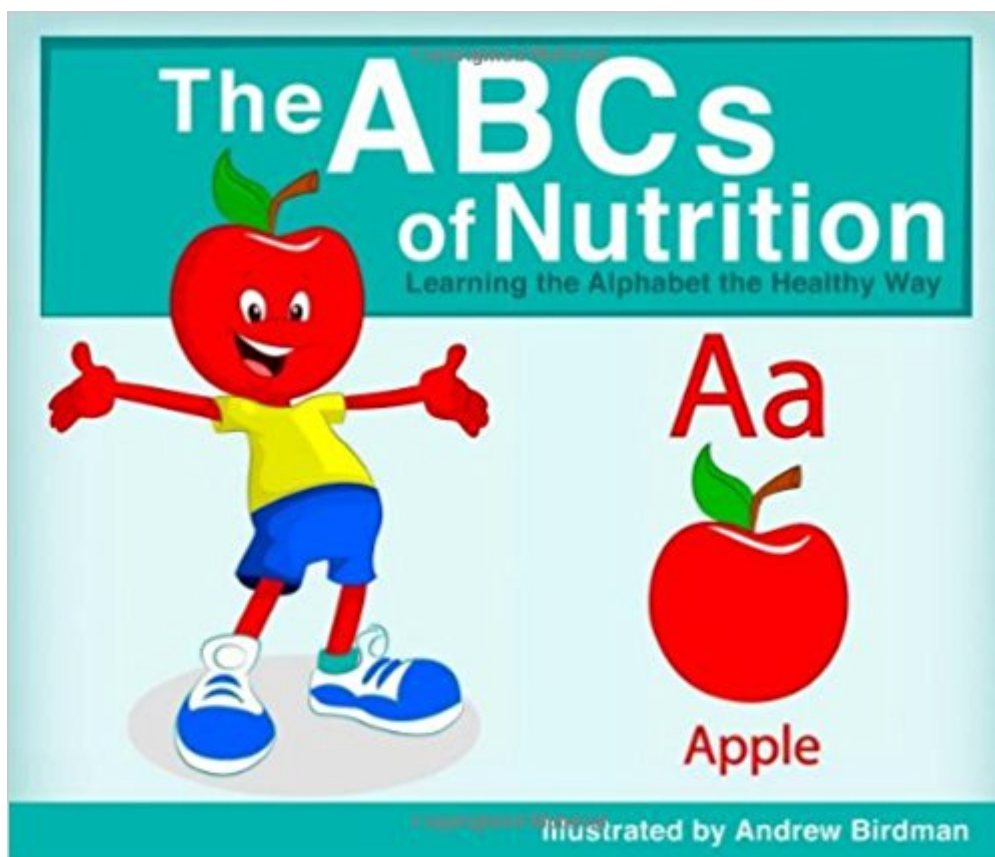


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# The ABCs Of Nutrition: Learning The Alphabet The Healthy Way



## Synopsis

"The ABCs of Nutrition: Learning the Alphabet the Healthy Way" is a fun and colorful book that uses fruits and veggies to teach the alphabet. What makes it truly unique is that each letter is accompanied by a VEDGE' Kid. The fun and colorful VEDGE' Kids are anthropomorphic (part veggie/part human) and are portrayed in some type of activity on each page as they introduce each letter. So kids are captivated as they: \*Learn the Alphabet through visual, auditory and physical/kinesthetic sensory input \*Associate common and exotic fruits and veggies with letters and words \*Get excited about fruits and veggies and thereby want to eat them \*Are encouraged to engage in physical activity, like yoga, as shown by the VEDGE' Kid poses. For kids aged 2 to 5.

## Book Information

Perfect Paperback: 32 pages

Publisher: Orchanian Publishing; First edition (August 29, 2013)

Language: English

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Product Dimensions: 0.2 x 8 x 6.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 30 customer reviews

Best Sellers Rank: #4,391,150 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #1038 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #1843 in [Books > Reference > Words, Language & Grammar > Alphabet](#)

## Customer Reviews

Review By JANE COWLES - Vegbooks.org This is a book for children with active minds and bodies. The ABCs of Nutrition by Robert Orchanian teaches children (ages 2 to 5) the abc s and introduces them to vegetables and fruit with a colorful cast of home grown characters which the author refers to as the Snack Pack (Smart Nutritionally Active Kids)\*. Andrew Birdman s vegetable characters are playful and as the author says active. There is a date in standing tree yoga pose, a fig jumping rope and a golfing quince. Children will learn about all kinds of fruits and vegetables like ugli fruit, quince and kiwis other than the BASICS (bananas, apples, sweet potato, carrot and squash). and will be curious to try different activities like yoga, karate, ballet and lacrosse. The ABCs of Nutrition ([affiliate link](#)) is fun and adventuresome; a great tool for teaching the alphabet as well as a way to

broaden a child's palette. I reviewed the online galley of this book but look forward to flipping the pages of the soft-bound book. Personally, I think the title could be better. Fruits and vegetables are only one part of healthy, balanced nutrition. A title like Alphabet Garden or The ABCs of Eating Fruits and Veggies seems more suitable, but then again I have a unique perspective having recovered from an eating disorder. Overall Orchanian's book is a sensory delight.

