

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:





Rocky
Rex's pet rock

Published in the UK by Mama Makes Books
49 Newlands Road, Tunbridge Wells, Kent TN4 9AS
Copyright © 2026 Mama Makes Books Ltd.
Illustrations © 2026 Paula Bowles
10 9 8 7 6 5 4 3 2 1
All rights reserved.
Printed in China November 2025

This product has been tested and conforms to the UK safety standards of BS EN71. Suitable for all ages.
EU authorised rep: Global Trade Department (NI) Ltd, contact@globaltradedept.com

MIX
Paper | Supporting responsible forestry
FSC® C188448

mama makes books
www.mamamakesbooks.com

£7.99
ISBN 978-1-9167801-2-5
9 781916 780125 >

BIG LIKE YOU
BOWLES
mama makes books



with surprise pop-ups

Illustrated by Paula Bowles

BIG LIKE YOU



A dinosaur's guide to healthy eating

Here comes Rex.

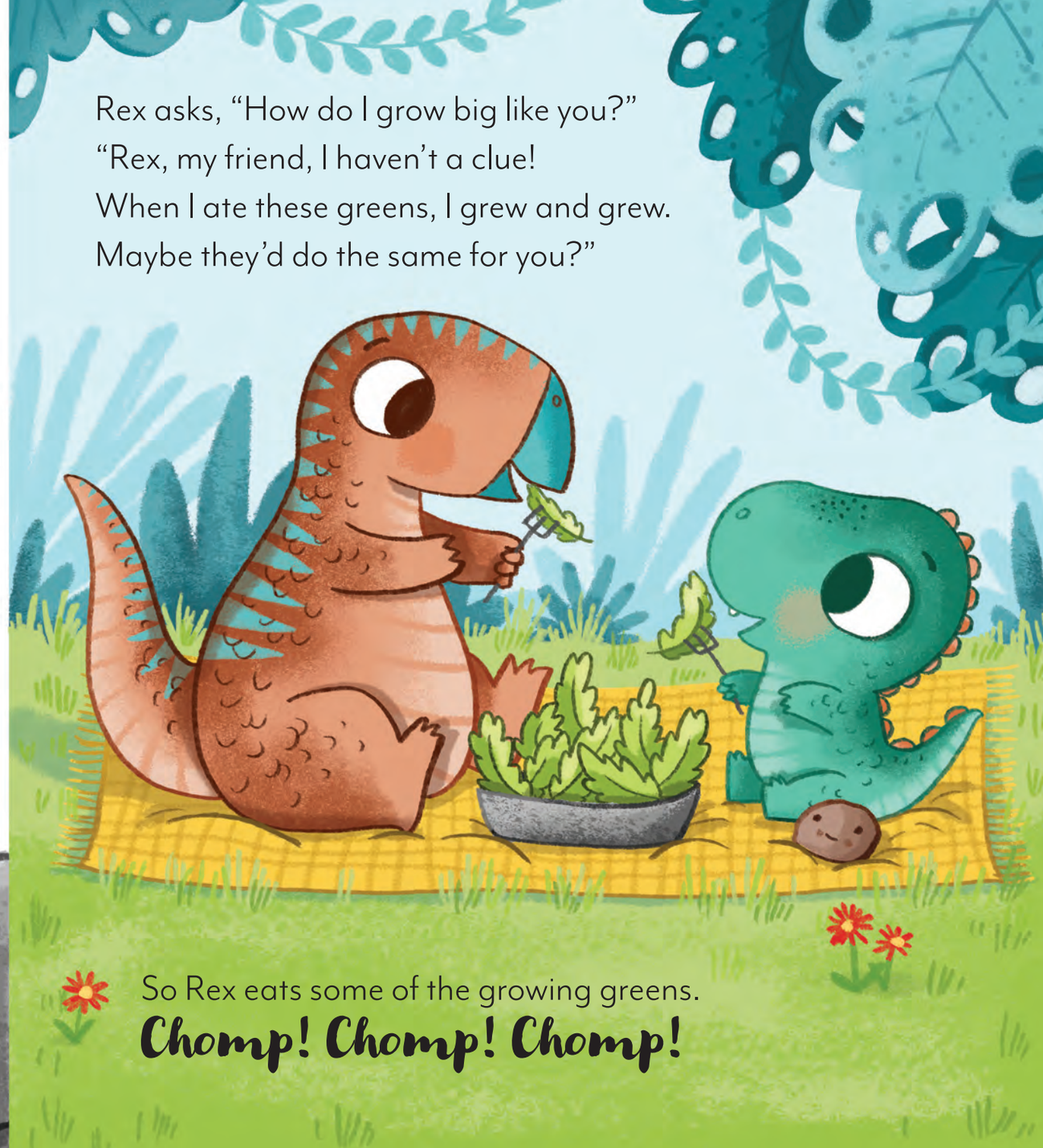


Stomp!
Stomp!
Stomp!

