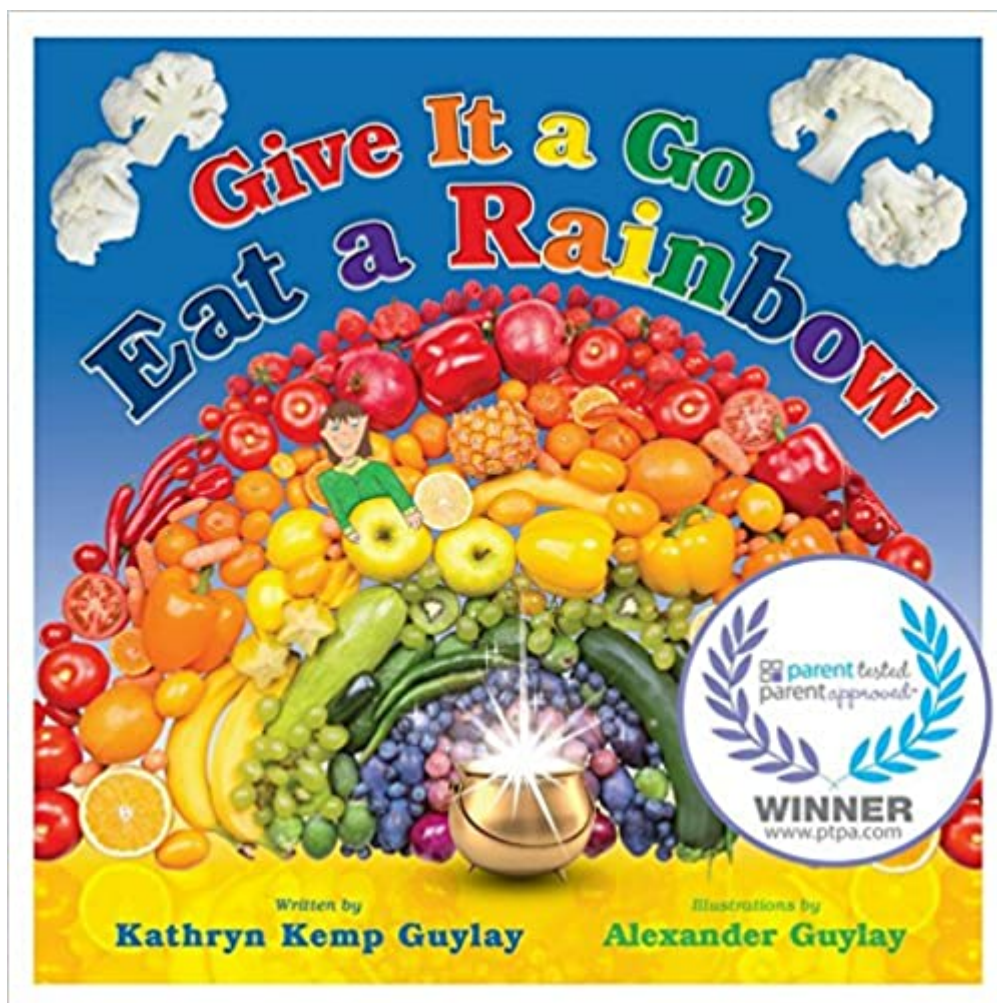


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# Give It A Go, Eat A Rainbow



