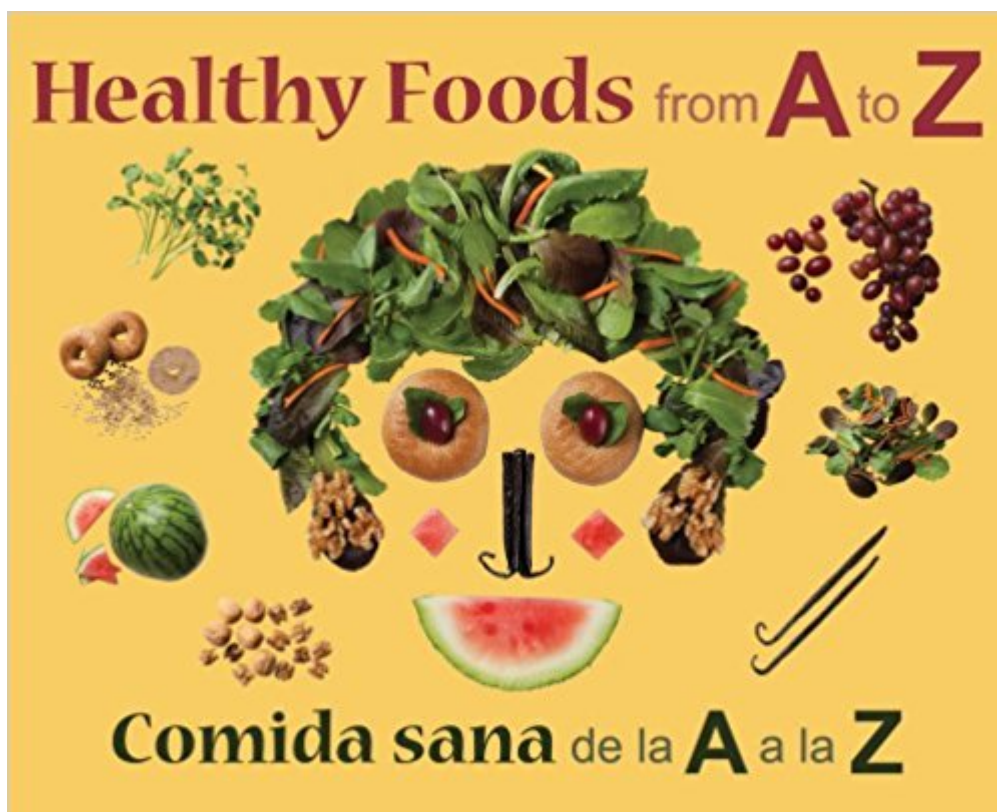


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# Healthy Foods From A To Z: Comida Sana De La A A La Z



## Synopsis

Helping children learn about healthy foods as well as their ABCs—this bilingual picture book in English and Spanish features colorful photographs of engaging faces made from fruits, vegetables, grains, dairy, and soy products. A sample sketch with instructions, followed by additional suggested activities, helps children create their own food faces and connect with peers and teachers. An informative section for parents highlights the nutritional value of 70 foods illustrated in the book.

## Book Information

Hardcover: 32 pages

Publisher: Moonstone Press LLC; Bilingual edition (September 5, 2012)

Language: English

ISBN-10: 0983498318

ISBN-13: 978-0983498315

Product Dimensions: 11.5 x 0.5 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #704,214 in Books (See Top 100 in Books) #199 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #449 in Books > Children's Books > Children's Cookbooks #525 in Books > Children's Books > Early Learning > Basic Concepts > Alphabet

Age Range: 3 - 5 years

Grade Level: Preschool - Kindergarten

## Customer Reviews

“We know a well-nourished child does better in school and Healthy Foods from A to Z teaches the alphabet, stimulates creativity . . . and introduces fruits and vegetables most likely unknown in some cultures. This is a book for the whole family.”  
—Edie Wiltsee, MPH, MS, CLC, program director, Monterey County California Health Department  
“The perfect tool to aid parents in their goal to feed wholesome, organic food to their children for habits that will last a lifetime and so much fun that children won't even realize they are learning, too!”  
—Ruth Yaron, author, Super Baby Food!  
“We know that children eat a more varied and healthful diet if they participate in meal planning and shopping. If they have involvement they are more invested in it. This book capitalizes on that tendency, making food and

eating a pleasant and creative game. •Loraine Stern, MD, FAAP, coeditor, Nutrition: What Every Parent Needs to Know “What a wonderful way to get kids interested in learning about healthy eating and at the same time expand their English and Spanish language skills! The book exposes kids to fruits and veggies they may not see on their own table, so it encourages the whole family to try new foods. •Bridget Swinney, MS, RD, LD, author, Baby Bites “This delightful book is illustrated with photographs of healthy food . . . particularly helpful in that it includes suggestions for making your own healthy food faces, along with other projects. There is also supplemental information for parents about the nutritional benefits of the foods depicted . . . provides young Spanish-speaking readers with something more intangible, yet vitally important: a sense of their cultural heritage. Recommended for school or public library collections that serve bilingual and Spanish-speaking readers. •School Library Journal

