



But Why... Eat Like That?

Fay Karpouzis

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Fay and her mother (Yiayia Dina) made two patchwork teddy bears for her daughters when they were very young. Little did she know that these teddy bears and her girls would inspire her to write several books. Fay has used her personal, clinical and research experience to write a series of evidence-based children's books.

The "But why...?" series include important lifestyle choices that are designed to enhance the lives of children with or without ADHD. These books are best suited for the 4-8 age group. They are perfect for any parent who would like to know how to help their child achieve their physical, mental and emotional well-being.

"But why... EAT like that?" was designed to encourage children to eat from a rainbow of fruits and vegetables, whilst entertaining them.

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From reader reviews:

Frances Williamson:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled But Why... Eat Like That?. Try to stumble through book But Why... Eat Like That? as your close friend. It means that it can for being your friend when you feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated to suit your needs. The book makes you far more confidence because you can know almost everything by the book. So , we should make new experience as well as knowledge with this book.

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Kevin Applegate:

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Eileen Vaughan:

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