

Yummy Stories: six stories to stimulate your mind and appetite

Lil L. Alexander

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Yummy Stories is a Mom's Choice Awards® Gold Recipient and Beverly Hills Book Awards Winner.

This book has truly gone too far. First, it inspires kids to read it aloud. Then, it makes them laugh and sing, and to top it all, it whets their appetite for veggies. How about that! And even though it encourages healthy eating habits, this yummy book is not "preachy" but fun.

Six fascinating fairy tales with vibrant illustrations are set to take children to a magical world, with unforgettable characters. Talking vegetables, a hungry dinosaur, fairies, giants and a cabbage-loving emperor are ready to delight early readers with their adventures in the wild. Each story includes rhymes, entertaining sounds and concludes with a short poem. One of these stories is also interactive: children can choose the proper ending.

The book contains a coloring page and a tricky game where readers have to discover characters hidden in other stories, as well as cleverly disguised vegetables. The artwork is exciting and unique, featuring mushroom houses, clouds made of cauliflower, broccoli forests or asparagus fences. All of these elements are masterfully mixed since the writer is also a teacher, a food artist, an organic gardener, and a parent.

This rich and fulfilling collection of stories encourages healthy eating habits that will last a lifetime. And you know what the best part is? It's fun, and children adore it. Try it and see for yourself!

"A cheerful, fun approach to good food with the authentic flavor of folk tales for kids 4 to 8." -*Kirkus Reviews*

"Yummy Stories transports children to a magical land where animals and people thrive on healthy fruits, vegetables and social mores." -*IndieReader*

"Yummy Stories is a yummy book indeed, and it is most highly recommended." -*Readers' Favorite*

Yummy Stories: six stories to stimulate your mind and appetite Details

Date : Published December 9th 2014 by CreateSpace Independent Publishing Platform

ISBN : 9781502596390

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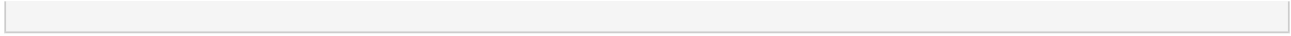
Format : Paperback 56 pages

Genre : Childrens, Fantasy

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From Reader Review Yummy Stories: six stories to stimulate your mind and appetite for online ebook

Lauren says

adorable characters and fun pictures! cute fun read! We especially loved the food art at the end and now we will be trying to make those!

Heather Howard says

This book is cute and the illustrations are lovely. Some of the words in it though are quite big for most children to understand. The lessons at the end of each story were a cute addition though I do not find that they really help explain what happens in the stories very well....most of the stories revolve around eating your veggies which no matter how "fairytale"-like you make it, my children do care to read about it. This book would be good for those who live "holistic", earthy, hippy, all natural, types of lifestyles. I am sure that children 8-10 would enjoy this book very much as it is quite imaginative and fun.

*Please note that I received this book via a Goodreads giveaway.

Sheree Gibson says

Friendly and vibrant pictures draw you in. I would recommend this book for ages preschool through third grade (2-8 years old). Advanced vocabulary leads to further discussions. Rhyming, animal sounds, and descriptive story telling keep listeners interested. The use of fruits and veggies encourages healthy eating all while entertaining. Life skills lessons are also incorporated; encouragement, teamwork, stealing, bragging, sharing, communicating, bossy, greedy, and respect; just to name a few. A very rich and fulfilling group of stories.

--Per FTC rules, this book was free via Goodreads--

Erik This Kid Reviews Books says

It's awesome how this book multitasks – it teaches about eating veggies and fruits (they take place in the stories, and they're in the background – often part of the scenery), but it also teaches life lessons on being kind, friendly, honest, etc. The illustrations are really cute and make you feel great inside. The mini-stories it has are told like old-time fairy tale, or are played off of one. There are six stories in all. Ms. Alexander's style is a cute, warm story. Not many Self-Published Books get on my Perfect Picture Book Friday posts, but I really liked it promotes healthy eating. This is a great book for bedtimes, as it can be read in several nights. *NOTE* I got a free copy of this book in exchange for an honest review

Shree says

Goodreads Giveaway!

