

For Ages That Teaches Basic Nutrition Through Fun Story And Humorous Pictures

Work, Work, Work

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A man was passing through the forest. He was very tired and decided to take rest under the shadow of a big tree. He heard a sound which was coming from the bushes. He saw a crystal bottle under the bushes. The sound was coming from the bottle. He opened the bottle in excitement and looked inside.

Soon a big, red ghost appeared with a lot of black smoke from the bottle. He screamed, "Give me some work or else I will eat you." The man was frightened. "W...What kind of work should I give you", he asked the ghost. "Any kind of work. You let me out from the bottle, now you have to give me work", replied the ghost.



The man told him to drop him to his house. Again, the ghost asked for work. The man told him to build a palace. In a few minutes, it was ready. The ghost again asked for work or else he would eat the man. He ordered him to get plenty of jewels and gold. Soon the jewels and gold were there. The ghost again said, "Give me some work or else I will eat you." He told him to get nice clothes. At once, the ghost brought the clothes. Again, the ghost asked for work. He told him to get food. And in seconds a table full of delicious food appeared. But the man did not get time to eat as the ghost was after him and wanted Work Work Work!

The man kept on giving work as he was afraid that the ghost would eat him. He could neither eat nor sleep the whole night. Soon, he came up with an idea. He told the ghost to build a pillar as high as the sky and climb up and down till the earth repeatedly. Now, the ghost was very happy that he had lots of work to do. The man finally ate the food and fell asleep.

Next morning, the man got up and went outside. The ghost was climbing up and down the pillar all the time. Many days & months passed. Now the ghost started feeling a little tired. He requested the man to make him stop as he was not able to climb anymore. The man agreed on a condition that he must go far away from here and never come back. He agreed and promised the man. The ghost picked the pillar and ran as fast as he can and never came back.

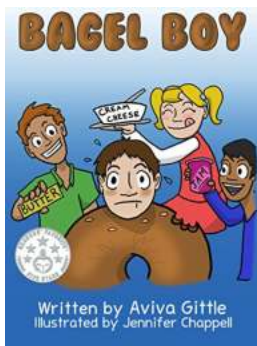
The Importance of Teaching Basic Nutrition

Many parents and educators recognize the significance of teaching children about nutrition and healthy eating habits from an early age. However, finding

engaging and entertaining ways to convey this important information to young minds can be challenging. That's why a revolutionary new book, "For Ages: Nutri-Tales," has captured the attention of both children and adults alike, providing an exciting and interactive approach to learning about basic nutrition.

Introducing "For Ages: Nutri-Tales" – Where Fun and Education Collide

"For Ages: Nutri-Tales" is a captivating book that combines a fun story, vibrant illustrations, and humorous pictures to introduce children to the world of nutrition. Written with the intention to make learning enjoyable and memorable, this book ensures young readers have a blast while gaining a solid foundation in understanding basic nutrition.



Bagel Boy: A book for ages 4-8 that teaches basic nutrition through a fun story and humorous pictures. Print version has coloring pages!

