

The Simon Series has been created by Liana Lawrance for *Eat & Act: Grow Healthy with Your Child* an organization created for her Masters of Fine Arts thesis project at the Academy of Art University in San Francisco, California.

Liana Lawrance doesn't want today's newest generation to live a shorter lifespan than their parents. This is what doctors in America are predicting will happen if our kids continue to fall victim to unhealthy weight gain. She wants kids to live long, happy, healthy lives. Liana feels that by giving new parents a way to talk about healthy lifestyle habits to their children, both parents and their kids will be inspired to grow up healthier together.

Liana's motto for this project is: *A battle prevented is a battle won.* Once bad health habits are established, they are very hard to kick. She believes that by adopting a healthy lifestyle early in life, it eliminates the problem of unhealthy weight gain in children before parents have to battle it in the future.

## SIMON'S Healthy Priority #2

### Reduce processed foods in your diet

The Simon series has been created as a fun educational tool for parents and young children. These books are meant to give parents an opportunity to talk to their children about healthy lifestyle habits earlier in their lives as a way to prevent the onset of unhealthy weight gain.

A battle prevented is a battle won!

SIMON Has Rumbles in His Tummy

Liana Lawrance

Eat&Act

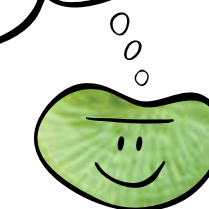
# SIMON

## Has Rumbles in His Tummy



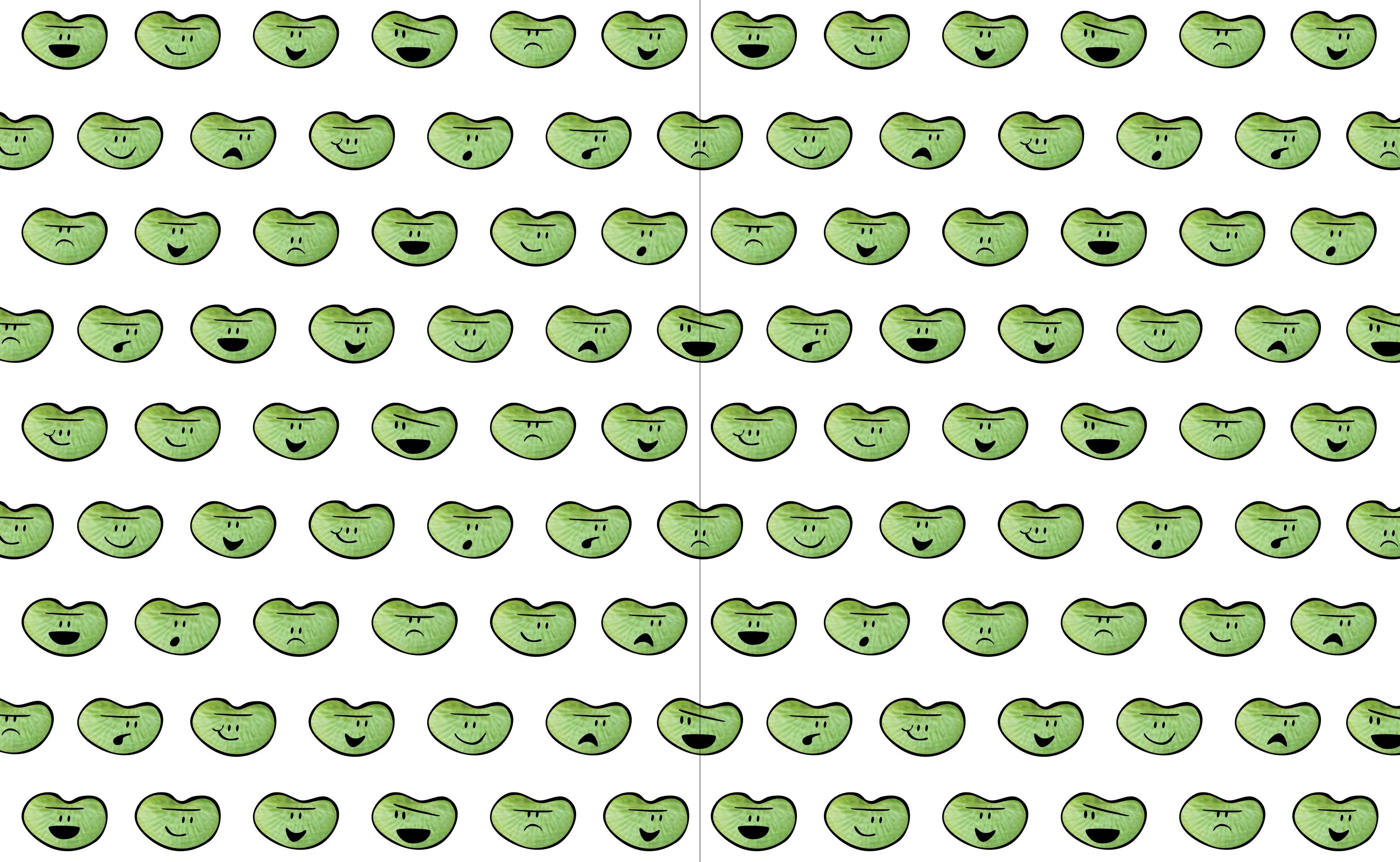
Story & Illustrations by  
Liana Lawrance

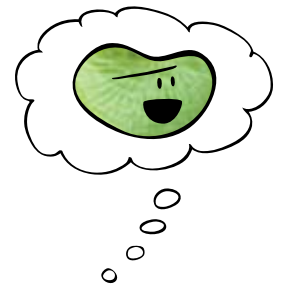
One Bean,  
his silly dreams,  
and lots of fun!



When Simon Bean embarks on a journey to become a chef, he discovers that fresh farm food, not boxes from a grocery store, is the best fix for rumbles in his tummy.