Prose and poetry come together to create cute stories for young learners to encourage them to eat a spectrum of foods especially fruits and vegetables. The characters are funny and fond of eating :) The stories end with a moral which I find refreshing. The book ends with a coloring page and food art which are both feast for eyes and hands.

Johanna says

Get ready for a delicious adventure!

Yummy Stories is a collection of six modern folk and fairy tales that kids of all ages will adore.

Full of beautiful, vibrant illustrations by Anda Cofaru, these imaginative stories make healthy food fun and look delicious at the same time- a brilliant way to encourage kids to eat their veggies!

Follow the stories of unforgettable characters, like a brave little pea who wants to grow tall, or a greedy giant who swallowed the carrots whole. Find out what happens to a vain strawberry who is always admiring herself, and discover a magical world of fairies, dinosaurs, and so much more.

Short and wonderfully entertaining, each tale ends with a rhyming lesson to be learned from the story. Kids will love interacting with this book and exploring the beautifully detailed artwork- and are even encouraged to finish telling a story themselves!

As an added bonus, in the back of the book the author has included some fantastic food art that you can create with your kids to encourage them to eat well. You can also view these by visiting her instagram page at: www.instagram.com/lillalexander

If you're looking for a refreshingly fun and imaginative book that just so happens to teach kids about healthy eating along the way, look no further than Yummy Stories by Lil L. Alexander.

I have received a free copy of this book from the author in exchange for an honest review.

Check out this review on my blog: EpicBookQuest.com

A.E. Albert says

A singing pea, a hungry dinosaur, vain fairies and gluttonous giant....and many more vibrant characters are to be found in Lil Alexander's children's book, Yummy Stories.

Yummy stories is a collection of children's fairy tales. Each story tells it's own tale of entertaining characters

who find themselves thrown into a magical adventure. It not only tells wonderful stories, but each express important messages about healthy eating habits.

Each story contains original and colorful caricatures who are engaging and fun. They possess the perfect personalities to draw in any young reader.

I greatly enjoyed the author's writing style and it is on par with traditional fairy tale story telling. There is rhyming and line repetition, but is used when appropriate and is not over done. Each story used variations of these styles, making each tale separate from the other.

Wonderful illustrations are as necessary to a children's book as the actual story. I adored Anda Cofaru's pictures. They are large and cover the entire page, drawing in the reader. The colors used are vibrant and rich, bringing to life L'il Alexander's equally vibrant and rich tale.

I highly recommend this children's book of adventure and food for thought.

Yvonne Mullen says

Six fractured fairy tales that each carry a strong message/lesson about eating healthy and living right. Yummy Stories has endless possibilities in the classroom setting.

Reading:

- What makes a story a fairy tale? Character roles?
- Fluency taught through the rhythm, rhyme and character voices
- Lesson/moral of a story
- Inferring
- Compare/contrast fractured fairy tale to original fairy tales
- Tricky words – great context clues to help the reader infer

Social Skills:

- Settling a dispute
- Sharing, cooperation, helping others
- Having a healthy mind and body

This book would be great to share at a healthy kids institute or to connect phy ed/health class to literacy. The illustrations are colorful and packed with hidden pictures of fruits and vegetables. The last page is full of fun ways to “play” with your fruit and vegetables but also gives an enormous list of fruits and vegetable for students to try. Having a taste testing activity followed by persuasive writing about their favorite would connect to writing standards as well. Overall, Yummy Stories is a mentor text that can be used cross-curricular.

Chris The Story Reading Ape says

Wonderfully illustrated with colour drawings, these six bite sized, easy to understand stories are a treat to read; and one of them (The conceited Strawberry Princess) gives your child the opportunity to finish that story with any ending they'd like.

The characters include Princesses, a Dinosaur, a Giant, a Frog, a Witch and even a singing pea.

A very professionally done, but FUN way to help encourage young kids to eat and enjoy vegetables and

fruit.

Don't forget to use different funny voices for each character (and teach your kids how to do it too) - it will add to their enjoyment.

Illustrations quality - Very High

Stories interest - Excellent

Fun Factor - Guaranteed

Recommended - Yes!

