



## Give It a Go, Eat a Rainbow

*Kathryn Kemp Guylay*

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## Give It a Go, Eat a Rainbow Kathryn Kemp Guylay

Mom's Choice Awards® Recipient. Parent Tested, Parent Approved Award Winner. 2016 Family's Choice Awards Winner. Are you a parent or teacher hoping to encourage children to eat more veggies and fruits? Want to support healthy eating messages in a fun, educational and positive way? Looking for great educational messaging with peer-to-peer messaging? Give It a Go, Eat a Rainbow uses charming illustrations by 12-year old Alexander Guylay combined with real-life photography and simple rhymes by award winning nutrition educator Kathryn Kemp Guylay to create an augmented reality that immediately draws kids into the story. Kids are introduced to Blake, the main character, who feels sleepy (low energy) and wonders why he doesn't have the energy to play like other kids. Blake meets a friendly, magical leprechaun who takes Blake on a journey to find the pot of gold (a metaphor for good health and energy). Blake is shrunk down to tiny size and explores the colorful world of fruits and veggies. The colors (and fruits and veggies) lead to the pot of gold, where Blake feels vibrant and full of energy. The book addresses healthy eating, specifically fruits and veggies, in an engaging and positive way. Targeting early childhood and elementary school age groups, this picture book will be simple yet profound in promoting healthy eating habits in children. Each page is created for maximum engagement, using a delightful combination of photography, illustration, color and text. Think The Wizard of Oz meets Honey, I Shrunk the Kids meets nutrition and health literature.

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#### **Deborah Ellefson:**

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book Give It a Go, Eat a Rainbow it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book has high quality.

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The reason? Because this Give It a Go, Eat a Rainbow is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

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