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### Healthy Foods Around the World

Jaimee Pease

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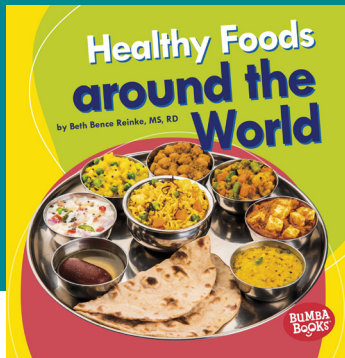
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## Book Review

# Healthy Foods Around the World

### Author

Beth Bence Reinke MS  
RD

### Reviewer

Jaimee Pease

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### Rating

Excellent

### Level

Toddler, Preschool

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### Pages

24

### Year

2019

### ISBN

9781541526815

### Publisher

Bumba Books

Kid cuisine in America, according to most restaurant menus, offers little more than chicken nuggets, plain cheeseburgers, and buttered pasta. *Healthy Foods Around the World* helps redefine child palates by offering a multicultural glimpse at how children enjoy staying healthy all over the world. Beth Bence Reinke, a registered dietitian, leads readers on a tour of healthy foods that crosses every continent and includes a stop in an island nation. A world map, picture glossary, and further reading suggestions conclude the tour to further help readers contextualize their place in the multicultural culinary world.

Reinke uses simple sentences to present new food choices without overindulging in facts that might overwhelm preschool audiences and emerging readers. Large-scale photos of colorful dishes and happy children enjoying them establish powerful visual associations related to new foods for an age range where food pickiness seems almost a rite of passage. For parents eager to elaborate on the food lesson, the foods Reinke presents are staples of each county. Many of these staples might even be found in specialty ethnic grocers throughout the United States. *Healthy Foods Around the World* is a subdued approach to enlightening young eaters to a world beyond nutrition-lacking choices plaguing kids menus in America today.