See my review also at:

<http://www.amazon.co.uk/Yummy-Stories...>

<http://www.amazon.com/Yummy-Stories-s...>

<http://www.amazon.ca/Yummy-Stories-st...>

<http://www.amazon.com.au/product-revi...>

Christy says

Adorable! Each of the short stories for kids had clear messages about eating healthier, yet it wasn't overly forced in any way. The illustrations highlighted the words in the creative stories. I think kids will find it to be a sweet treat, as will parents!

Tima says

There are six stories in this little book that all center around fruits and vegetables. Each story is told in a fairy tale style with lyrical and rhyming words. The references to the food is subtle, but still predominate in the story. The authors intent is to encourage healthy eating habits and put a positive light on fruits and vegetables. The illustrations are colorful and fill every page.

My daughter enjoyed the book and asked me to read a couple of the stories again. I'm not sure if the book encouraged her to eat more vegetables, but she did say the stories made her hungry. I would recommend this book for the entertaining stories; the subtle health messages were an added bonus. If you look closely the illustrations of the scenery are often made to look like fruits or vegetables. So this adds another aspect to the story that children will enjoy.

I received this book free of charge from Goodreads in exchange for my honest review.

Charles says

These six stories feature the properties of fruits and vegetables and the good they do for you when you eat them. Small villages, kings, princesses and children interact with animals of all types, from a baby dinosaur to butterflies, a dog, a rooster, a rabbit, frogs and bees. There is also a giant, a witch and three beautiful

fairies and no really evil creatures.

The main point is to wrap a fairy tale style story around the concept of eating healthier. It is very well illustrated, colorful and much of the scenery looks like vegetables. The pickets of a fence are shaped like asparagus spears, trees look like the leaves of a beet plant, some huts look like onion bulbs, others look like mushrooms, many of the plants look like broccoli and a few of the other plants look like parsley. After reading the book I found myself going back over the illustrations trying to identify additional references to healthy food items.

This is a very nice book, the reading level is approximately that of a second grader and some of the dialog consists of four line segments where the first and second and then the third and fourth lines rhyme. Since children have an instinctive love of rhymes, this feature increases the joy experienced by the young reader. The author and the illustrator have combined to make an entertaining and educational book.

This book was made available for free for review purposes and this review appears on Amazon.

Autumn says

We received this book to give an honest review.

K and I read this book one story per night at bedtime. He kept asking me every night can we read another story in the book and I had to tell him no because we needed to extend the story.

Each story is unique and beautifully illustrated. There is a lesson within each story that is perfect for the older kids that can understand it. There is some rhyming within the stories so that makes it fun to read along with the some funny parts. The stories are fairy tales told in a fun way that has fruits and veggies within the tale. You have a dinosaur, a witch, a giant and many more with their own story to tell.

I thoroughly enjoyed each story in a different way except The Three Garden Fairies I think it was because of their names Bonnysweet, Honeytongue and another one along with the repeating it just got to me. K really enjoyed the book a lot more than I expected him to I figured he wouldn't be as interested in it but he sat and listened to the stories. His favorite tale was Cheekerchuck, the dinosaur who liked to eat. He thought it was funny how the dinosaur would eat two of everything and got really really big in the village.

Overall a good book that I would recommend to others with children.

Randy says

The author gives us six entertaining stories with kings and princesses, fairies, a dinosaur, the animals, insects, and plants. Each story gives the child reading, or being read to, a lesson in sharing, co-operation, the sin of vanity and greed, generosity,

A word about the artwork. More than just images on a page, full illustrations in a child sure to catch a small child's eye with the bright colors.

Wonderful little book.

Cheryl says

The first wealth is health. - Ralph Waldo Emerson

YUMMY STORIES is a beautifully illustrated book that is fun to read and is a ingenious way to get the youngsters to eat their fruits and veggies.

There are six folk tales in the book that include a princess, a giant, fairies, a dinosaur, and much more, each with a clever rhyme about the benefits of eating fruits or veggies or being kind to the environment.

The author also does food art and the last page of the book shows examples of that work.

This is a colorful, educational book good for children 4 - 8 years old.

NOTE: I received a copy of this book in exchange for my honest review.
