrator*

*Juana Martinez-*

*Neal brings*

*this circle of*

*women to life*

*with vivid*

*detail and*

*warmth.*

*Tomatoes for*

*Neela lovingly*

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*affirms how we  
can connect to  
other cultures,  
as well as to  
our own,  
through food.*

*A Story about  
Eating*

*Healthily*

*Rah, Rah,*

*Radishes!*

*Vegetable Glue*

*Just Try One*

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*Bite*  
No Bedtime And  
*Eating the*  
Monster Stories  
*Alphabet*  
For Kids  
*Little Pea*

In her passion  
for healthy  
eating,  
Philomina U.  
Emeka-Iheukwu  
encourages  
kids and  
adults to

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practice  
healthy food  
choices  
through her  
very unique  
educative  
style.

Everybody  
wants to be  
healthy and  
fit and this  
would be a

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very fun way  
to start young  
as healthy  
eating is  
crucial to  
general health  
and wellness.  
Fruits and  
vegetables are  
not only  
healthy and  
beneficial;

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they taste  
really  
delicious too  
and their  
benefits  
cannot be  
neglected,  
especially now  
as we  
(Americans)  
are facing  
childhood

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obesity  
challenges.  
Teach the  
child/children  
you love about  
healthy  
choices by  
practicing  
healthy eating  
habits too,  
because you  
are your child



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's/children's  
No Bedtime And  
first and best  
Monster Stories  
role model.  
For Kids

Children are  
not  
responsible  
for providing  
or making  
meals, parents  
must start  
cooking and  
eating healthy

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now, more than  
ever. This  
book will take  
your entire  
family to a  
lifetime  
healthy  
adventure by  
changing their  
perception  
towards  
vegetables,

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restore  
courage, hope,  
confidence,  
self-esteem,  
trust and  
energy to  
overweight  
American  
children,  
young adults  
and parents  
through their

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life-style changes. Have fun as a family, get cooking; then eat more fruits and vegetables. Together we shall battle childhood obesity and

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overweight in  
America  
because

healthy eating  
tastes really  
good and truly  
yummy!

SPECIAL BOOK  
TYPES. When my  
right arm fell  
off, I knew  
what to do, I

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stuck it back  
on, With  
vegetable  
glue. If  
things start  
falling off  
your body,  
it's time to  
reach for the  
Vegetable  
Glue!. Ages 0+  
It's your

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favourite  
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message about  
good health  
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this new  
series. The  
charming

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Eat Your  
Greens,  
Goldilocks!  
the three  
bears play  
host to a very



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fussy eater.  
Goldilocks  
only likes  
things 'just  
so', and she  
hates eating  
vegetables!  
But the bears  
are determined  
to give her a  
healthy meal.  
The Fairy

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Wrong series  
include: Eat  
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Wolf - 978-1-7

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A wildly

imaginative

introduction

to yoga and

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professional  
nutritionist,  
and beloved TV  
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beloved health  
expert Joy  
Bauer, Yummy  
Yoga is a fun

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photographs  
feature a  
diverse group  
of kids  
demonstrating  
yoga poses. On  
the opposite

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sides of the  
spreads,  
imaginatively  
sculpted  
fruits and  
vegetables  
mirror the  
same poses!  
Lift the  
gatefold flaps  
to find  
simple, child-

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friendly  
No Bedtime And  
recipes  
Monster Stories  
incorporating  
For Kids  
all of the

healthy  
ingredients  
featured in  
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Your Kids to  
Beg for  
Veggies

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Take a Journey  
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Heather and  
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Nutrition,  
Kindness, and  
Celebrating  
Individuality



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We Eat  
Yummy Yoga  
Vegetables on

Myplate

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Heather and

Her Magic

Fruits and

Vegetables

***The author  
relates his***

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***dislike of  
vegetables and  
reveals secret  
tactics used to  
survive the  
ordeal of eating  
them.***

***Raising  
Antiracist Kids is  
a practical guide  
that equips  
parents to talk to  
white kids about  
race right now -***

