



*The ABC's of the Real Treat! © 2004-2007
Nourishing young minds to eat good food!*

Sharon Walsh, Kindergarten teacher

I have found this program to be a useful resource in reinforcing good nutrition practices in young children. The program is interactive and motivating and the children's book is an added dimension that encourages further exploration.

Andrea Quinton, Kindergarten teacher

Ms. Gerbeau's book is a great part of a discussion on nutrition. Her picnic activity was a highlight for my kindergarten children. I would recommend this book for any primary English language classroom.

Thanks again

Gerry Colbert Executive Director School Lunch Association

Congratulations on your initiative to produce a small but very informative booklet on nutrition for kids. The ABC's of the Real Treat! is an excellent learning tool for young children about the value of eating healthy foods. But more importantly, it makes the learning experience fun and easy to understand. It's a kid's book, written for kids. Congratulations!

Perhaps you might think about writing one for adults so we can more easily understand and have fun learning about nutrition.

Elaine Harris
Assistant Principal
Mary Queen of Peace
St. John's

The ABC's of The Real Treat is an absolutely delightful aloud read for a pre-school and lower level primary child. The message, presented in a light-hearted and humorous manner, is very clear and very important, especially in light of the nutritional issues that exist among children today.

Carolyn, Johanna and Theresa, Kindergarten teachers of Mary Queen of Peace

Hi Samantha!

We spent some time discussing your book. We could tell by their reactions that the children enjoyed your reading of the story and were actively engaged throughout. It was good to have the children exposed to a variety of foods from different cultures. The format (alphabetical order) of the book complements our Kindergarten program and helps to meet the needs of some of our Language Arts outcomes. The Grocery List and colour activities at the end of the story encourages writing, which is one of the skills that we practice in class. These activities will motivate the children to take ownership of the text. The whole idea of healthy eating and nutritious treat choices coincides with the curriculum material contained in our Health program. It also complements our initiative here at Mary Queen of Peace in promoting healthy eating habits.

Congratulations, your hard work has produced a fine product! We are looking forward to a successful final product to share with our children.

Bruce Lane
Learning Resources/Technology teacher

TO WHOM IT MAY CONCERN

I am the Learning Resources/Technology Teacher at Mary Queen of Peace School in St. John's. I have reviewed her book and PowerPoint Presentation and find them to be excellent resources.

*The booklet is simple and easy to follow,
The PowerPoint Show is also good ...*

I observed Ms. Gerbeau use of the PowerPoint, Book and real foods with a Kindergarten class. They were interested and the activities certainly kept their attention. They absolutely loved tasting all the different foods. In fact, I was surprised to see such young children being adventurous enough to taste some of the "unusual" foods.

I feel that a list of additional readings or web sites where teachers may find additional information could be added to the present text. Then teachers, and parents if the market is expanded to include the general public, would be able to add information that suits the needs of individual children.

I think this product would be an excellent resource for young children and would recommend it for teachers and parents.

Mel Strong
Executive Director Kid's Eat Smart Foundation

I am pleased to endorse the Foundations support to your project "The ABC's Real Treat". This concept is great, especially for the kids. I like that the format is fun and informal, and more of an exploration of food instead of a lecture about nutrition. I'm certain the kids will enjoy it very much. I look forward to its publication and offer my assistance to its success.