



A dinosaur's guide to healthy eating

Rex wants to be like his best friends –
big, fast, strong and smart.
But how did they get like that?
Is the secret in the superfoods that they eat?
He won't know unless he tries!

With surprise flap and pop-ups!

Also available:



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**with
surprise
pop-ups**

Illustrated by
Paula Bowles

**BIG
LIKE YOU**



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Here comes Rex.



Stomp!
Stomp!
Stomp!

He is going to see his friend Iggy.



Rex asks, "How do I grow big like you?"

"Rex, my friend, I haven't a clue!

When I ate these greens, I grew and grew.

Maybe they'd do the same for you?"



So Rex eats some of the growing greens.

Chomp! Chomp! Chomp!

Where is Rex?

**Tiptoe!
Tiptoe!**



Rex finds Stig reading a book.

Here he is!

(a little bit bigger, a little bit
stronger, a little bit faster)



Rex asks, "How do I become smart like you?"

"Rex, my dear, I haven't a clue.

When I ate these fish, my brain just grew.

Maybe they'd do the same for you?"



So Rex eats some the fishy brain food.

Chomp! Chomp! Chomp!



“TOTALLY MAGNIFICENT...

...JUST LIKE ME!”