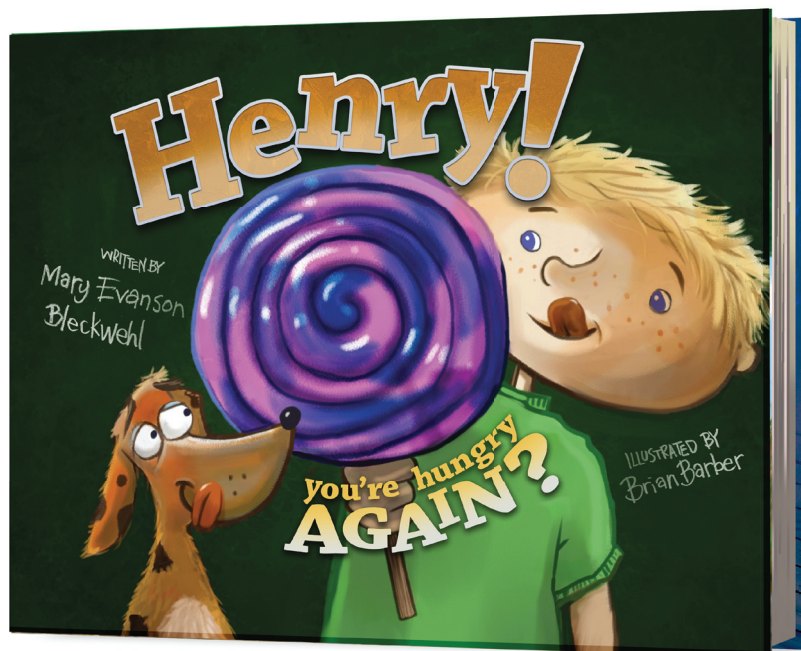


What to eat, what to eat?



Like too many of us, Henry's diet is a bit unhealthy. You are in for a funny and unexpected change when Henry becomes "Sir Henry the Great." Mary Evanson Bleckwehl and Brian Barber have combined for another great picture book. A great lesson for us all!

—Amy Commers,
Youth Services Librarian,
South St. Paul Library

Gym teachers eat junk food, too?
I had no idea. I'm gonna keep that a secret.
—Jacob Ruesgen, first grader



About the author

When you grow up in a big farm family where a garden large enough to feed a small country grows lush with green vegetables every summer, you have little excuse to be hungry—and no reason at all to not eat healthy. For that, **Mary Evanson Bleckwehl** is thankful. She is thrilled to present her second picture book about the imaginative Henry who has a new problem—he is always hungry and eats junk food too much. Sound familiar?

Yes, even the author confesses she falls prey to that temptation. Bleckwehl humorously picks on the teachers this time in her delightful tale and puts Henry in the driver seat to discover the solution to the junk-food problem. Bleckwehl lives in Northfield, Minnesota, where she has taught school, raised three children, and plants a small but bountiful garden every spring with her husband's help.



About the illustrator

Brian Barber is an illustrator, designer, and animator living in Duluth, Minnesota. His artwork has been used in magazines, newspapers, books, and advertising. This is his seventh book for kids. He eats his vegetables, but also likes snacks. He knows delicious recipes for things like kale, broccoli, zucchini, cabbage, and peppers, but does not know what to do with beets. Those are just weird.

Do you get crazy hungry like Henry? And what do YOU eat when you get really hungry? Healthy stuff like pineapple and nuts? Or the best vegetable in the world—BROCCOLI? Not Henry! He prefers candy and fries, thank you! And a lot of it.

And what's wrong with that? Nothing, if you don't mind feeling shaky in gym class and having your teeth rot out. But what if your family eats junk food, too? And your teachers get the same idea to be sweet-aholics? When Henry catches his teachers—even the gym teacher!—having a sugar-laden party in the teachers' lounge, he is shocked! What if THEY end up like him? Weak, tired, and unable to come to school because they don't have the energy to teach him to count to 1,000 or touch his toes? What then?

Can Henry tap his ever-active imagination to rescue everyone from the junk food pit? Or will they all tumble in and never return?

Anyone who gets the munchies can relate to this humorous outlook on a very important issue of eating nutritiously. You will receive a healthy dose of laughter from the priceless illustrations and discover the benefits of good eating from a child's perspective via "Henry" humor.



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