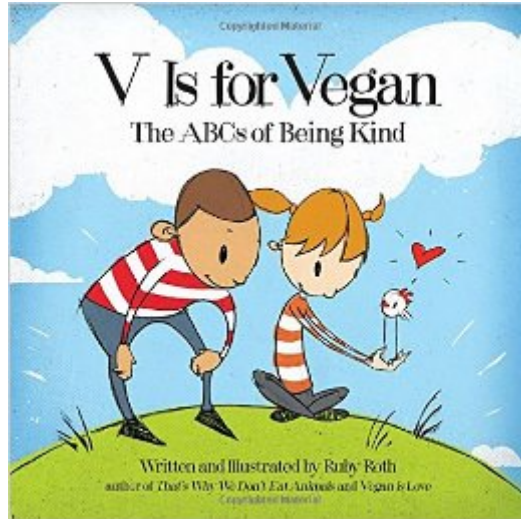


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# V Is For Vegan: The ABCs Of Being Kind



## Synopsis

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, *V Is for Vegan* is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, *V Is for Vegan* will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand.

## Book Information

Lexile Measure: AD470L (What's this?)

Hardcover: 32 pages

Publisher: North Atlantic Books (August 6, 2013)

Language: English

ISBN-10: 1583946497

ISBN-13: 978-1583946497

Product Dimensions: 8.2 x 0.3 x 8.3 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (85 customer reviews)

Best Sellers Rank: #20,209 in Books (See Top 100 in Books) #11 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diet & Nutrition](#) #32 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diseases](#) #44 in [Books > Children's Books > Early](#)

[Learning > Basic Concepts > Alphabet](#)

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

I think that this is my top choice so far out of the Ruby Roth books. I have a one-year-old and a three-year-old. Both "Vegan is Love" and "That's Why We Don't Eat Animals" have slightly heavier content. I have read them all to my daughter (the 3-year-old) and I have no intention of shielding her from those truths during her upbringing, but I think learning basic compassion and the alphabet are just more important during this age. *V is for Vegan* has colorful illustrations that catch my daughter's

eye and get her interested. Each letter is shown in both the capital and lower case version which is useful for teaching letter recognition. We have quite a few alphabet books and it is always nice to see her point at the letters and excitedly announce what they are. She does that with this book. However, I would definitely list this as more of a vegan book than an alphabet book. The illustrations and texts paired with the letters are not an obvious link between the two. For example: "Jj is for jail, like zoos and their bars." The picture that goes with that is a lion behind bars. My daughter says "poor lion" but it is the lion that she remembers, not the jail. But J is not for Lion and L is dedicated to legumes. This book is meant to rhyme and rhyming is part of what keeps children's books so entertaining and fun. Yet there are some extra words on a few of the pages which my daughter insists on hearing, so it takes away from the rhymes. An example would be the beans on the page about legumes being labeled, and the same with the grains for the letter G. I read in the Vegetarian Times review, "Move over, Shel Silverstein and Dr. Seuss!", but that had to have just been an exaggeration.

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