**Healthy Priority #2**  
**Reduce processed**  
**foods in your diet**





**Dedicated to happy kids  
with big dreams.**

# SIMON

## Has Rumbles in his Tummy

The Simon Series has been created by Liana Lawrance for *Eat & Act: Grow Healthy with Your Child* an organization developed for her Masters of Fine Arts thesis project at the Academy of Art University in San Francisco, California. These books are an educational tool meant to create a forum for parents to talk to their children about healthy lifestyle habits earlier in their lives to prevent the onset of unhealthy weight gain.

A battle prevented is a battle won.

**Eat&Act**

Grow Healthy With Your Child

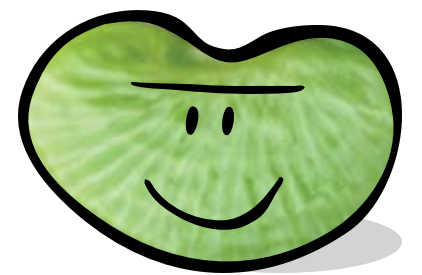
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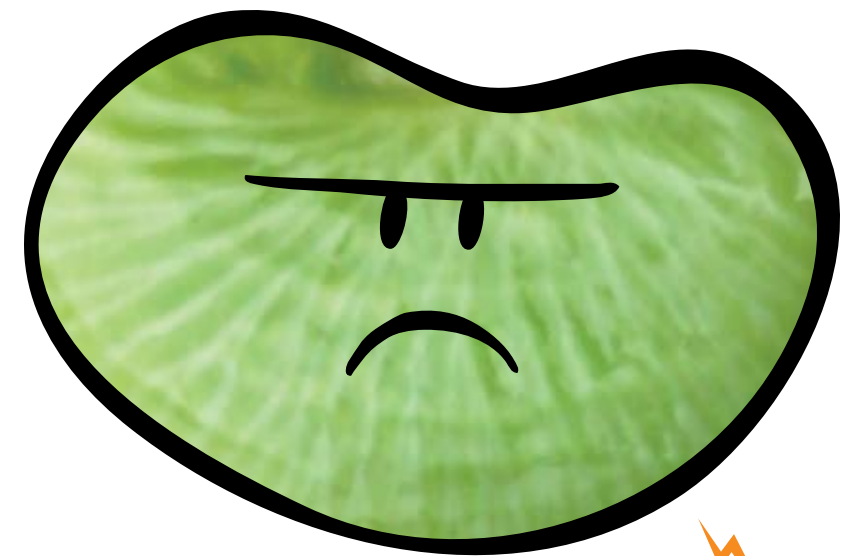
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Story & Illustrations by  
Liana Lawrance



You'll find special notes to parents in this area of the pages

This is Simon Bean.  
He has some silly dreams  
for a lima bean.  
Today he wants to be...