--Vegbooks.org London Vegan and Vegetarian Society The ABC's of Nutrition - Bright, clear and easy to read The ABC's of Nutrition is aimed at teaching kids the importance of healthy nutrition from a young age. The writer, a vegan, Robert Orchanian from Yorktown Heights, NY USA, says the book reflects his family's lifestyle: My wife and I have raised 5 healthy kids. Whether it's yoga, weight training or running, in general, we all exercise regularly and eat right! The foods that toddlers eat are the foods they will want to eat for the rest of their lives. This is because in the formative years, organs, tissues and nerve cells are programmed in their unique window of time based on the foods eaten - like metabolic programming. Another reason lies in the way childhood memories are formed. Up to the age of about two and a half or three years, children usually do not form conscious memories, but instead are busy using their daily experiences to create the instinctive emotions and likes and dislikes that will become intuitive feelings in the future. So if a young child learns to enjoy vegetables for dinner every night and fresh fruit for dessert, they incorporate these healthy foods into her developing subconscious blueprint for what a proper meal should be. Not only does it taste good to them, it feels right, too! --LondonVeganSocieties.com London Vegan and Vegetarian Society The ABC's of Nutrition - Bright, clear and easy to read The ABC's of Nutrition is aimed at teaching kids the importance of healthy nutrition from a young age. The writer, a vegan, Robert Orchanian from Yorktown Heights, NY USA, says the book reflects his family's lifestyle: My wife and I have raised 5 healthy kids. Whether it's yoga, weight training or running, in general, we all exercise regularly and eat right! The foods that toddlers eat are the foods they will want to eat for the rest of their lives. This is because in the formative years, organs, tissues and nerve cells are programmed in their unique window of time based on the foods eaten - like metabolic programming. Another reason lies in the way childhood memories are formed. Up to the age of about two and a half or three years, children usually do not form conscious memories, but instead are busy using their daily experiences to create the instinctive emotions and likes and dislikes that will become intuitive feelings in the future. So if a young child learns to enjoy vegetables for dinner every night and fresh fruit for dessert, --LondonVeganSocieties.com London Vegan and Vegetarian Society The ABC's of Nutrition - Bright, clear and easy to read The ABC's of Nutrition is aimed at teaching kids the importance of healthy nutrition from a young age. The writer, a vegan, Robert Orchanian from

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Characters were appealing, colors were brilliant on my cloud reader, and pretty clever as to how the author worked the letters "V" and "X" (which I will not give away). Very good book!

This is a truly delightful ABC book using food items that are nutritious for each letter. Our 3 yr old grandson loved this book and always requested this book at reading time. He wasn't familiar with each food name, but most of them and wasn't turned off by that. The character introducing each letter was whimsical and cute with a cheery expression. 2 to 6 yr olds should love to read this book.

Cool. My son liked this book. If u can get this please get it your kid would love it. Get the book.

My daughter loves to read. Great book!

Meh. Nothing special. Glad it was free. It was just one picture per page with corresponding letter. Some of the fruits/veggies were kind of obscure...not well-known things in the US.

This is an excellent resource for teachers of students at the primary level! Not only does it include colorful and fun illustrations that will engage the young learner to learn the alphabet, but also help them to become aware of some more healthy snack alternatives! At a time when there are so many unhealthy snacks flooding the market and constantly at our fingertips, The Abcs of nutrition offers a breath of fresh and healthy air to help influence the minds of young learners. I also love the fact that each fruit character shares a healthy pose for the reader to promote exercise. As a primary level

school teacher I plan to use this book not only to teach letter recognition and their corresponding sounds, but also ask the students to participate in the various healthy poses while reading the book. I'm excited that the lesson will include catchy visuals mixed with fun movements to engage my students. Kudos to Robert Orchanian for introducing the alphabet in a fun, creative and healthy way. Looking forward to more books in this series!

Awesome book! First of all the quality of the book is unmatched. Pictures are big and bold and very easy to read. I'm an adult and thought the pictures were cool. I love how without any extra effort kids are not only learning to read but are learning how to be healthy because the letters are all of fruits and vegetables. You can search on youtube how chef Jamie Oliver went into a school and asked kids what was the name of vegetables he was holding and none had any idea. This is the root of the obesity problem America is having and this book is taking us in the right direction. We need to educate our children and familiarize them with fruits and vegetables so they can eat more of them and make them a healthier generation. Can't wait to give a few copies to friends with kids.

This is a simple and charming book for toddlers to learn the alphabet and identify fruits & vegetables. It's more of a picture book, as there's no storyline. The cover is essentially the page for the letter "A", and all subsequent pages are analogous. For each page there's an uppercase and lowercase letter along with a delightfully illustrated anthropomorphic version of the fruit next to the fruit itself. While it does get a little quirky with certain letters (e.g. I for Italian Plum, V for Veggie Burger, and X for eXquisite pomegranate) that's hardly the fault of the author, who was limited by the English language and made the best of it. The cartoons are great for keeping a toddler's interest as you effectively use each page as a flash card, allowing the child to identify the letter and/or fruit.

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