

Feast of kids' fun

BOOKS TEMPT FUSSY EATERS

Kat Adamski

HOW do you change the eating habits of children who won't eat fruit or vegetables?

Preschool teacher and author Jess Rosman has the answer – by sparking their imagination and having fun with food.

Last year the Scotland Island resident wrote and self-published 10 books in her Kindy Kitchen series.

And the community helped, with illustrator Nettie Lodge providing colourful characters and a graphic designer, printer and photographer lending their talents.

With titles such as *The Watermelon Cupcake*, *The Pineapple Crocodile*, *The Capsicum Boat* and *The Cucumber Frog*, each book has a quirky rhyming story about the strange fruit and vegetable creatures that



**Author Jess Rosman and
illustrator Nettie Lodge.**

lurk inside your kitchen. There is also a recipe featuring the food character from the story, with step-by-step instructions so children can recreate it – and then eat it.

"I believe kids will embrace healthy food if you make it fun for them," Mrs Rosman said.

The books are available in hard copy from kindykitchen.com/book-series/ and also from iBookstore/iTunes in the children's category.