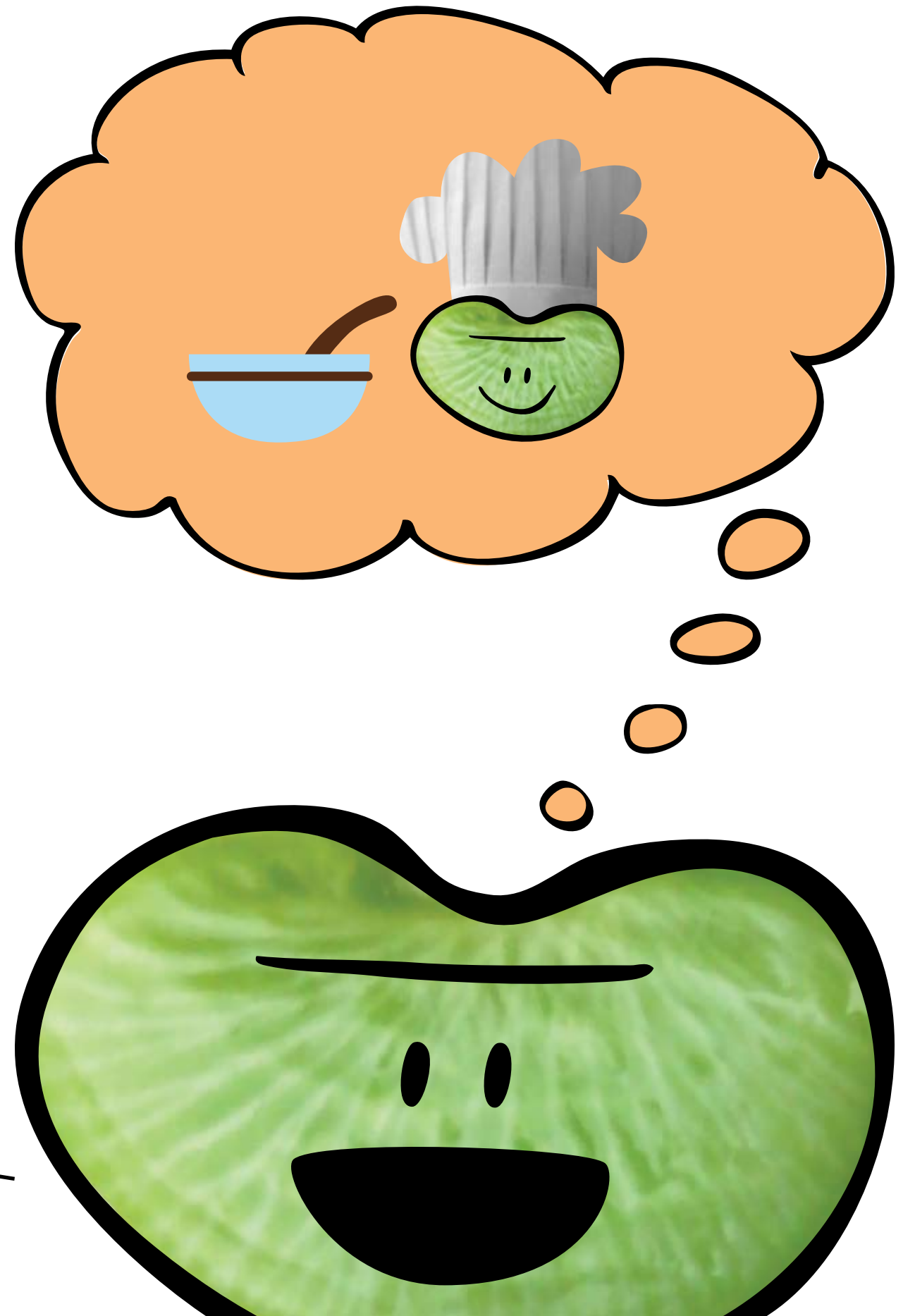


 RUMBLE  
RUMBLE

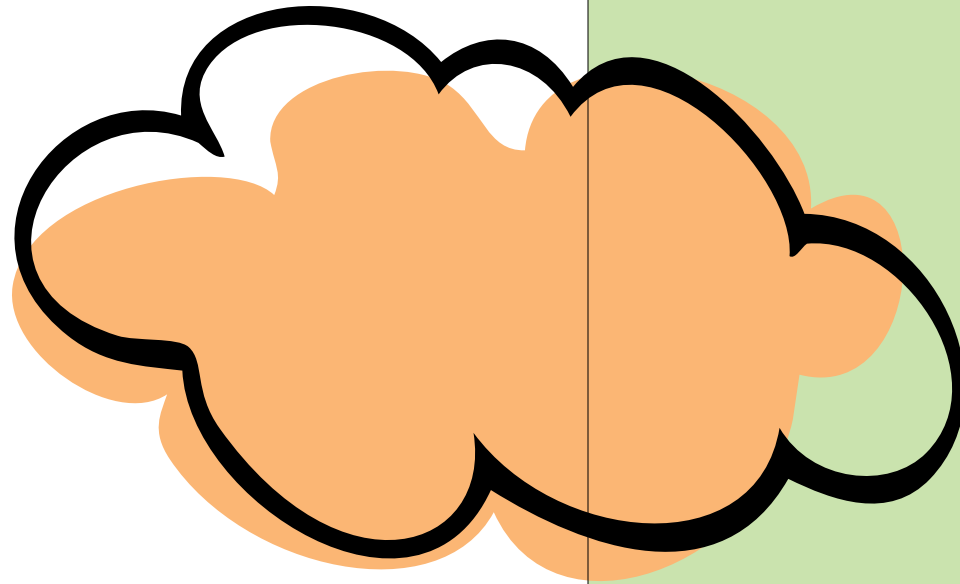


AHEM!  
Today he wants to...

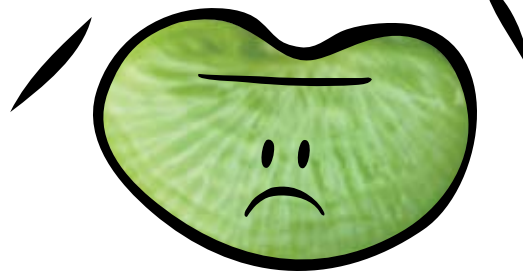
**“Be a chef!”**



Silly Simon,  
beans can't be chefs!

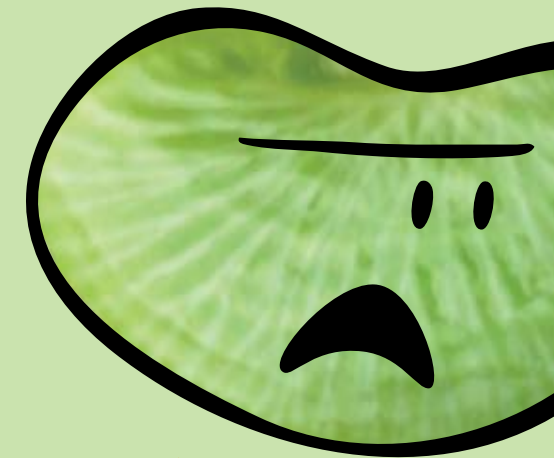


**POOF!**



But like most beans,  
Simon is stubborn.  
He decides to go find a way.

“Goodness,  
I’M HUNGRY!”

