



# **Children's book: The Healthy Me Team: A Battle of Vitamin and Mineral Against Artificial Colors and White Sugar (Eat Healthy Fruits & Vegetables and Avoid Junk Food Book 1)**

*Netta Gerad*

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## Want your kids to eat more fruits and vegetables?

*Want them to eat fewer snacks?*

**The Healthy Me Team** is a full rhymed story about vitamins and minerals that fight artificial colors and white sugar in our kids' body.

"Whenever they met it was a real battle:

White sugar not letting the mineral settle,

Protein fights but is pushed away,

Has no chance to even stay!"

This is a wonderful book about a boy and his sister that illustrates the battle in our body when we don't eat healthy food. Our boy needs to grow and become stronger but his choices of eating make the little creatures (protein, calcium, vitamins and minerals) inside him weak.

**Will they win the battle of artificial colors and white sugar?**

**Will the boy be able to grow and make the right choices?**

**This beginner reader's eBook will inspire your kids to make the right nutrition choices:**

- Eat more fruits and vegetables
- Eat less unhealthy snacks
- Exercise more

Your kids will enjoy full-color illustrations of vitamins, minerals, calcium, artificial colors, white sugar and more.

**The Healthy Me Team** is a sweet children's book written especially for you and your ages 2- 8 children, with rhymed text and 20 colorful illustrations.

The story is suitable as a read aloud book for preschoolers or as a self-read book for **beginner readers** .

**Enjoy!**

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### **From reader reviews:**

#### **Deloris Wagner:**

Book is to be different per grade. Book for children until adult are different content. As it is known to us that book is very important usually. The book Children's book: The Healthy Me Team: A Battle of Vitamin and Mineral Against Artificial Colors and White Sugar (Eat Healthy Fruits & Vegetables and Avoid Junk Food Book 1) seemed to be making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The publication Children's book: The Healthy Me Team: A Battle of Vitamin and Mineral Against Artificial Colors and White Sugar (Eat Healthy Fruits & Vegetables and Avoid Junk Food Book 1) is not only giving you considerably more new information but also being your friend when you really feel bored. You can spend your own personal spend time to read your guide. Try to make relationship using the book Children's book: The Healthy Me Team: A Battle of Vitamin and Mineral Against Artificial Colors and White Sugar (Eat Healthy Fruits & Vegetables and Avoid Junk Food Book 1). You never experience lose out for everything when you read some books.

#### **Randall Briggs:**

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#### **Edgar Workman:**

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**Katrina Scofield:**

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