

Too Much Spaghetti: A Cautionary Tale About the Dangers of Eating Too Much Pasta

Once upon a time, there was a young boy named James who loved spaghetti. He loved it so much that he ate it for breakfast, lunch, and dinner. One day, James ate so much spaghetti that he got sick. He had a stomachache and he threw up. He learned his lesson and never ate too much spaghetti again.



Too Much Spaghetti by James Warwood

★★★★☆ 4.8 out of 5

Language : English

File size : 6927 KB

Print length : 28 pages

Screen Reader : Supported



This book is a cautionary tale about the dangers of eating too much pasta. It is perfect for children who are learning about healthy eating habits.

Here are some tips for healthy eating:

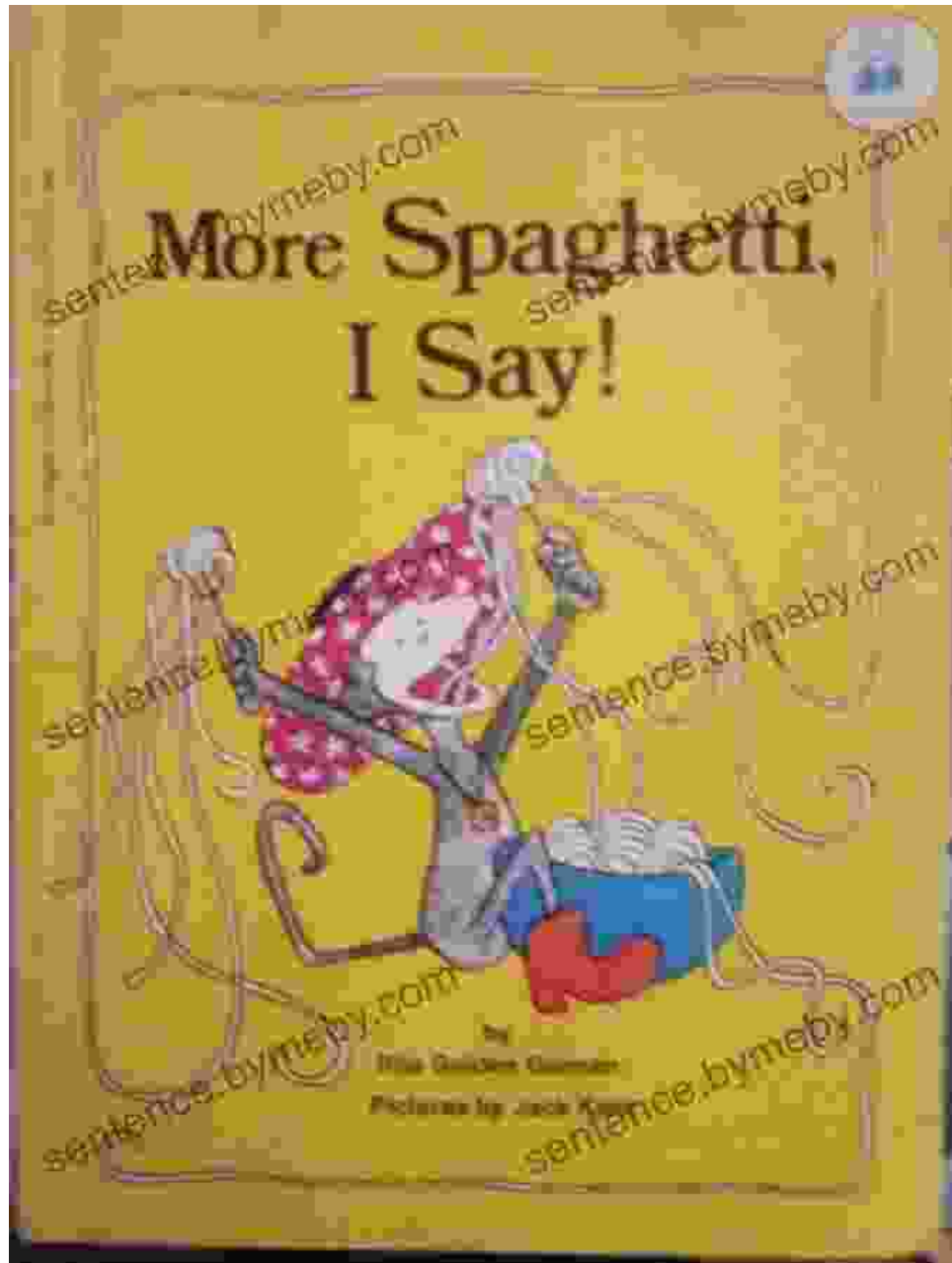
- Eat a variety of foods from all food groups.
- Choose whole grains over refined grains.
- Eat plenty of fruits and vegetables.
- Limit unhealthy fats, such as saturated and trans fats.
- Limit added sugar.

- Drink plenty of water.

By following these tips, you can help your child develop healthy eating habits that will last a lifetime.

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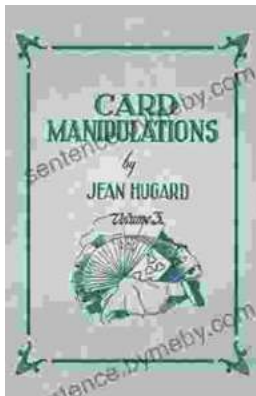
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