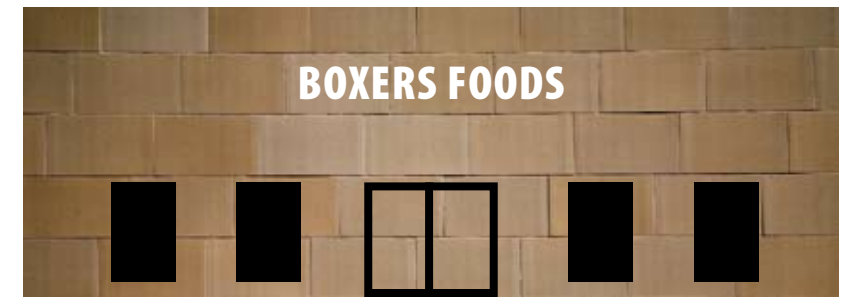
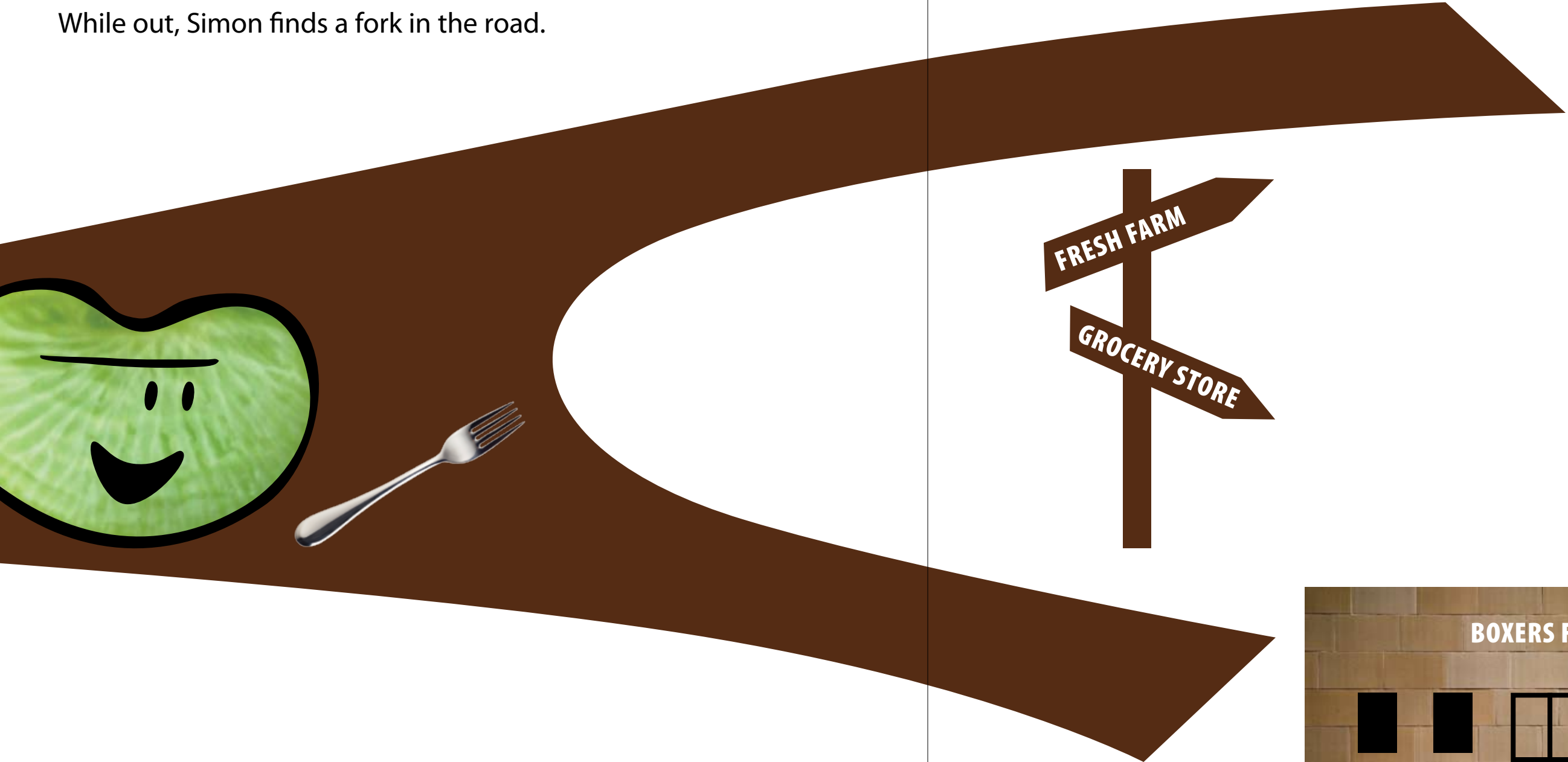


**RUMBLE  
RUMBLE**



Encourage your child to participate in meal planning and preparation

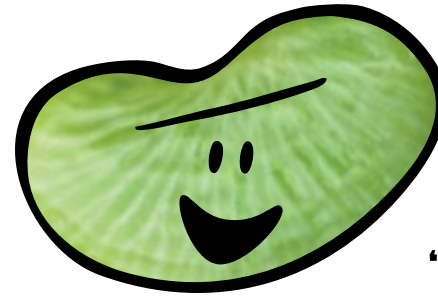
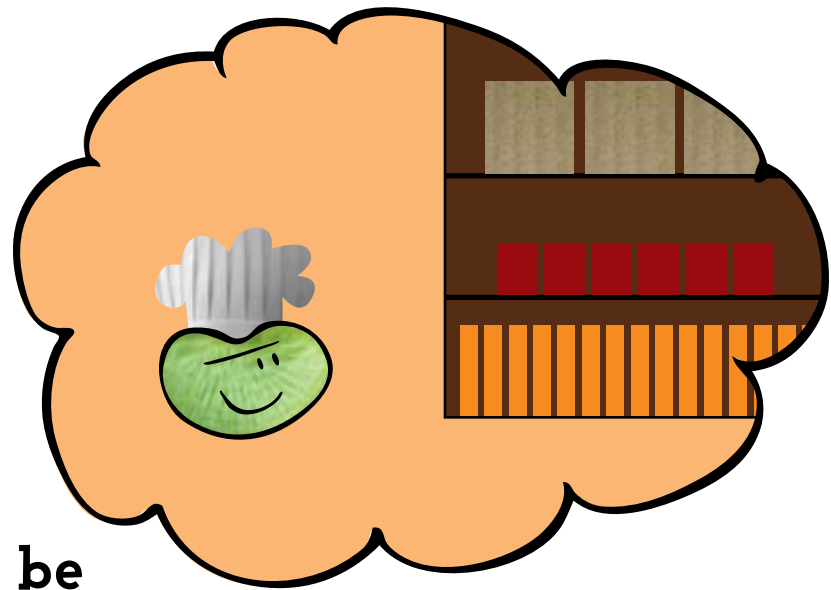
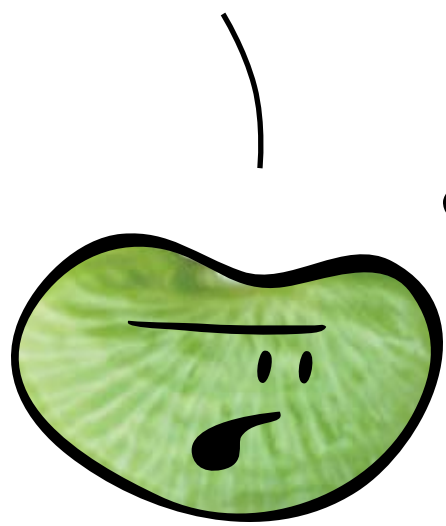
While out, Simon finds a fork in the road.



