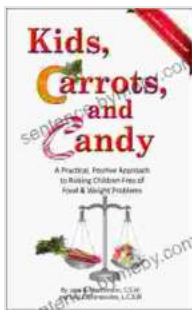


Kids, Carrots, and Candy: A Delightful Adventure for Young Readers

In a world filled with processed snacks and sugary treats, it's more important than ever to teach children about the importance of healthy eating. Jane Hirschmann's charming book, *Kids, Carrots, and Candy*, does just that in a fun and engaging way.

The story follows two young friends, Billy and Susie, as they embark on an adventure to find the perfect treat. Along the way, they meet a variety of characters who teach them about different types of food and the importance of making healthy choices.



Kids, Carrots, and Candy by Jane R. Hirschmann

★★★★☆ 4.3 out of 5

Language : English
File size : 967 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 219 pages
Lending : Enabled
Screen Reader : Supported

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Kids, Carrots, and Candy

A Practical, Positive Approach
to Raising Children Free of
Food & Weight Problems



By Jane R. Hirschmann, C.S.W.,
and Lela Zepheropoulos, L.C.S.W.

Through their adventures, Billy and Susie learn that healthy eating can be fun and delicious. They discover that fruits and vegetables are packed with vitamins and minerals that help their bodies grow strong and healthy. They also learn that candy and other sugary treats should be eaten in moderation, as they can damage teeth and lead to weight gain.

Kids, Carrots, and Candy is a delightful story that will teach your child about the importance of healthy eating in a fun and engaging way. With its charming characters and colorful illustrations, this book is sure to become a favorite for years to come.

About the Author

Jane Hirschmann is a registered dietitian and certified diabetes educator with over 20 years of experience in the field of nutrition. She is passionate about helping children learn about healthy eating in a fun and engaging way. *Kids, Carrots, and Candy* is her first children's book.

Reviews

"Kids, Carrots, and Candy is a delightful book that teaches children about the importance of healthy eating in a fun and engaging way. My daughter loved the story and the characters, and she learned a lot about healthy eating without even realizing it." - Our Book Library customer

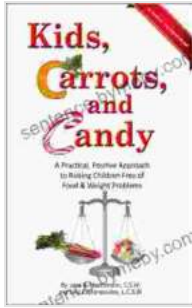
"I'm a registered dietitian and I highly recommend Kids, Carrots, and Candy to parents who want to teach their children about healthy eating. The book is well-written, engaging, and packed with nutrition information." - Amy Gorin, MS, RDN, owner of Amy Gorin Nutrition

Free Download Your Copy Today

Kids, Carrots, and Candy is available now on Our Book Library.com and other major retailers. Free Download your copy today and start your child on a lifetime of healthy eating!

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