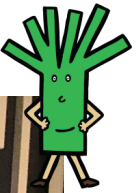
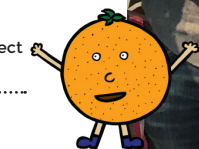


Books by Dutch author a hit with kids in Singapore

... Photos by V-Ventures Pte Ltd ...



By Ange Dove
Founder of Proof Perfect
Pte Ltd



Adrian the Apple, Carol the Carrot, Peter the Potato and seven other quirky food characters come alive in *The Food ABC*, a new series of children's books with the aim to impart fun and engaging lessons about health, happiness and friendship to primary school children.

The series is the work of a Dutch award-winning writer and financial IT professional who has written the books under the pen name Christina Castle. Her inspiration for the stories came from her own life experiences of growing up and living and working in different countries. While only recently launched, the series has already proven to be a true hit with kids in Singapore.

"My books are designed to help parents educate their children on life's important lessons through fun, light-hearted stories," explains Christina. "We don't focus in school on how to live a happy life. But what can be more important than that?" Food items personify each character to carry an implicit message about the importance of following a healthy diet.

Maddy, Jason & Divian from Singapore radio station Kiss92 interviewed Christina during *The Morning Show* on 21 November 2019, the day the primary school leaving exam results were released. The author's main advice for parents: "You have to set the right example. If you want your child to be more physically active, you need to come out of that lazy chair of yours, too!"

The author has been conducting storytelling sessions for kids and has gained solid traction with that. "I'm always completely overwhelmed by the children's enthusiasm at each storytelling," says Christina. "They are all very keen to speak up, ask questions and give comments – so many in fact that it can be a happy challenge to get through the story in one session!"

What's next? The series is set to be released internationally in different languages. Christina is also working on more books to expand the series, and has signed up with the People's Association to start conducting storytelling sessions open to the public at Community Centres from 2020 onwards. Stay tuned!

Available at all major bookstores, at Singapore Public Libraries and online. ●