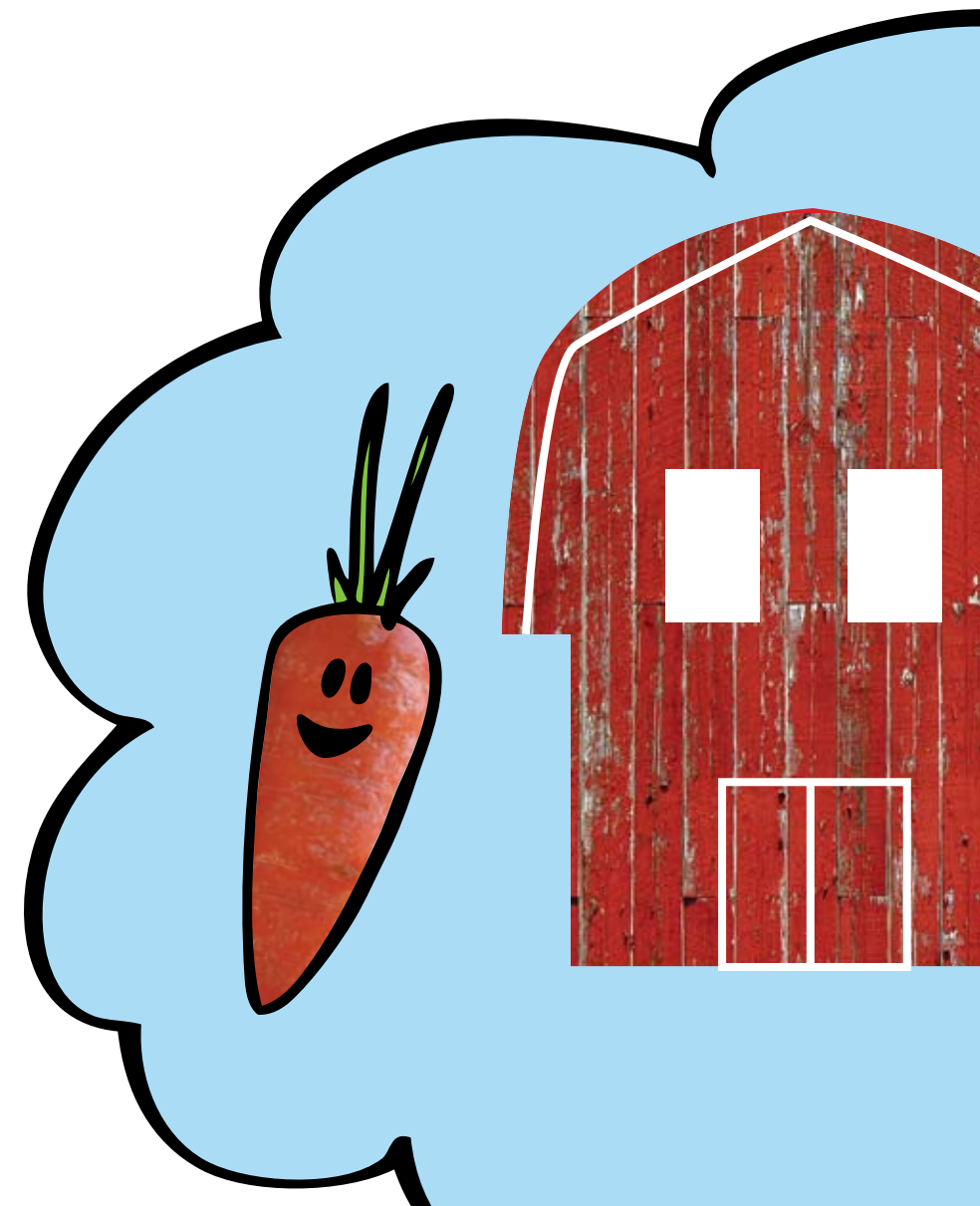
Most processed foods are found in grocery stores and restaurants



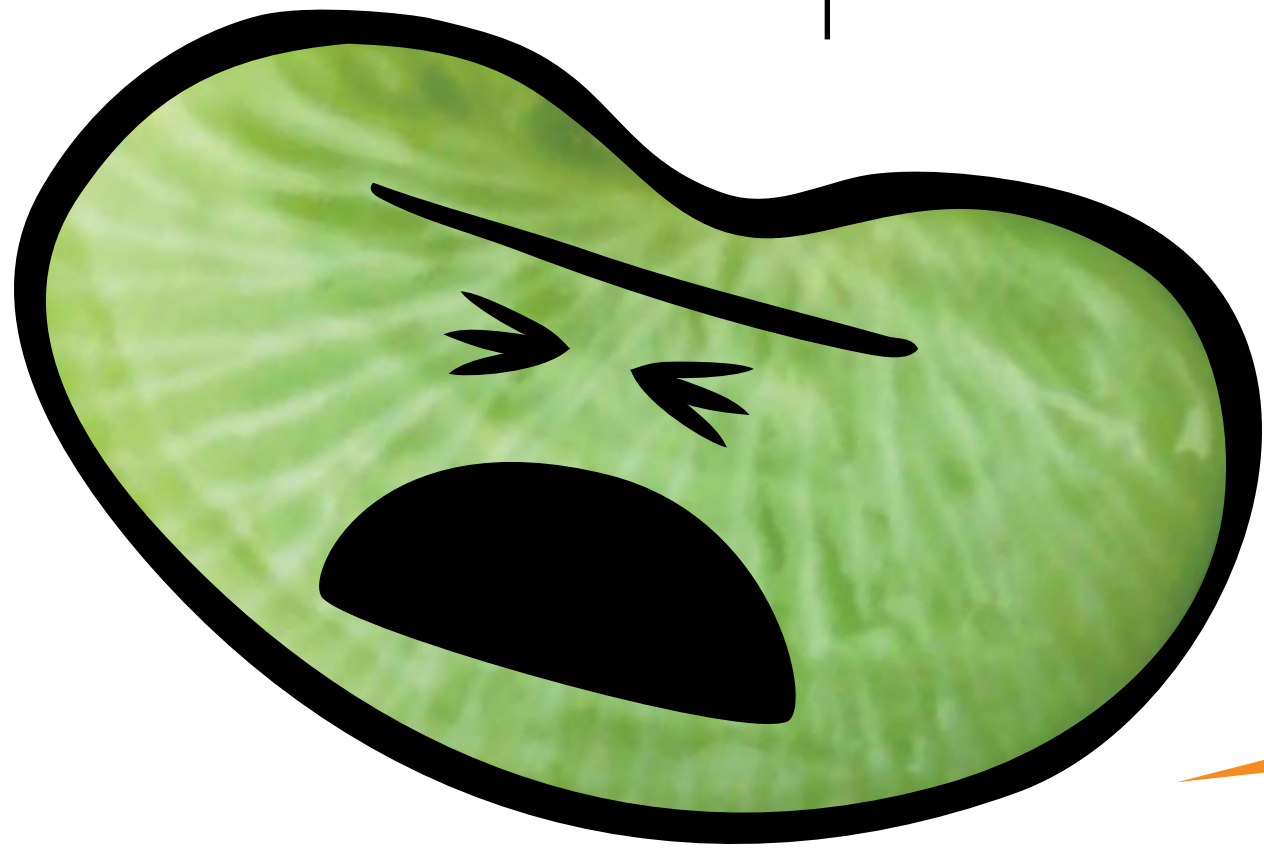
“Well, I want to be a chef and they shop at the grocery store.”



