

JOSEPH THE FOOD EXPLORER



Claire White

BOOK TITLE

COPYRIGHT INFO

THIS SPREAD COULD GO HERE AS A
FOR MY SON ETC ETC

OR

COULD GO AT THE END TO PROMOTE
MORE ADVENTURES COMING SOON

OR

PROMOTE DOWNLOAD EDUCATION GAMES

First stop...

Let's pick up some vitamins and minerals.

We need these foods, they help our immune system, this is the army in our bodies that keep away coughs and colds.

Hop back on...

How many plums can you count?



Next stop...

We need some dairy. The lovely cows are busy munching on grass.

They make milk, which can be turned into cheese and yoghurt.

We need dairy to help our bones to grow big and strong!

Hop back on...



Next stop...
We need some protein.

We need meat, fish and
pulses to help our muscles
grow strong.

Hop back on...



How many sausages
has Lola taken from
the barbecue table?

DOG
HOUSE

DADS BBQ

Next stop...

We need carbohydrate
to give us energy.



Potatoes, pasta, rice, but
I see a bakery, they sell
lots of different bread.
Hmm so much choice?

I'm going to have brown
wholemeal bread for
my sandwiches, that will
keep me full for longer!

Hop back on...

Wow, an amazing waterfall....

We need lots of water every day, to help our bodies break down and use the food we've eaten.

Hop back on...

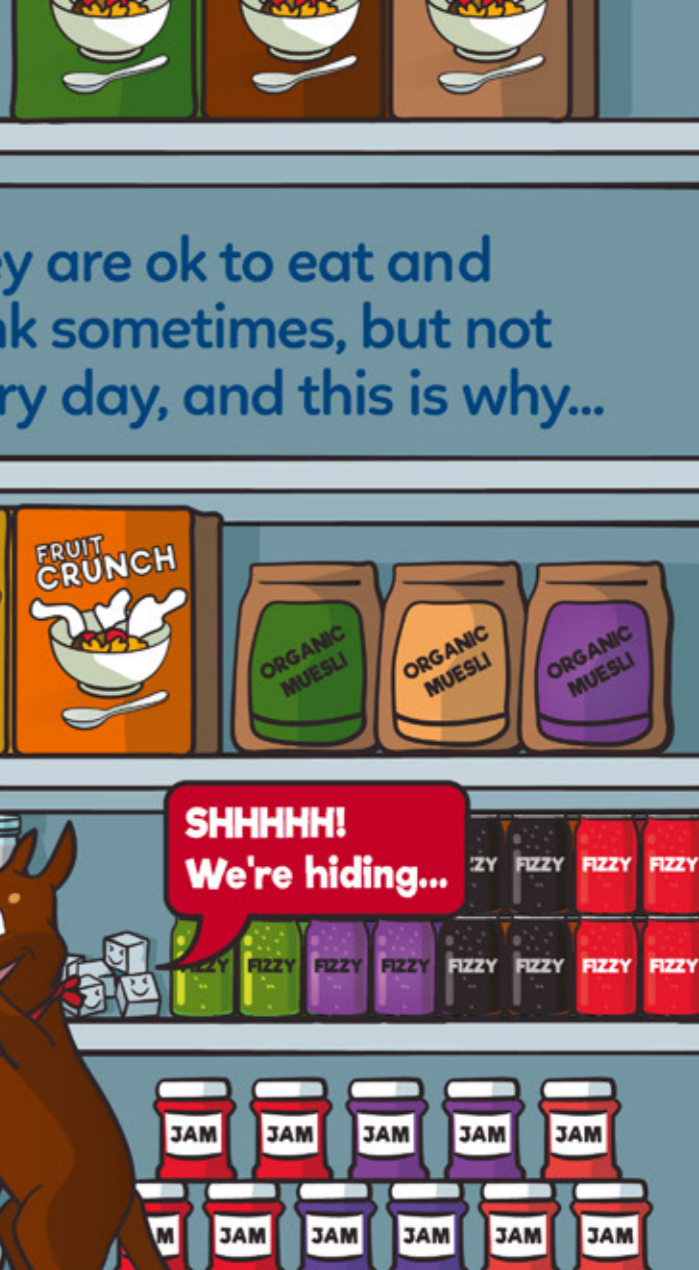


But wait...

What about all the other food we eat?
Let's visit the shop...



Chocolate, cakes, biscuits, sweets, ice cream and fizzy drinks are made using lots of sugar.



They are ok to eat and drink sometimes, but not every day, and this is why...

SHHHH!
We're hiding...

Hop back on...

Let's stop at the dentist...

Oh No! When we have too many sugary foods and drinks, it makes holes in our teeth.

This means the dentist will need to fill the holes - uh oh.

If we don't have sugar very often, and we brush our teeth every day, we won't need to have fillings.

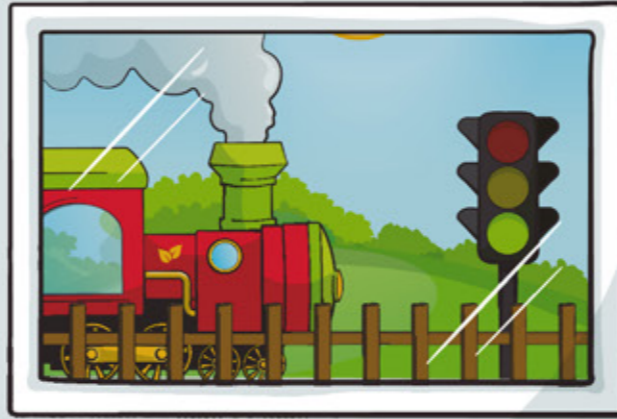
Hooray!

Hop back on...



Let's stop at the doctor...

The doctor is very happy with Joseph, he's been eating lots of the good foods, and his body is very happy.



If we don't have too much sugar, our organs will stay healthy & happy

Hop back on...



But if you eat too many sugary foods, it can make some of your organs unwell. Organs keep your body working.



**It's not just sweets,
cakes and fizzy drinks...**

We also need to be careful
with fruit juice and smoothies.

Fibre's job is to keep us full
and stop sugar rushing
around our body.

Hop back on...



Juice & smoothies are
made using fruit, but
the fibre isn't included.

Hooray, it's now time to play....
But wait, how much energy do you have?

But if you've been eating lots of the good foods, you will have lots of energy and be happy.

Hooray!

If you've been eating lots of sugar, you could be tired and grumpy!



THANKS TO

Joseph takes young readers on a train adventure learning why certain food groups are important to their health.

An engaging and unique introduction to food and wellbeing.

Joseph stops at the farmer's field to pick up fruit and vegetables for vitamins and minerals, a dairy farm for dairy and calcium. Along the way they also stop by a Supermarket and learn why too much sugar in treats can be harmful to their young bodies, and fruit without the fibre isn't so great, with a stop at the dentist and doctors to explain.



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