

FREE OF
CHARGE

SMALL CHILDREN, SWEET-SWEET FRUITS

The book is for children of
preschool ages and their parents

Artist: Kulnar Rymbek

Authors: Subailda Abdykadyrova
Jyldyz Bek

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For every child
Health, Education, Equality, Protection
ADVANCE HUMANITY

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A la Too is rich in many fruits and vegetables:

Apricots, grapes, apples, tomatoes and others.

Eat, my baby, eat all of these
They are full of vitamins.

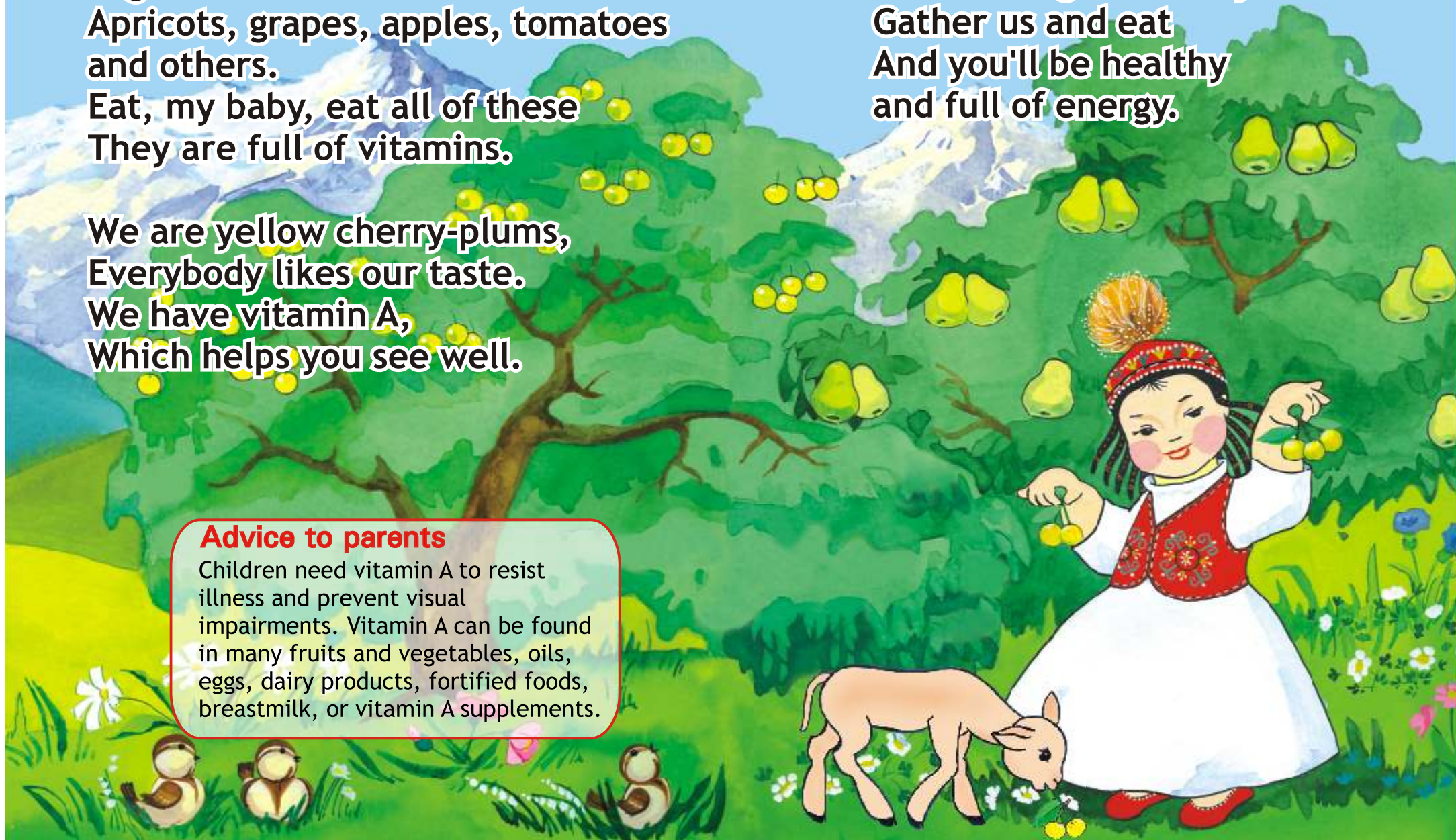
We are yellow cherry-plums,
Everybody likes our taste.

We have vitamin A,
Which helps you see well.

Advice to parents

Children need vitamin A to resist illness and prevent visual impairments. Vitamin A can be found in many fruits and vegetables, oils, eggs, dairy products, fortified foods, breastmilk, or vitamin A supplements.

We are merry pears,
We can be green and yellow.
Gather us and eat
And you'll be healthy
and full of energy.



I am a red apple
Hey, children, pick me!
I collected all juice
In my round belly.

I'm a yellow apricot,
Look at me, kid!
I'm mellow and juicy.
You will enjoy my taste.



Be friend to the carrot,
It has plenty of vitamin “A”.
Eat carrots and be sharp-sighted,
Be healthy and strong.

Iodized salt is very essential
It makes me smart and big.
It gives me strength,
And good for my health.

Advice to parents

Iodized salt is essential to prevent learning disabilities and delayed development in children. Small amounts of iodine are essential for children's growth and development. If a child does not get enough iodine, or if his or her mother is iodine-deficient during pregnancy, the child is likely to be born with a mental, hearing or speech disability, or may have delayed physical or mental development. Goitre, a swelling of the neck, is one sign of a shortage of iodine in the diet.



Grapes green and juicy,
They have lots of useful vitamins.

Bread that your mommy baked
Is made of the flour enriched with iron.
Eat this bread in that oven
And your body will be strengthened.

Advice to parents

Iron is an essential element in the diet. It forms part of haemoglobin, the red pigment in blood, which allows oxygen to be carried from the lungs to the tissues. Anemia - a lack of iron - can impair physical and mental development. This can limit the child's ability to interact and may hinder intellectual development. The best sources of iron are liver, lean meats, eggs. Fortified food also prevents anaemia. In Kyrgyzstan iron and micronutrients are added to flour. You should consume fortified flour instead of common one.



RIDDLES



They are red and bright as beads
When you taste them, they are as
sweet as honey.



Color of leaf is green
When you eat them
You find much vitamin.



She wears
Lots of dresses
On his round waist.



There is a ball under the hen
Without a mouth and a nose.

Advice to parents

It is important to have enough vitamins and microelements in your daily meal. There are about 30 known vitamins. To facilitate their meaning these vitamins are written in Latin. Vitamin A prevents visual impairments, vitamin D supports the development of bones of the body, and vitamin C prevents scurvy and other illnesses. Vitamins of B group are crucial for the function of brain. Vitamins and minerals which are present in foods and supplements are important for mental development of the child. In our country shortage of vitamin A and microelements of iodine is a topical issue. Reading this book with your children can provide some information about what fruits, vegetables and food are rich in these vitamins.



Its white clothes might be
Bitter all alone
But tasty with your mommy's bread.



It is tall and yellow
With green hairs.



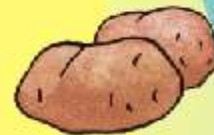
It is a yellow string of beads,
Rich of vitamin.



Many yellow beads
Are sparkling on the tree.



It is healthy to eat,
But it makes you cry.



It is as small as a fist
There are many eyes on its chest.