



The Scary Doughnut Dream: Hungry Hal Learns to Eat Fruits Vegetables (Paperback)

By Anne Shaver

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. Hal is a young boy who loves to eat sweet treats and fried foods. He and his trusty feline sidekick embark on a delirious dream journey that he is sure to never forget! As the vegetables and fruits that Hal has rejected come to life as super heroes, he learns that fruits and vegetables can taste good and help to make him big and strong. This children s book about nutrition and healthy eating employs playful illustrations and witty rhyme schemes to teach children about the importance of eating fruits and vegetables. The book includes a chart that explains the specific benefits of eating certain fruits and vegetables and offers a guideline for the recommended number of servings for children. The Scary Doughnut Dream is a parent s ideal weapon to combat the time old problem of getting children to eat right.



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