“And it would be nice to visit my cousin Carry at the farm!”

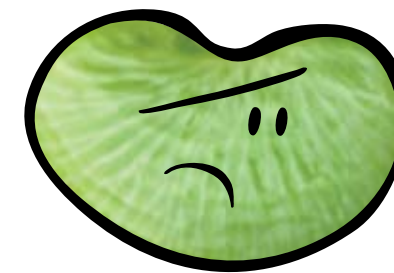
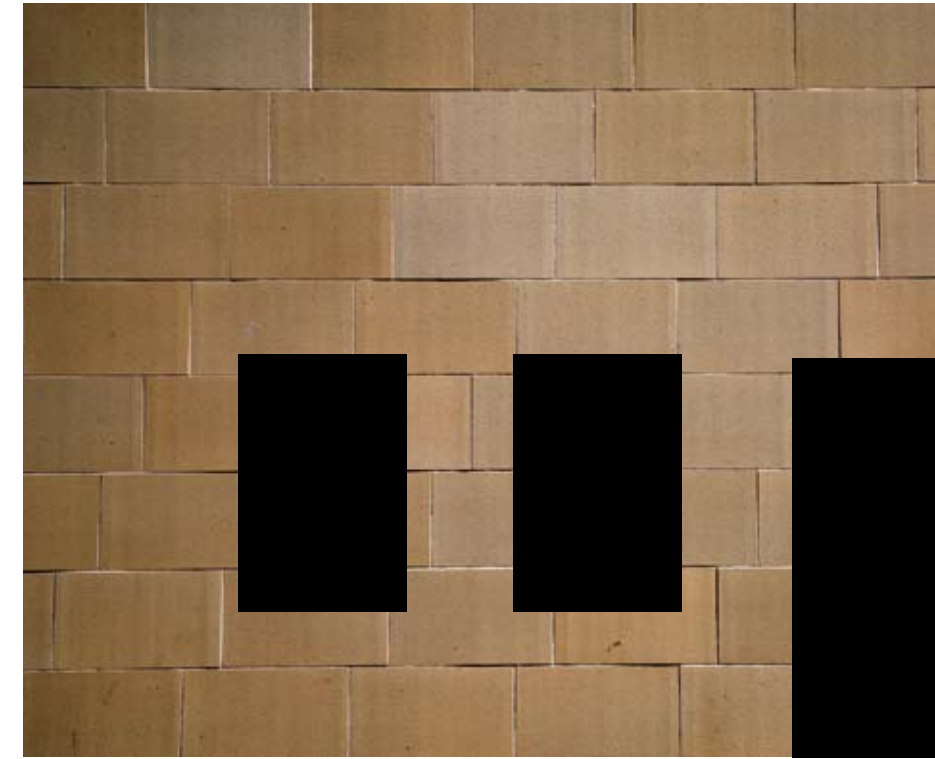


