



# I Can Eat A Rainbow

*Annabel Karmel*

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## **I Can Eat A Rainbow** Annabel Karmel

From nutrition expert Annabel Karmel comes a series of books on healthy eating for the very youngest readers. By instilling children with good attitudes toward food and nutrition at a young age, these books pave the way for a lifetime of healthy eating habits.

*I Can Eat a Rainbow* teaches kids how to eat healthy by enjoying a "rainbow" of food, from purple plums to red apples to greens like spinach and celery. Each two-page spread focuses on food of a different color.

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Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? May be reading a book can be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled I Can Eat A Rainbow can be very good book to read. May be it can be best activity to you.

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