by Aviva Gittle (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English

File size : 4576 KB

Text-to-Speech : Enabled

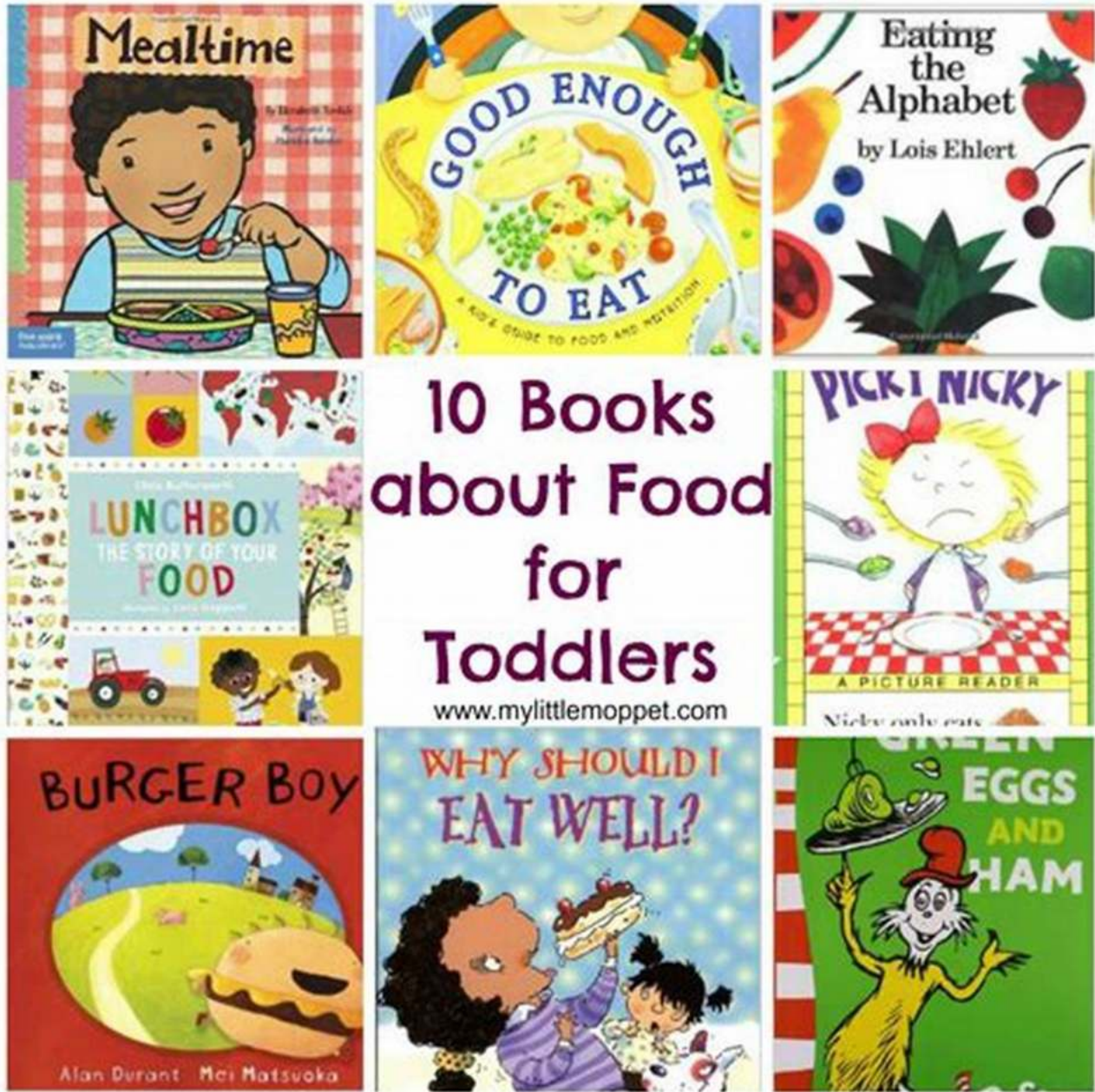
Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 110 pages

