

A Note from the Authors

Why Veggies Got Talent?

Did you know that if you're like most kids, you're seeing over 10,000 advertisements each year trying to get you to buy fast foods and junk food products - you know the stuff that's created in a factory and filled with sugar, fat, and additives. And, they're packaged up in paper, cardboard, and plastic – the stuff that you end up just throwing away! And, if there's one thing this planet doesn't need more of...it's garbage!

But, when was the last time you saw an ad for healthy foods - like carrots or broccoli? **Probably NEVER!**

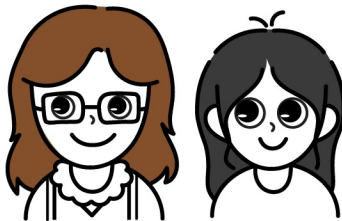
So that's why we created this book! To stand up for Mother Nature and all the healthy foods she's created to give you the nutrition you need every day. Veggies are full of vitamins, minerals, fiber, and nutrients to help you grow healthy and strong, look your best, and give you energy to work and play. Plus, they're beautiful to look at, with all the colors of the rainbow, and they're yummy for your tummy!

We've named our book - **Veggies Got Talent!** It's a take-off on the popular TV Show, **America's Got Talent!** But, in our book, the stars are the vegetables and you get to choose - **Who will be America's Next Top Vegetable?**

Let us know if you like the book! Send us an email at:
info@foodplay.com

We hope you have fun learning all about veggies!

Love,



Barbara and Vy