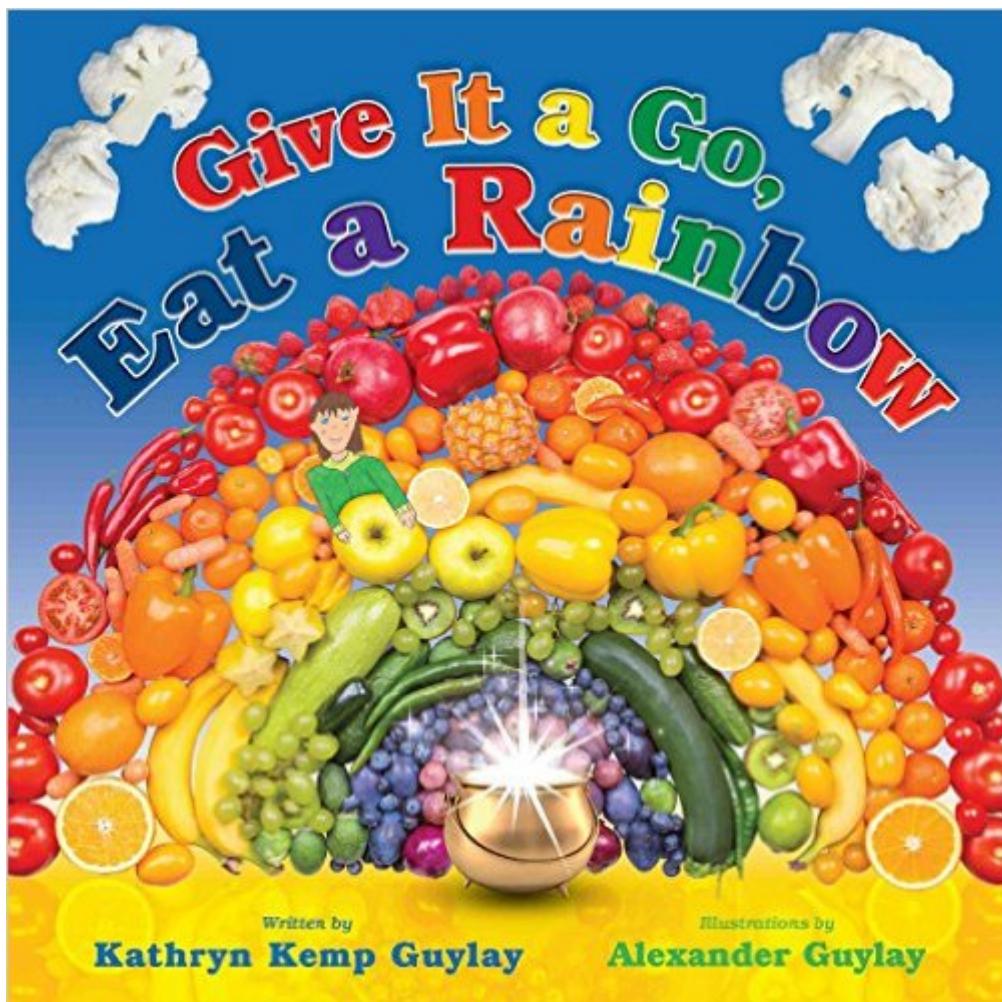


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# Give It A Go, Eat A Rainbow



## **Synopsis**

Mom's Choice Awards® Recipient. Parent Tested, Parent Approved Award Winner. 2016 Family's Choice Awards Winner. Are you a parent or teacher hoping to encourage children to eat more veggies and fruits? Want to support healthy eating messages in a fun, educational and positive way? Looking for great educational messaging with peer-to-peer messaging? Give It a Go, Eat a Rainbow uses charming illustrations by 12-year old Alexander Guylay combined with real-life photography and simple rhymes by award winning nutrition educator Kathryn Kemp Guylay to create an augmented reality that immediately draws kids into the story. Kids are introduced to Blake, the main character, who feels sleepy (low energy) and wonders why he doesn't have the energy to play like other kids. Blake meets a friendly, magical leprechaun who takes Blake on a journey to find the pot of gold (a metaphor for good health and energy). Blake is shrunk down to tiny size and explores the colorful world of fruits and veggies. The colors (and fruits and veggies) lead to the pot of gold, where Blake feels vibrant and full of energy. The book addresses healthy eating, specifically fruits and veggies, in an engaging and positive way. Targeting early childhood and elementary school age groups, this picture book will be simple yet profound in promoting healthy eating habits in children. Each page is created for maximum engagement, using a delightful combination of photography, illustration, color and text. Think The Wizard of Oz meets Honey, I Shrunk the Kids meets nutrition and health literature.

