



I Eat a Rainbow

By Bobbie Kalman

Crabtree Publishing Co, Canada. Paperback. Book Condition: new. BRAND NEW, I Eat a Rainbow, Bobbie Kalman, By introducing young readers to the colours of foods, the children also learn about healthy eating. Eating fruits and vegetables in as many colours of the rainbow as possible every day, helps us get all the important vitamins and nutrients we need to stay healthy. Vibrant photographs accompany simple text describing the food colours. There is an activity that asks readers to identify foods that belong to rainbow colour groups.



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