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***whether they're  
toddlers or teens  
- and go beyond  
conversation into  
action. The real  
life stories,  
strategies,  
practices, tips,  
and resources in  
Raising  
Antiracist kids  
help parents:-  
respond to  
children's***

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**questions and  
comments about  
race with calm,  
compassion, and  
truthfulness.-  
mentor kids into  
speaking up  
against  
stereotypes,  
exclusion, and  
racism.- choose  
the right words  
to explain painful  
topics like**

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***systemic racism  
and white  
privilege. - take  
antiracist action  
in age-  
appropriate  
ways. To support  
busy parents, the  
book is  
subdivided into  
sections for  
talking to and  
taking action  
with toddlers,***

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*preschoolers,  
elementary age  
children, and  
middle school  
age children.*

***\*\*\*Free Bonus!  
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inside!\*\*\****

***Triceratops Don't  
Eat Vegetable is  
a story about  
Tops, a dinosaur  
who eats snacks  
instead of***

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No Bedtime And  
More Stories  
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***vegetables. He  
grows so big that  
he can't go  
outside of his  
house to play  
with his friends.  
Tops starts to  
exercise and eat  
healthy food and  
soon he can play  
again with his fri  
ends. Triceratops  
Don't Eat  
Vegetable is a***

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No Bedtime And  
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***story that will  
help children  
understand the  
importance of  
eating healthy  
food. This story  
may be ideal for  
reading to your  
kids at bedtime  
and is enjoyable  
for the whole  
family as well! It  
is a fun and  
beautifully***



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No Bedtime And  
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***illustrated book  
with a happy  
ending that all  
readers will  
enjoy. This is a  
charming  
children's story  
that is sure to  
become a  
favorite.***

***Eat Your Veggies  
Vegetable Basket  
The First Book of  
Colors and***

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Dear Stories  
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***Vegetables  
Deceptively  
Delicious  
Oliver's  
Vegetables  
Noah's  
Superheroes***

What are vegetables,  
anyway? Give kids the  
411 on veggies with  
this richly illustrated  
introduction to

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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!

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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.

An instant New York Times bestseller!

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From the bestselling  
author of *Go the \*\*\*\*  
to Sleep and healthy  
eating advocate*

Camila Alves

McConaughey comes  
a whimsical role  
reversal in which  
picky eater parents are  
confronted by their  
three kids, with  
hilarious results These  
three kids are

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determined to get their parents to put down the ice cream, cake, and chicken fried steak to just try one bite of healthy whole foods. But it's harder than it looks when these over-the-top gagging, picky parents refuse to give things like broccoli and kale a chance. Kids will

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love the jaunty rhyme that's begging to be read aloud and the opportunity to be way smarter—and healthier—than their parents.

Children's Book: Eat Your Veggies

Bedtime Stories and Bird Books for Kids

In this book our little bird friend is

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Monster Stories  
For Kids

extremely hungry but he refuses to eat his vegetables. He thinks veggies are gross and disgusting. Instead, he asks for a hot dog, fries and a cookie. Is there a way to convince the bird to eat his vegetables after all? Read along as you and your child will once again enjoy the



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silly antics of this  
quirky bird! This is a  
read aloud kids book  
and is easy to read.

The target age range is  
for preschool and  
young children. Eat  
Your Veggies is a  
book that any child  
will love, especially at  
bedtime. Read this  
children's book FREE  
as part of your PRIME

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words, rebus pictures,  
and flash cards that  
make learning to read  
easy and fun.

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The Secret

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Quick & Easy Hidden

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Veggie Recipes the  
Whole Family Will  
Love

More Veggies Please!

All Smart Kids Eat  
Vegetables

I Love to Brush My  
Teeth Szeretek fogat  
mosni

When a young girl  
demands "No more  
vegetables," her  
mother agrees as

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long as Ruthie helps  
in the vegetable  
garden.

Mo Romero is a  
zombie who loves  
nothing more than  
growing, cooking, and  
eating vegetables.

Tomatoes?

Tantalizing. Peppers?

