

# *Please Pass Up the Salt and Sugar, My Sweet?*

The popular children's nutrition education books written by a registered dietitian are now available on CD-ROMs!

## *Please Pass Up the Salt*

Congo, a young elephant who lives at the Red Apple Zoo, loves the salty snacks that children feed him. But after a popcorn binge, Congo eats so much salt and drinks so much water that his lovely wrinkled knees disappear. After the zookeeper identifies the problem of too many salty snacks, Congo's friends take him to the grocery store and help him choose healthier snacks. With his new food plan, Congo's wrinkles return quickly.

## *Sugar, My Sweet?*

Henry, the crocodile, tries to impress Natalie, who has just arrived at the Red Apple Zoo from the Nile. But Natalie only turns up her snout at Henry's sweet treats and sugary poetry. Once Natalie convinces Henry and his alligator friend, Anthony, that only a balanced diet will make them strong and healthy, the two crocodiles become pals. Natalie even offers to collaborate with Henry on his poetry.

"A fun way to introduce children to one aspect of healthy eating." *Good Health News*

"...a colorful and entertaining tale of woe...can help even young children learn what happens when too much salt is consumed. Nancy B. Peterson, *Best Recipes Magazine*

"Fantastic paintings and stories in the two books..." Darragh Doiron

Hard copies of *Please Pass Up The Salt* and *Sugar, My Sweet?* sold out, but both books are now available on CD-ROM. Children **hear** the books read by a professional storyteller. Stories are followed by more than 45 pages of recipes and activities for children, parents, and teachers. Please visit our web site: [www.nutritionmaterials.com](http://www.nutritionmaterials.com) to view more sample pages.

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Please send \_\_\_\_\_ *Sugar, My Sweet?* book & Activities CD-ROMs @ \$74.00 each = \$ \_\_\_\_\_

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