



## Freddy, Fork it Over!

*Farah Salim Eck, Brandy Moore Grove*

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Freddy, Fork it Over! is a fun and engaging way to get kids into the kitchen AND outside to play! By following Freddy the fork and his family, the Silvertons, readers will be able to make 50+ yummy recipes, learn awesome facts about food, and find new ways to stay active and healthy. Recipes and activities are outlined in three categories (ranging from no adult supervision to adult supervision) so that all kids between the ages of 4-12 can participate. Designed as a spiral-bound notebook, this is one book that we encourage readers to write in and mark up! Nutritious cooking + exercise ideas + family time = priceless memories and investment in your family's health and well-being!

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