## 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 Shrank the Kids meets nutrition and health literature.

## Book Information

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## Customer Reviews

Mom&apos;s Choice Awards® Recipient. Parent Tested, Parent Approved Award Winner. 2016 Family&apos;s Choice Awards Winner. Give It a Go, Eat a Rainbow is an inspired, inspiring romp through eating healthfully. With the help of her son and some talented friends, Guylay makes eating fruits and vegetables a delicious daily habit for all ages. --Tanya Steel, Creator of the White House Healthy Kids Lunchtime Challenge and co-author of Real Food for Healthy Kids Getting kids excited about eating fruits and veggies is a top health priority for our nation. I'm thrilled to see a fun and inspiring book targeting kids at a very young age. That age group is where the magic can happen in terms of establishing healthy dietary patterns that last a lifetime. --Dr. Tia Rains, PhD in Nutrition Statistically speaking, zero percent of children in America are meeting the American Heart Association's Simple Seven guidelines for a healthy heart. Why? Poor diet. When it comes to health, this is where our children are at the greatest risk. If there is ever a time when we need Kathryn Kemp Guylay's newest book, Give It a Go, Eat a Rainbow, it's now. Kathryn, with help from friends and her son, has created a resource that is engaging to KIDS. With colorful, magical illustrations and a well-crafted storyline, Give It a Go, Eat a Rainbow brings fruits and veggies to life. I strongly recommend this book and I urge everyone to bring it to every student in every elementary school in the country. Thank you, Kathryn! --Laura Putnam, CEO of Motion Infusion and author of Workplace Wellness that Works

As an avid artist, Alexander ("Alex") Guylay, 13, spends hours sketching, outlining and coloring characters he creates. Alex is following in the footsteps of his Grandmother Marilyn who received her Masters in Art from the prestigious Art Institute of Chicago. In both 2015 and 2016, Alex won Awards (Silver and Bronze) for Academic Merit in Art, a high distinction for his dedication to the subject matter. When conceptualizing her new children&apos;s book on eating well, Give It a Go, Eat a Rainbow, Alex&apos;s mom Kathryn Kemp Guylay knew immediately that her son&apos;s artwork would be an ideal fit for the book. They applied augmented reality, an art medium that mixes real life photography with Alex&apos;s whimsical hand-drawn images. Alex knows how to properly fuel his body, especially for activities he enjoys like: alpine skiing, hockey, mountain biking and hiking. From a young age, Alex has absorbed and embraced nutritional advice in a fun, actionable way. His warm and witty sense of humor allows him to share information about healthy living in a way that is high impact and well-received by other children. Alex finds inspiration for his illustrations from artists Jake Parker, Alan Blackwell, Matthew Armstrong and his art teacher Cara Frost. Alex is a middle schooler in Sun Valley, Idaho.

This review is written with the help of my friend Tristan, who is 8 years old. We just read this book together before dinner and it made us both really hungry! We had fun guessing more foods that are bright colours. Here's what Tristan likes about this book: 1. I enjoyed the rhyming story 2. It was fun to read 3. It told me things about food I didn't know 4. I enjoyed the food pictures the most -- there were good illustrations. If you have some types of e-reader the wonderful pictures will be in black and white, which is really a shame because this book is full of glorious colour on every page. We recommend buying the print version to enjoy all the pictures. This book is easy to read for children in grade 3 and older. Also would be a good book for them to read to their younger brothers and sisters.

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.

"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 line *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!

Alaia absolutely LOVES this book!!! Thank you SO much for writing it!! Alaia looks at it and wants me to read it to her ALL of the time!! And best of all she's actually tried a couple of new fruits and veggies!! Amazing!!! :) :)Aug 26th...Since I won't let me leave another comment, I will add onto this one...Since I love that I've had SO much success with getting my picky eater daughter to try and to now eat fruits and veggies because of this book, I purchased 2 more to send to my neices and nephews! :) SO excited to give it to them!!

A fun and easy way to teach children about nutrition and healthy eating habits! I highly recommend!

This is a great book, with so much color, fun illustrations, and a great message. My daughter really enjoys it. It really provides a fun way to teach children about the importance of fruits and vegetables. At home I teach my daughter about eating the rainbow, so this book is a wonderful support to my approach in order to help increase the variety and amount of fruits and vegetables she eats.

Though poem was fun and I like the fruit and vegetable imagery. The interactive questions were fun too. But the illustrations were not made by an artist. Beyond the rainbow of food, there was nothing visually interesting. I was looking forward to clever color play and this felt more like a mishmash of stuff thrown together just to support the story. Hire an artist to revamp it and I'll give it five stars. I would also recommend it to teachers and parents of young children; especially those that garden or have picky eaters.

Too bad this book isn't more well known. It has great photos and good info. Cute story for kids.

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