Lending : Enabled



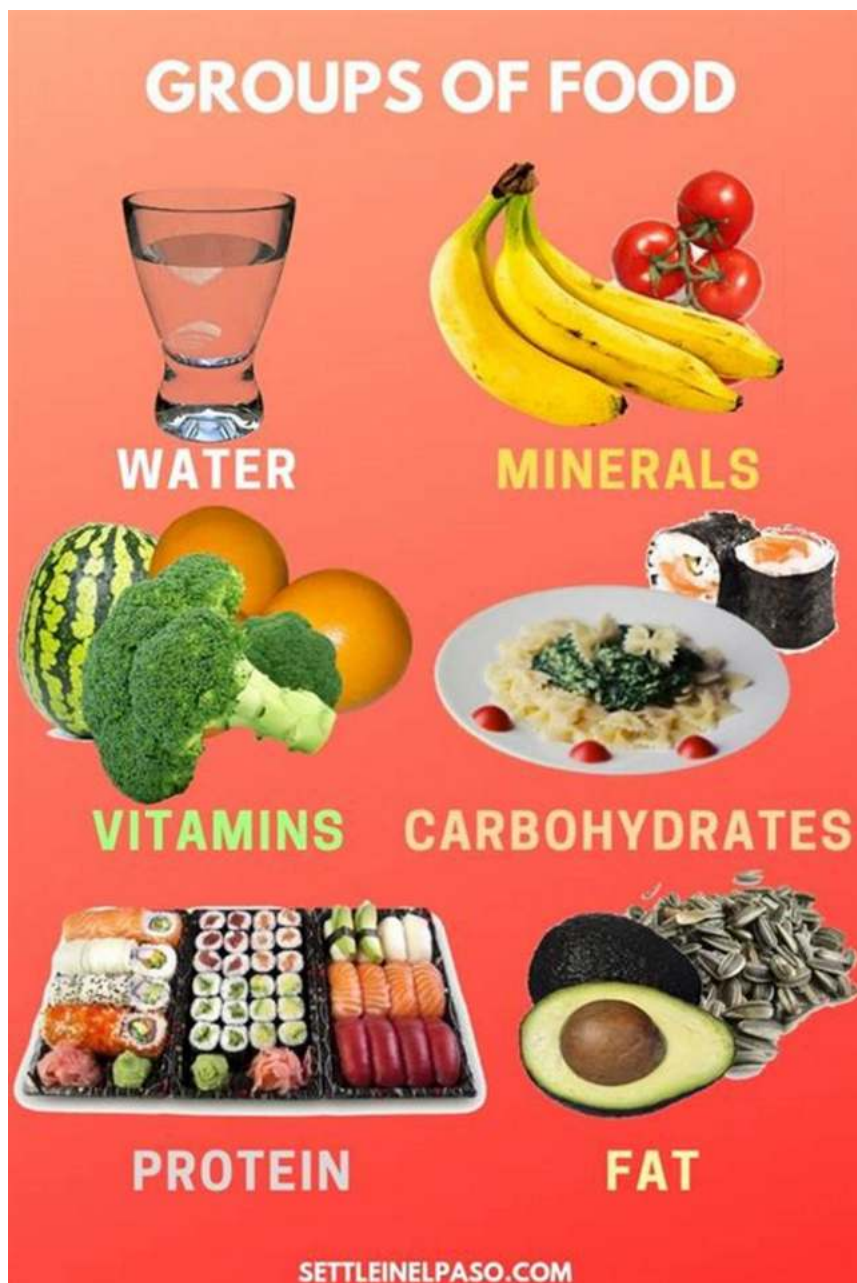


Embark on an Exciting Adventure

In "For Ages: Nutri-Tales," readers join a group of lively characters led by Professor Nutri, a charming and knowledgeable guide. Together, they embark on an educational adventure where they learn about the essential nutrients our bodies need and explore the benefits of a balanced diet.

The story not only captures children's imagination but also imparts vital information through engaging dialogues and relatable scenarios. As readers follow the characters' journey, they effortlessly absorb nutritional knowledge that will positively impact their daily food choices and overall well-being.

Humorous Pictures that Make Learning Fun



By associating nutrition lessons with amusing and memorable images, "For Ages: Nutri-Tales" ensures that children retain the knowledge for years to come. This innovative approach to integrating fun and education has garnered praise from both parents and educators, who appreciate how it inspires children to adopt healthier eating habits.

Essential Life Skills Through Storytelling

Through storytelling, "For Ages: Nutri-Tales" goes beyond teaching basic nutrition and imparts essential life skills to young readers. The book promotes critical thinking, problem-solving, teamwork, and decision-making, ensuring children develop skills that extend far beyond the realm of nutrition.

By focusing on story-driven learning, children are more likely to engage and retain the information. This approach fosters a natural curiosity to explore additional aspects of nutrition and encourages children to take an active role in making healthier choices.

What's On Your Plate?

Fill your plate with healthy choices!

Vegetables

So colorful, so powerful! Vegetables in dark greens, bright oranges, beautiful reds and purples are packed with vitamins and minerals. Give your body the goodness it needs.

Fruits

Sweetness packed with goodness! Let delicious fresh fruit be part of your daily food rainbow. It is rich in fiber and vitamin C. Whole or cut up, fresh or dried, fruit is a yummy, easy-to-carry snack.

Grains

Refined grains are stripped of their health benefits, but whole grains contain the entire grain kernel—giving your body more nutrients! Look for the word "whole" in the label.

Protein

Your body's building blocks! Proteins support every cell in your body—your bones, muscles, skin and blood. Protein foods include meat, poultry, seafood and eggs, and plant sources like beans, soy products, peas, nuts and seeds.

Water


Hydrated = healthy all over! Every system in your body relies on water to function. It regulates your temperate, flushes toxins, carries nutrients, and much more.

Dairy

Strong bones & healthy teeth! Dairy foods are milk, yogurt, and cheese. They provide essential nutrients like calcium, potassium and vitamin D.

Tips to make your plate extra healthy

- Make half your plate fruits and vegetables.
- Choose lean proteins, beans or tofu.
- Choose whole grains or whole wheat.
- Eat foods that are in season.
- If you want a snack, try nuts and fruit.
- Drink plenty of water every day.