**“BUT I’M SOOOOO HUNGRY!”**



Ask your child what noise their tummy makes when they are hungry

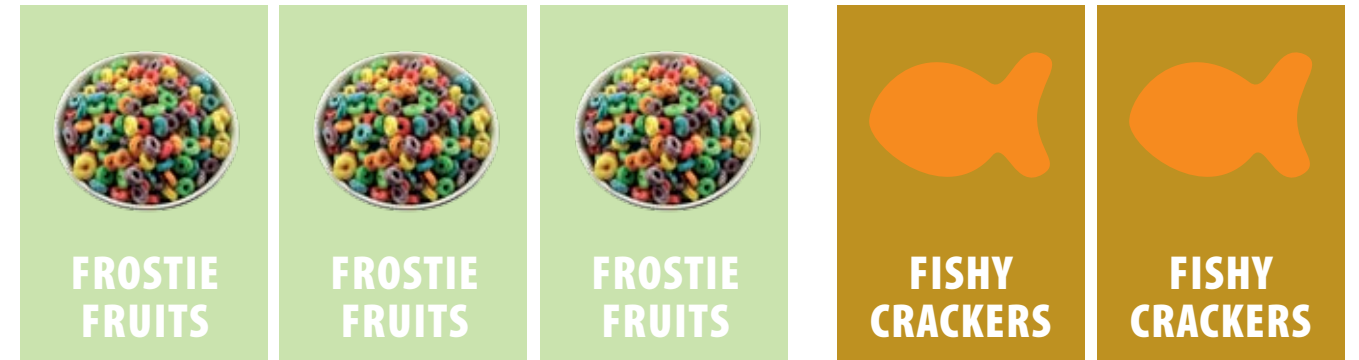
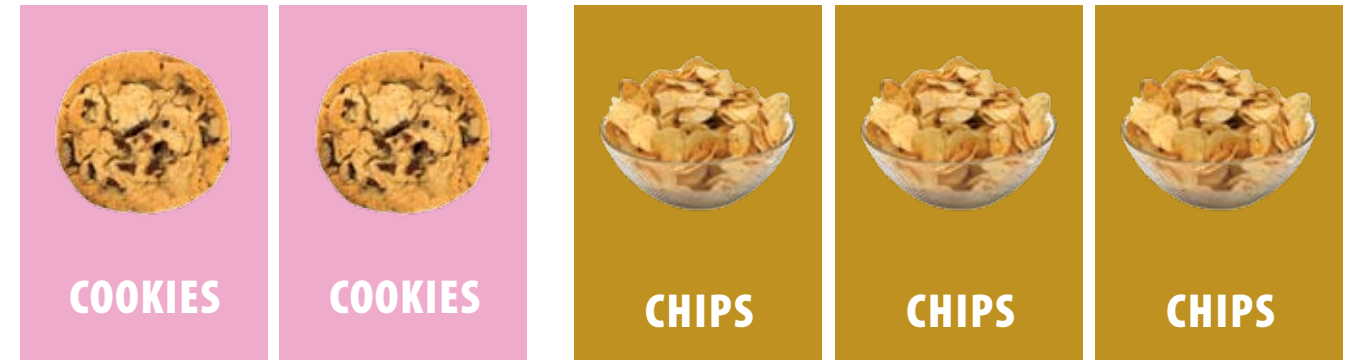
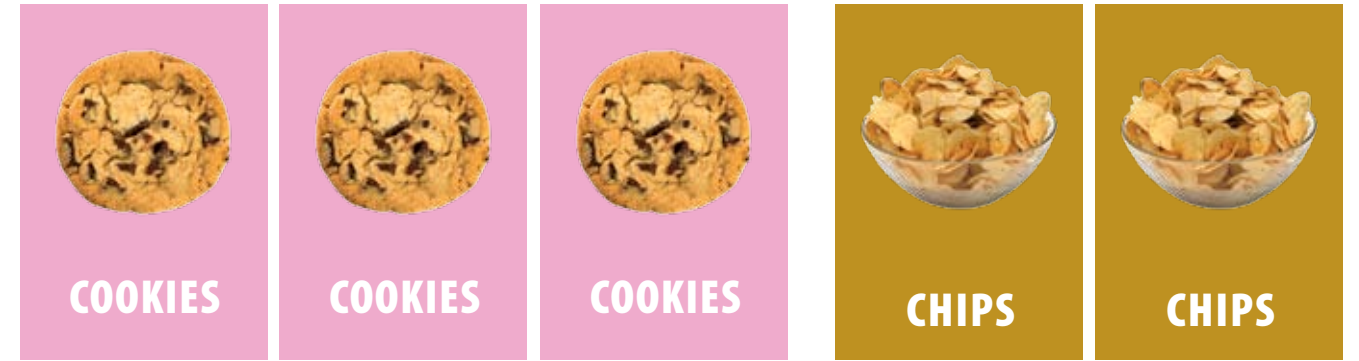
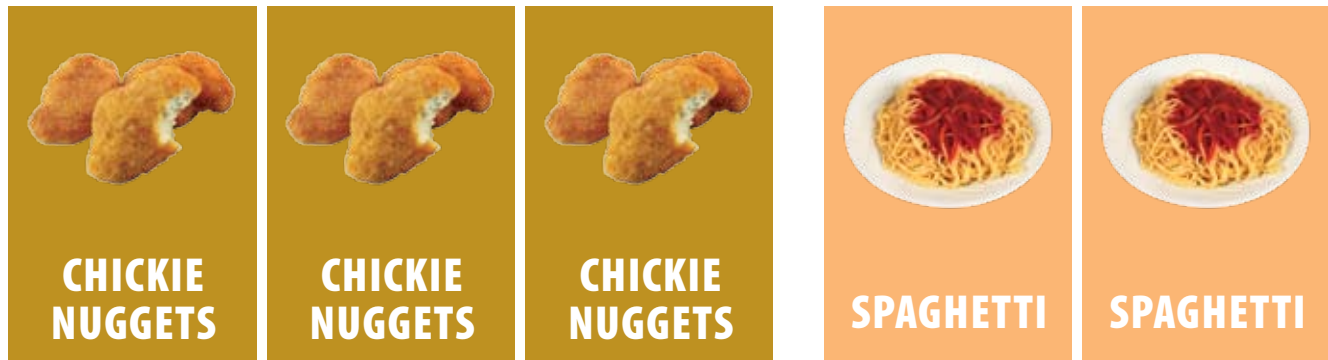
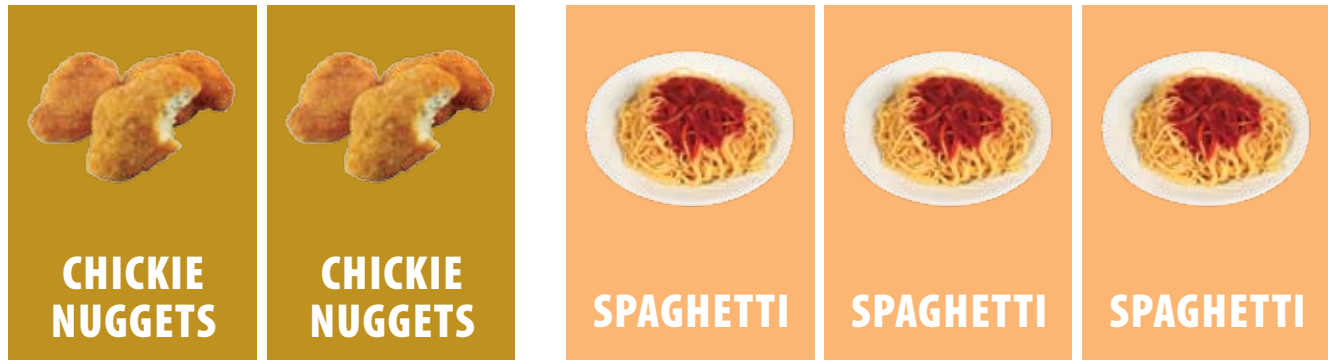
So, Simon goes to the grocery store.