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!



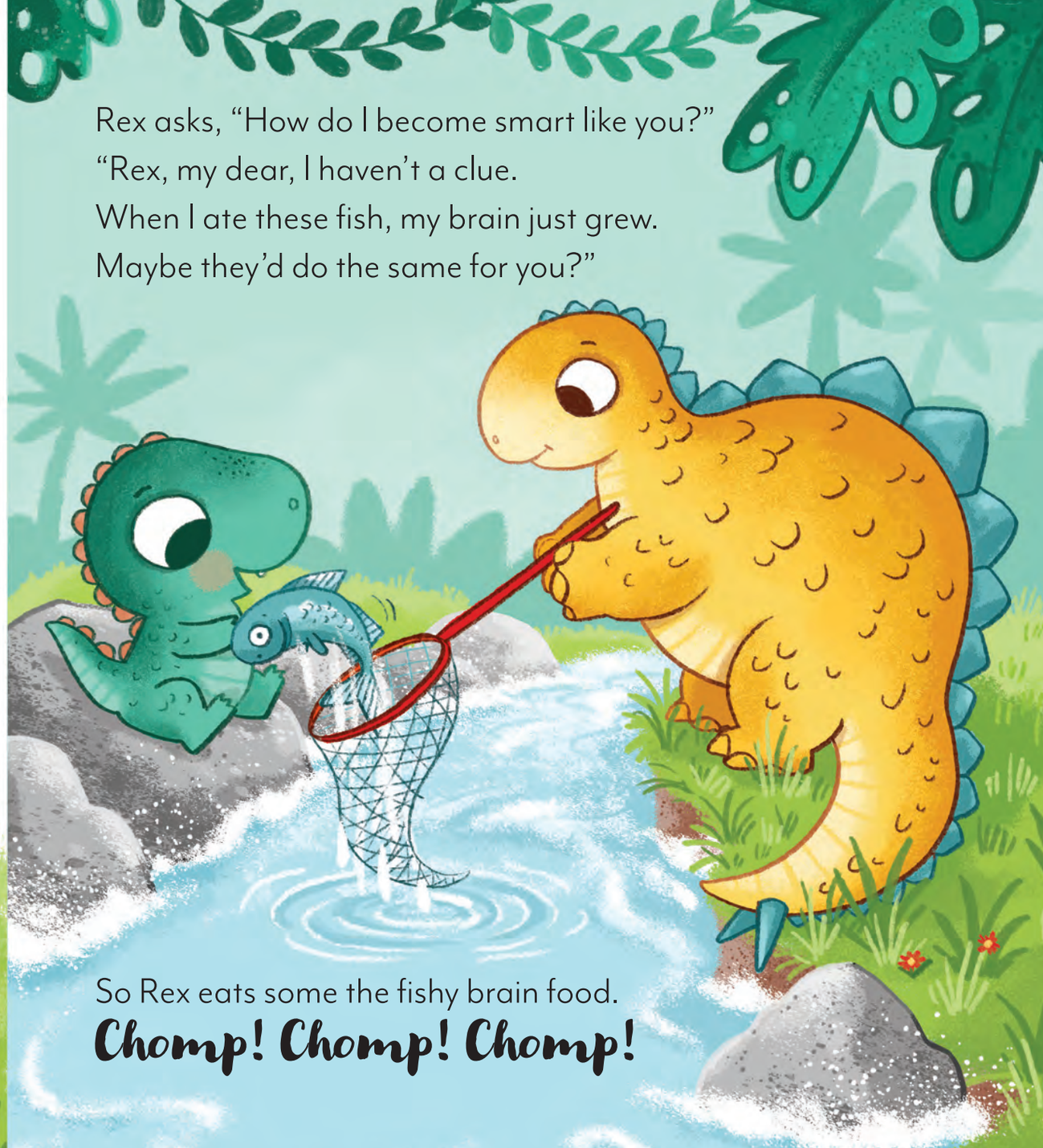
Rex finds Stig reading a boo.

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!”