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Endless Possibilities for Fun Learning

"For Ages: Nutri-Tales" not only offers an engaging story and humorous pictures but also provides vast opportunities for interactive learning. Parents and educators can incorporate the book into various activities, such as cooking classes, arts and crafts, and games that reinforce nutritional concepts.

Furthermore, online resources complement the book, enabling children to explore additional interactive content, engage in quizzes, and access downloadable materials that enhance their understanding of nutrition.

Empowering Children to Make Healthier Choices

The impact of "For Ages: Nutri-Tales" extends far beyond the pages of the book. By introducing children to the world of nutrition in a fun and interactive way, it empowers them to make healthier choices that can positively shape their lives.

With the rising rate of childhood obesity and related health issues, educating children about nutrition is paramount. "For Ages: Nutri-Tales" not only equips them with the essential knowledge but also instills an enthusiasm for leading a balanced and healthy lifestyle.

The Future of Nutritional Education

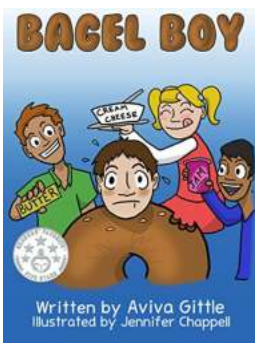
"For Ages: Nutri-Tales" represents a turning point in how we approach nutritional education for children. By combining fun, humor, and storytelling, this innovative book sets a new standard for engaging young minds.

As parents and educators seek effective ways to instill healthy habits, "For Ages: Nutri-Tales" provides a remarkable solution that sparks curiosity, fosters creativity, and imparts the necessary nutritional knowledge to lead a fulfilling and healthy life.



For years, the challenge of teaching children about basic nutrition has persisted. However, "For Ages: Nutri-Tales" has emerged as a game-changer, making it possible to educate children through an engaging story, humorous pictures, and an unforgettable learning experience.

By embracing this innovative approach, we can empower younger generations to make informed choices about their health while ensuring they embark on a lifelong journey towards well-being.



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5-Star Review By Readers' Favorite Mamta Madhavan:

"It is a delightful tale that speaks about healthy eating habits ... The illustrations are wonderful and they give life and movement to all the characters and the scenes."

Why are these kids chasing this poor boy around with butter, jam and cream cheese? Because Dana has suddenly turned into his favorite food in the whole wide world: A bagel. A giant, crusty-on-the-outside, soft-and-chewy-on-the-inside, bagel.

How will Dana ever get back to being a little boy again?

Find out in this fun and tasty tale about what happens when you (or the picky eater you love) will only eat a certain kind of food all the time.

Aviva Gittle Publishing offers great children's stories in English and Spanish.

www.GoToGittle.com

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Gatito y Mariposa

Mort the Fly

In Nana's Arms

In Grandma's Arms: A Greeting Book From Your Grandson



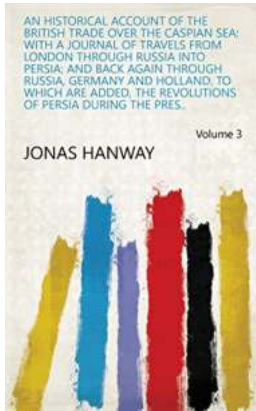
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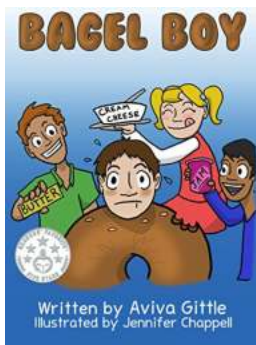
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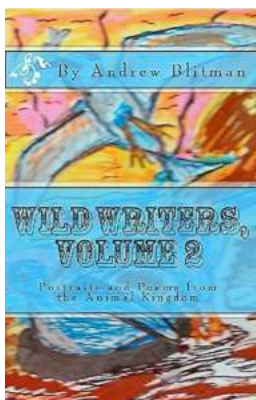
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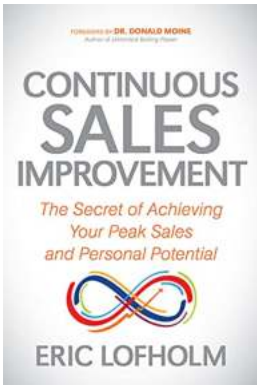
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