



## Give It a Go, Eat a Rainbow

*Kathryn Kemp Guylay*

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## **Give It a Go, Eat a Rainbow** Kathryn Kemp Guylay

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 Shrunk the Kids meets nutrition and health literature.

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#### **Melody Herrera:**

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