



**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:**

**Patrick Spradlin:**

In this 21st hundred years, people become competitive in most way. By being competitive currently, people have do something to make these individuals survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that often many people have underestimated the item for a while is reading. Yep, by reading a reserve your ability to survive improve then having chance to stand than other is high. For yourself who want to start reading some sort of book, we give you this 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) book as nice and daily reading reserve. Why, because this book is usually more than just a book.

**Otto Tejada:**

Do you one among people who can't read pleasurable if the sentence chained inside the straightway, hold on guys this specific aren't like that. This 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) book is readable by simply you who hate the straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to deliver to you. The writer connected with 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) content conveys thinking easily to understand by many individuals. The printed and e-book are not different in the information but it just different available as it. So , do you nonetheless thinking 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 loveable to be your top listing reading book?

**Francisco London:**

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love 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), it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its identified as reading friends.

**Carl Harber:**

What is your hobby? Have you heard in which question when you got learners? We believe that that concern

was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And you know that little person like reading or as reading through become their hobby. You should know that reading is very important along with book as to be the issue. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You see good news or update regarding something by book. Amount types of books that can you decide to try be your object. One of them is this 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).

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