

Learning the Alphabet with Alkaline Foods: A Nutritious and Educational Adventure for Young Learners

Embark on an exciting learning journey with our captivating book, "Learning the Alphabet with Alkaline Foods!" This interactive and educational adventure is designed to ignite children's curiosity about the alphabet, healthy eating, and the importance of maintaining a balanced pH level.

Join the adorable characters, Anya and Ethan, as they explore the world of alkaline foods through lively rhymes and vibrant illustrations. From antioxidant-rich berries to calcium-packed leafy greens, each letter of the alphabet is paired with a delicious and nutritious food item.



An Alkaline Alphabet: Learning The Alphabet With Alkaline Foods by Samuel Johnson

★★★★★ 5 out of 5

Language : English
File size : 24908 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 138 pages



Discover the Wonders of Alkaline Foods

This engaging book not only teaches the alphabet but also introduces children to the concept of alkaline foods and their numerous health

benefits. Alkaline foods, such as fruits, vegetables, and certain whole grains, help neutralize the acidity in the body, promoting overall well-being and reducing the risk of chronic diseases.

Through interactive activities and easy-to-understand explanations, young readers will learn about:

- The importance of maintaining a healthy pH balance
- The role of alkaline foods in supporting bodily functions
- How to identify and incorporate alkaline foods into their daily diets

Alkaline Vegetables

pH level		pH level	
Sweet Potatoes	b/w 5.3 5.9	Cucumber	b/w 5.12 5.78
Broccoli	6.30 6.85	Onion (Red)	5.3 5.8
Zucchini	5.0 6.0	Garlic	5.8 6.0
Spinach	5.1 5.7	Eggplant	4.5 5.3
Red Cabbage	3.0 5.0	Carrot	5.88 6.40
Radish	5.6 6.5	Cauliflower	5.6 6.0
Pumpkin	4.9 5.5	Asparagus	6.0 6.7

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Learning Made Fun and Delicious

"Learning the Alphabet with Alkaline Foods" is not just an educational tool but also a fun and interactive experience. Children will love exploring the different foods associated with each letter, while parents and educators can use the book as a starting point for discussions about healthy eating and nutrition.

Each page is filled with vibrant illustrations, catchy rhymes, and engaging activities that make learning the alphabet and understanding the importance of alkaline foods a memorable and enjoyable adventure.



Perfect for Early Childhood Education

This book is an excellent resource for:

- Preschool and kindergarten teachers
- Parents and caregivers who want to introduce their children to healthy eating habits
- Early learning centers and homeschooling families
- Anyone looking for an engaging and educational way to teach the alphabet

With its interactive nature, colorful illustrations, and educational content, "Learning the Alphabet with Alkaline Foods" is the perfect tool to spark

children's enthusiasm for learning and healthy living.

Free Download Your Copy Today!

Give your child the gift of knowledge and healthy eating habits. Free Download your copy of "Learning the Alphabet with Alkaline Foods" today and embark on a fun and educational adventure together.

Free Download Now



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by Samuel Johnson

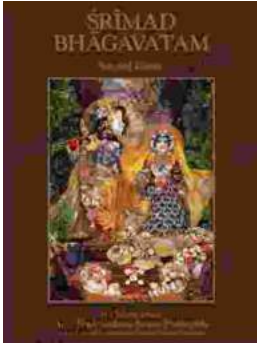
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