## **Book Information**

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Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (87 customer reviews)

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## **Customer Reviews**

Give It a Go, Eat a Rainbow Like this approach to get kids to eat more healthier. Starts out and we learn that Blake is not feeling so well. He only likes candy and cookies and things that are sweet. The words are rhyming and easy to read on some of the backgrounds. He meets a new friend and he tells Blake how he can get more energy-enough so he can play. There are notes for the parents to ask the child while they are reading along with them to pick out what foods are red and what part of the body they are good for. Like a mini quiz and you've been given the answers to, if you were paying attention. Really like blue and purple pages.

Length: 0:48 Mins

When I first opened the book, Give It A Go, Eat A Rainbow, I thought this was written about my life 12 years ago. I was like Blake. All I wanted to eat was cake, cookies and sweet treats. My stomach hurt, my health was failing. I was old enough to know better than to eat like that. Then I wised up and started eating healthy. I feel so much better today than I did years ago. I never... ever want to go back to that period in my life. Now, I have young Grandkids. 3 of them eat very healthy and 3 of them don't. My one Granddaughter who is only 4 loves carbs, cheese, sweets and needs to learn to eat more fruits and vegetables. I am surprised because her mother knows to feed her healthy. I can't figure out why she doesn't. The kid is tired all the time. Has no stamina and complains of belly aches. I plan on giving this book to that Granddaughter and her Mother in hopes that they read it and something clicks in their heads. I hope from reading this book they figure out what they are doing wrong, and why she is having stomach problems at such a young age. Before I give it to the granddaughter who needs it, I read it to my other Grandkids. We made a plate of food from the rainbow. I let them choose what they wanted in their rainbow. They loved doing this with me, and because they had a hand in making it, they ate it all up. This interactive book starts out with a young boy named Blake who is sleepy, has tummy aches and just can't keep up with the other kids. Blake likes to eat cookies, candies and all things sweet. One day, Blake meets a friend who helps teach him about nutrition, using fruits and vegetables of rainbow colors. What a fun way to teach kids about healthy eating. If you have a picky eater in your home, this book could help them in a fun interactive way to choose foods that are healthy for them. So.... Give it a go, Eat a rainbow!!

"Don't do this." "You have to do that." These are losing parenting strategies, and also losers for grandparents (like me.) Kids learn best from stories and games. I'm so glad that Kathryn Kemp Guylay has saved me from negative nagging with this book. She saved me also from telling my

daughters that they really should be feeding their kids more fruits and veggies. It's funny because as a psychologist who has authored a book for helping children to stop thumbsucking habits, David Decides About Thumbsucking: A Story for Children, a Guide for Parents, I have long known how powerful biblio-therapy can be. Yet I never would have thought of what this book does, which is to impact kids' choices of what foods to eat. Hurray and huge thanks to this clever nutritionist! I highly recommend also Solving Sleep Problems in Children with Autism Spectrum Disorders: A Guide for Frazzled Families. A study researching the impacts of bibliotherapy (though this book is for the parents) versus therapy for families of autistic spectrum kids (and for that matter, any kids) with sleep difficulties, the outcome proved to be that therapy and reading a book could be equally helpful. The bottom lineâ " Give it a Go, Eat a Rainbow has potential to have strong and positive impacts on the children we love and most want to grow up with healthy eating habits.ps, This book even motivated me, the grown-up, to pay more attention to how many and which colors I am eating!

My son, Eleazar, is a "white" baby, eating only carbs and chicken nuggets. He is 6, and old enough to understand concepts like healthy living. This book is perfect for him because it explains why he should eat healthy foods. So many "healthy living" messages are simply put as "you should eat this." Rainbow takes it that extra step, and speaks directly to the child. Do you want to be strong? Do you want to have energy? Good vision? Then eat these foods. It also gives 4-5 examples of each healthy color. Don't like blueberries? Try grapes, or radishes, or red cabbage! Eli is taking baby steps, and we aren't eating a rainbow right out of the gate, but we do have some purples and reds creeping into his diet! Great book. Thank you Guylays!

I read this delightful book to my 4-year old this morning and we both absolutely loved it! She had a great time trying to identify the fruits and veggies she did not recognize, and started naming other foods that fit the color scheme. Then, we went and made a "green smoothie" together, she adding in kale, bananas, strawberries, grapes, pineapple, etc. She pushed the button on the blender, and then had a big gulp of her first Green Smoothie! I considered it a huge success in initiating my child's interest in fresh foods (up until now she has focused mostly on meat and cheese!) This is a great book for mom's and educators to have on the coffee table or in their children's library. The beautiful pictures and illustrations will keep interest high over the long term. Thank you Alex and Kathryn for bringing us this unique and fun story!

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