Stephanie Maze is a former photojournalist of 30 years whose work appeared in exhibits and publications worldwide, including National Geographic, Newsweek, the New York Times, People, the San Francisco Chronicle, Smithsonian Magazine, Time, and the Washington Post. She is the creator of the acclaimed I Want to Be . . . series of children’s books, including I Want to Be a Chef, I Want to Be an Engineer, and I Want to Be a Veterinarian. She lives in Sarasota, Florida. Renée Comet is a photographer who specializes in advertising and editorial still-food photography for books, magazines, and newspapers. She has photographed nearly 40 books on food, including The Artful Pie, The Artful Vegan, Delicious by Design, Dining at Monticello, Mrs. Fields Cookie Book, and Cake Love. She lives in Washington, DC.

So neat! Love everything about how this was conceived and executed. It’s alphabetical in either language, with each page combining in the pictures vegetables that start with that letter/those letters in both languages. Not totally compelling narratively, but really, that’s OK.

A super ABC book!

Great presentation. Bilingual. Good information. Would recommend to everyone. Bought several copies for gifts. Beautiful pictures, fun and educational activities.

Healthy Foods from A to Z / Comida Sana de la A a la Z is a truly unique bilingual book. It’s

originality along with the quality of the pictures and the wealth of educational opportunities in this book really set it apart. The pictures are beautiful and crisp and the colors fresh, just like the fruits and vegetables. Each face has a different expression providing the opportunity to teach children how to recognize feelings by looking at the faces that range from happy, to surprised and serious. The book provides the opportunity for children to learn new vocabulary in both languages and is the perfect catalyst to open up the conversation on the importance of nutritious meals and healthy foods. The book includes instructions for making your own food face as well as a list of activities that can be done at home or in the classroom with the children to teach them English vocabulary, Spanish and healthy eating habits. The last few pages of the book are written with parents and teachers in mind and contain a complete list of 70 healthy fruit, vegetables, seeds, spices and other healthy foods pictured in the book in both English and Spanish. A picture of each food is accompanied by a description that includes the food's origin and its health benefits. The questions and the conversation continued long after we were done with the book. Both of my kids were so excited they wanted to make their own food face and even though it was time for bed they were so motivated that I couldn't say no. My little guy went to bed telling me how he was going to make 4 food faces: one happy, one sad, one surprised and one scared and which foods he was planning to use. This coming from a child that can not even be described as a picky eater because his sensory food aversions are so severe. My little man goes to therapy to help him increase the variety of foods he eats and in a few minutes this book had awakened in him an interest in foods he's refused to even touch in the past. I was more than impressed! - Growing Up Bilingual .com

Don't let the boring book title fool you. This is a great children's picture book that kids love. Healthy Foods from A to Z is a book of many faces, literally! As a home daycare provider, I'm always looking for books that are unique, educational, interesting, and fun. This award-winning book provides all of that and more. Each page features a letter or two of the alphabet, plus healthy foods that start with that letter in both English and Spanish. On the B page, there are Broccoli (brocoli) and Blueberries (arandanos), but there are also a Boniato (sweet potato) and a Berenjena (eggplant). All of the food pictures are real photos, not illustrations, so children can recognize and learn them. To make this book even more fun and engaging, the foods featured on each page are arranged into a face shape that exhibits different facial expressions - happy, sad, silly, bored, mad, etc. In the back of the book there is an activity page that explains (in English and Spanish) how to make a healthy food face and a template to use. There are also pages of other healthy food projects to try and lots of interesting facts about the foods throughout the book. Did you know carrots come from northern Europe? As a

preschool teacher, I recommend Healthy Foods from A to Z be in every early childhood classroom. It's a wonderful teaching tool and a great launching point for a Food Theme. As a parent, this is a wonderful way to share healthy habits in a fun way with your children. We love this book!

Disclosure: I received this book at no charge in exchange for my honest review.

Do you know what a berenjena is? Would you be willing to eat a zarzamora? Youngsters can traipse through the alphabet, learning about different fruits, vegetables, grains, and other healthy foods, while reinforcing their ABCs, in both English and Spanish. The Spanish name for the book is Comida sana de la A a la Z. Colorful illustrations of charming faces constructed by famous food-photographer Renee Comet out of the various foodstuffs will encourage children to return to the book over and over. By the way, zarzamora is Spanish for blackberry, and berenjena is Spanish for eggplant. Have you ever tried eggplant? What about a quince (membrillo)? In addition to the text of the book where the foods are pictured alphabetically and identified by both English and Spanish names, readers are given instructions on how to make their own healthy food face and provided with other healthy food projects to do which involve art, language, science, and math skills. There are also seven pages of "Did You Know...?" facts that will highlight the nutritional value of seventy of the foods pictured throughout the book for parents to share with their children. Healthy Foods from A to Z will be beneficial for all youngsters but can be especially helpful for bilingual families and those wishing to expose students to the Spanish language (or even vice versa). Did you know that strawberries are a member of the rose family? I really like strawberries. I also like this book.

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