Pure perfection! The  
problem? Mo's  
parents insist that  
their niño eat only

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zombie cuisine, like  
arm--panadas and  
finger foods. They tell  
Mo over and over that  
zombies don't eat  
veggies. But Mo can't  
imagine a lifetime of  
just eating zombie  
food and giving up his  
veggies. As he  
questions his own  
zombie identity, Mo  
tries his best to  
convince his parents

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Lacera make their  
picture--book debut  
with this sweet story  
about family,  
self--discovery, and  
the power of  
acceptance. It's a  
delectable tale that  
zombie and  
nonzombie fans alike  
will devour.

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Urgent! It's happened again! David Wisniewski has completed another daring raid into the vault of parent rules. Within these forbidden pages lurk the real reasons why grown-ups want you to brush your teeth, eat your breakfast, and clean under your bed. The truth has

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been hidden for centuries, but the time of mystery is over.

Grab a flashlight! Get under cover! It's time for ... The Secret Knowledge of Grown-Ups! The Second File The I Hate

Vegetables Book of Poetry for Kids is a fun, whimsical and irreverent look at the veggies kids hate to



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eat the most. It's a  
book to be enjoyed by  
those who hate

vegetables as well as  
those who love

them! Please read  
and be entertained!

(and eat your  
veggies!)

Vegetables in  
Underwear

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

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Children  
Little Digger's Big  
Garden  
Tomatoes for Neela  
Fruits and Vegetables  
from A to Z  
\* MOONBEAM  
GOLD AWARD \* \*  
GROWING GOOD  
KIDS AWARD FOR  
EXCELLENCE IN

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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

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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

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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-

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book features about  
school gardens and  
the national farm-to-  
school movement.

Fountas & Pinnell  
Level L

It has become  
common knowledge  
that childhood  
obesity rates are  
increasing every  
year. But the rates  
continue to rise. And

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between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother

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of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she



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offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her modus operandi? Her book is filled with traditional recipes that kids love,

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except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed

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cauliflower in mac  
and cheese, and  
kale in spaghetti  
and meatballs. She  
also provides  
revealing and  
humorous personal  
anecdotes, tear-out  
shopping guides to  
help parents zoom  
through the  
supermarket, and  
tips on how to deal

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with the kid that "must have" the latest sugar bomb cereal. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood

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obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little

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avocado puree into their quesadillas.

She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins,

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and Omega 3 and 6  
No Bedtime And  
fats. Jessica  
Monster Stories  
Seinfeld's book is  
For Kids  
practical,  
easy to read, and a  
godsend for any  
parent that wants  
their kids to be  
healthy for a long  
time to come.  
We all like  
vegetables. There  
are lots of different

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vegetables to eat.  
Which ones do you  
like best? You could  
grow some in your  
garden.

English Hungarian  
bilingual children's  
book. Perfect for  
kids studying  
English or  
Hungarian as their  
second language.

Little Jimmy doesn't



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like to brush his teeth. Even when his mother gives him a brand new orange toothbrush, his favorite color, he doesn't use it like he is supposed to. But when strange and magical things start happening to Little Jimmy, he begins to realize how

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important brushing  
his teeth can be. I  
love to brush my  
teeth is a delightful  
story full of beautiful  
illustrations sure to  
get your little ones  
attention. If your  
child is having  
difficulty learning to  
brush their teeth  
then this is the book  
for you to share

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together.

I Can Eat a  
Rainbow

A Vegetable Chant  
(with audio  
recording)

Raising Antiracist  
Kids

It's Magic Time!

Simple Secrets to  
Get Your Kids

Eating Good Food

*Noah is a 6-year-old*

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*boy who hates  
eating fruits and  
vegetables; he  
thinks broccoli is  
yucky green stuff!  
His mom tries to tell  
him that eating fruits  
and vegetables will  
make him big and  
strong. Noah wants  
to be a firefighter  
when he's older and  
if he doesn't eat his*

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*Eat Your Veggies  
No Bedtime And  
Monster Stories.*  
up, he'll never be big  
and strong enough.

