



# 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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