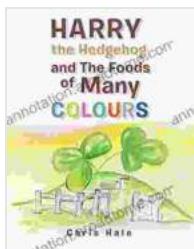


Harry the Hedgehog and the Foods of Many Colours

A Journey of Discovery and Nutrition

Once upon a time, in a lush green meadow, there lived a curious little hedgehog named Harry. Harry loved to explore the world around him, and one day, he stumbled upon a vibrant garden filled with fruits and vegetables of all shapes, sizes, and colours.

As Harry hopped from one plant to another, his eyes sparkled with wonder. He had never seen so many colourful foods in one place before. A bright red strawberry caught his attention, inviting him to take a bite.



Harry the Hedgehog and the Foods of Many Colours

by Kyo Maclear

★★★★★ 5 out of 5

Language : English

File size : 8760 KB

Print length : 30 pages

Screen Reader : Supported



Crunch!

The explosion of sweet and tangy flavours in his mouth made Harry squeal with delight. He had never tasted anything so delicious before. The strawberry's vibrant red colour reminded him of the juicy berries his mother used to bring him when he was a baby.

Next, Harry's eyes fell upon a plump orange carrot. He had heard stories about this vegetable being good for his eyesight, but he had never tried it himself. With a little hesitation, he took a nibble.

Crunch, crunch!

The carrot's sweet and earthy taste surprised Harry. It was unlike anything he had ever eaten before. He couldn't believe that something so orange could be so tasty and healthy.

As Harry continued his exploration, he discovered a whole rainbow of colourful foods. There were juicy blueberries, emerald-green spinach, golden-yellow bananas, and so much more. Each bite brought him a new adventure of flavours and nutrients.

Harry learned that the red fruits and vegetables, like strawberries and tomatoes, were rich in antioxidants that helped protect his body from harmful substances. The orange and yellow fruits and vegetables, like carrots and oranges, were packed with vitamins that boosted his immune system and gave him energy.

The green fruits and vegetables, like spinach and broccoli, were excellent sources of fibre that helped keep his digestive system healthy. And the blue and purple fruits and vegetables, like blueberries and grapes, were full of anthocyanins that protected his brain and heart.

As the sun began to set, Harry realized that he had stumbled upon a treasure trove of delicious and nutritious foods. He had learned the importance of eating a variety of colours to get all the essential nutrients his body needed to stay healthy and strong.

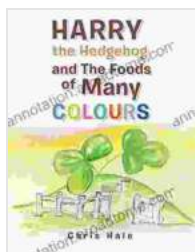
From that day forward, Harry the Hedgehog made it his mission to share his newfound knowledge with all his friends and neighbours. He organized picnics where he introduced them to the wonders of fruits and vegetables, and he even started a garden of his own where he grew his favourite colourful foods.

And so, Harry the Hedgehog became known throughout the meadow as the "Rainbow Hedgehog," spreading the message of healthy eating and the joy of discovering the delicious foods of many colours.

The End

Author's Note: This story is a fun and engaging way to teach children about the importance of eating a healthy and balanced diet. Fruits and vegetables come in a wide variety of colours, each with its own unique set of nutrients. By eating a rainbow of colours, children can ensure they are getting all the essential vitamins, minerals, and antioxidants they need to grow and develop properly.

Call to Action: Free Download your copy of Harry the Hedgehog and the Foods of Many Colours today and embark on a colourful adventure of discovery and nutrition with your child.



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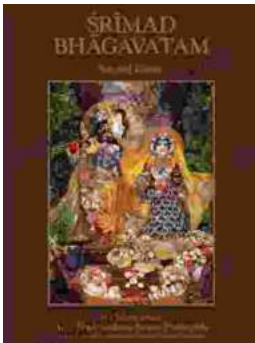
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