*The boy met Brock  
Broccoli one day  
and his life changed  
forever. With the  
help of some very  
friendly superhero  
fruits and vegetables  
Noah starts to  
understand. The  
little boy knows that*

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*he must listen to  
their rhyming words  
of wisdom. Written  
in a combination of  
prose and rhyme.*

*For ages 3-6 years.  
Stunning colorful  
illustrations.*

*Teaches children to  
eat their fruits and  
vegetables in a fun  
way. Your children  
will meet Tommy*

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Tomato, Potter  
Potato, Barry  
Banana and many  
more and learn that  
eating their fruits  
and vegetables will  
help them to  
become big and  
strong. Buy this  
book about Noah's  
Superheroes and  
your child will  
definitely like to eat

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Eat Your Veggies  
No Bedtime And  
good and healthy  
food!

Looking for ways to  
get your kids to eat  
more veggies?

Packed with creative  
recipes, this modern  
approach to classic  
family comfort foods  
ups the nutritional  
ante—infusing  
TONS of healthful  
vegetables into



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*every dish (even snacks and desserts!)—while always putting flavor first. As a chef and cookbook author, Nikki Dinki loves veggies. But like most parents, getting her kids to love them is a work in progress. There will always be a side*

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*of veggies on their  
dinner plates, but  
when those veggies  
go untouched, Nikki  
doesn't stress.*

*That's because her  
cooking  
incorporates  
vegetables at every  
turn: the kids may  
not have eaten their  
sides of peas, but  
they ate cauliflower*

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*and sweet potatoes  
in their Mac and*

*Cheese, devoured*

*Green Eggs (with  
spinach) and White*

*Bean Pancakes for  
breakfast, and*

*asked for seconds*

*of the Zucchini Crust*

*Pizzas at lunch!*

*Although the*

*veggies are*

*sometimes*

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*hidden—your kids will be eating mushrooms and eggplant without thinking twice!—the real goal is using the qualities of each vegetable to make each classic, family meals even better than the original version. In these recipes, mushrooms*

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*enhance the beefy  
taste of the  
Mushroom and  
Onion Burgers,  
while eggplant  
replaces egg for  
breading on Chicken  
Tenders and  
Chicken Parmesan,  
which keeps them  
irresistibly moist.  
Inside, discover  
other delicious*

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*recipes that will  
become mealtime  
staples, including: •*

*Chicken Pot Pie with  
Sweet Potato Crust •  
Cauliflower + Yogurt  
Bagels • Eggplant  
Parm Meatballs •  
Pumpkin Pasta  
Dough • Taco Meat  
(with Pinto Beans) •  
Mac and Cheese  
with Cauliflower +*

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*Sweet Potato •  
Chicken Nuggets  
with Beans +  
Carrots • Creamed  
Spinach Garlic  
Bread • Loaded  
Queso (with  
Squash) • Banana  
Carrot Oat Muffins •  
Eggplant Marinara  
Sauce • Brooklyn  
Blackout Cake (with  
Beets + Avocado) •*

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*Sweet Potato  
Cinnamon Rolls But  
fear not: there are  
no fancy ingredients  
or complicated  
cooking techniques.  
These easy,  
accessible recipes  
have been tested  
hundreds of times,  
by Nikki and other  
parents, for surefire  
family food wins!*



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*This collection of  
tried-and-true dishes  
will wow picky  
eaters and foodie  
parents alike with  
creative veggie  
twists on breakfasts,  
lunches, dinners,  
snacks, sides, and  
dessert.*

*I Can Eat a Rainbow  
is a book for young  
children to learn, in*

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*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*

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*Eat Your Veggies,  
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*of their own to color!  
Now in board book!  
A young girl and her  
mother shop to buy  
ingredients for  
vegetable soup. At  
home, they work  
together—step by  
step—to prepare the  
meal. A little later,  
the family sits down  
to enjoy a special  
dinner. Melissa*

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*Iwai's Soup Day*  
celebrates the  
importance of  
making a nutritious  
meal and sharing in  
the process as a  
family. A Christy  
Ottaviano Book