Books that support Eat a Rainbow activities

These books are easily obtained from bookshops or online book-sellers. The books range in price from $15.00 to $36.00 (at the time of printing).

Rainbow explorers: ages 0 to 3 years

Title: Cool as a Cucumber
Author: Sally Smallwood
ISBN: 1840894180

Title: I Can Eat a Rainbow
Author: Annabel Karmel
ISBN: 1405339063

Title: Sweet as a Strawberry
Author: Sally Smallwood
ISBN: 1840894156

Title: Very Tasty Vegetables
Author: Bryony Jones
ISBN: 1840896159

Title: We Are What We Eat!
Author: Sally Smallwood
ISBN: 1840895675

Title: Fabulous Fruit
Author: Bryony Jones
ISBN: 1840896140

Title: Are You Eating Something Green?
Author: Ryan Sias
ISBN: 160905010

Title: One Cool Watermelon
Author: Hannah Tofts
ISBN: 1840895551

Title: Are You Eating Something Red?
Author: Ryan Sias
ISBN: 1609050185

Title: Handa’s Surprise
Author: Eileen Browne
ISBN: 0744536340

Rainbow adventurers: ages 3 to 5 years

Title: I Eat a Rainbow
Author: Bobbie Kalmon
ISBN: 0778794563

Title: I Do Not Eat the Colour Green
Author: Lynne Rickards
ISBN: 0340988665

Title: One Cool Watermelon
Author: Hannah Tofts
ISBN: 1840895551

Title: I Will Never Not Ever Eat a Tomato
Author: Lauren Child
ISBN: 0763621803
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**Rainbow researchers: ages 5 to 8 years**

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