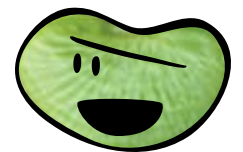
RUMBLE  
RUMBLE

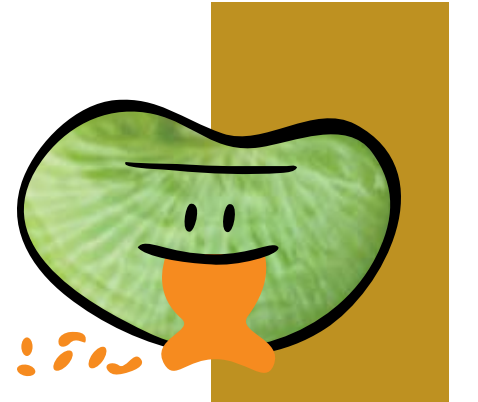
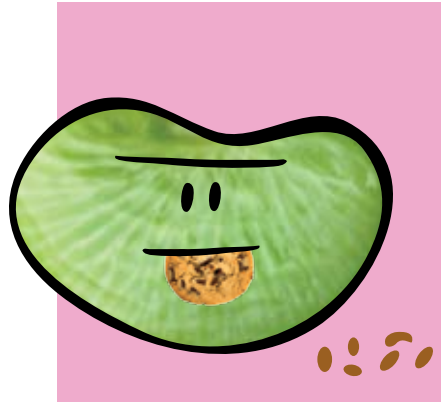
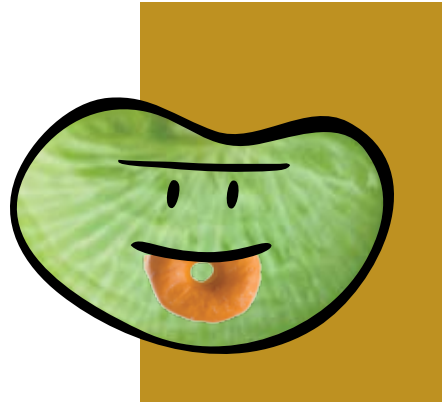
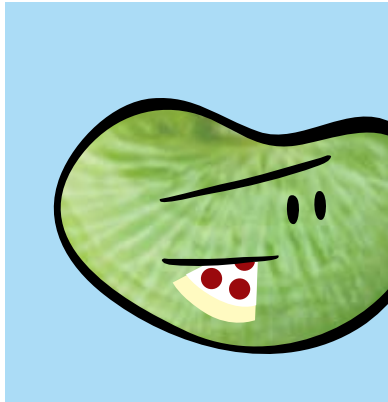


Shopping when you are hungry causes you to buy more than you need



At Boxers Foods, Simon finds lots of boxes of his favorites.



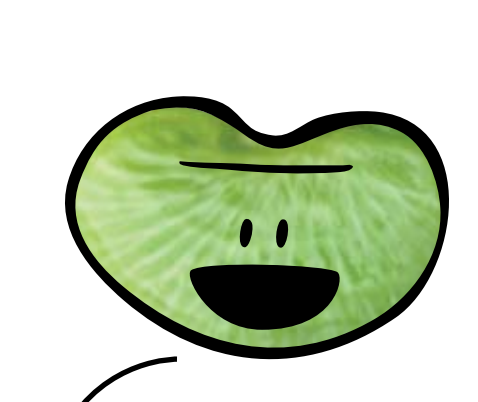
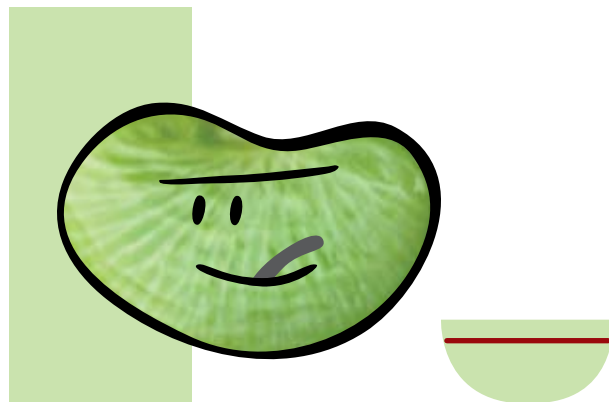
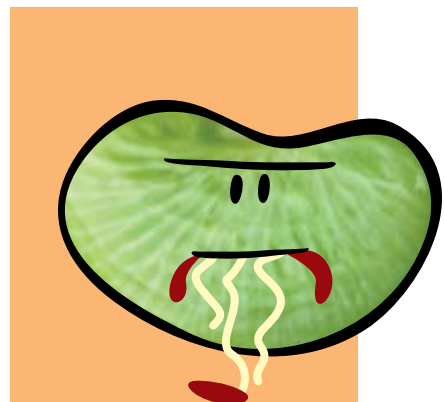
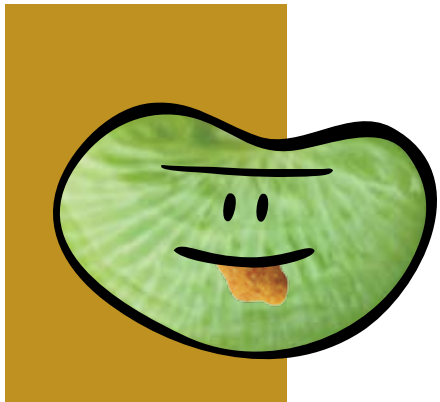


He is very hungry,

so Simon eats

and eats

and eats



and eats

and eats

from each box, until he is

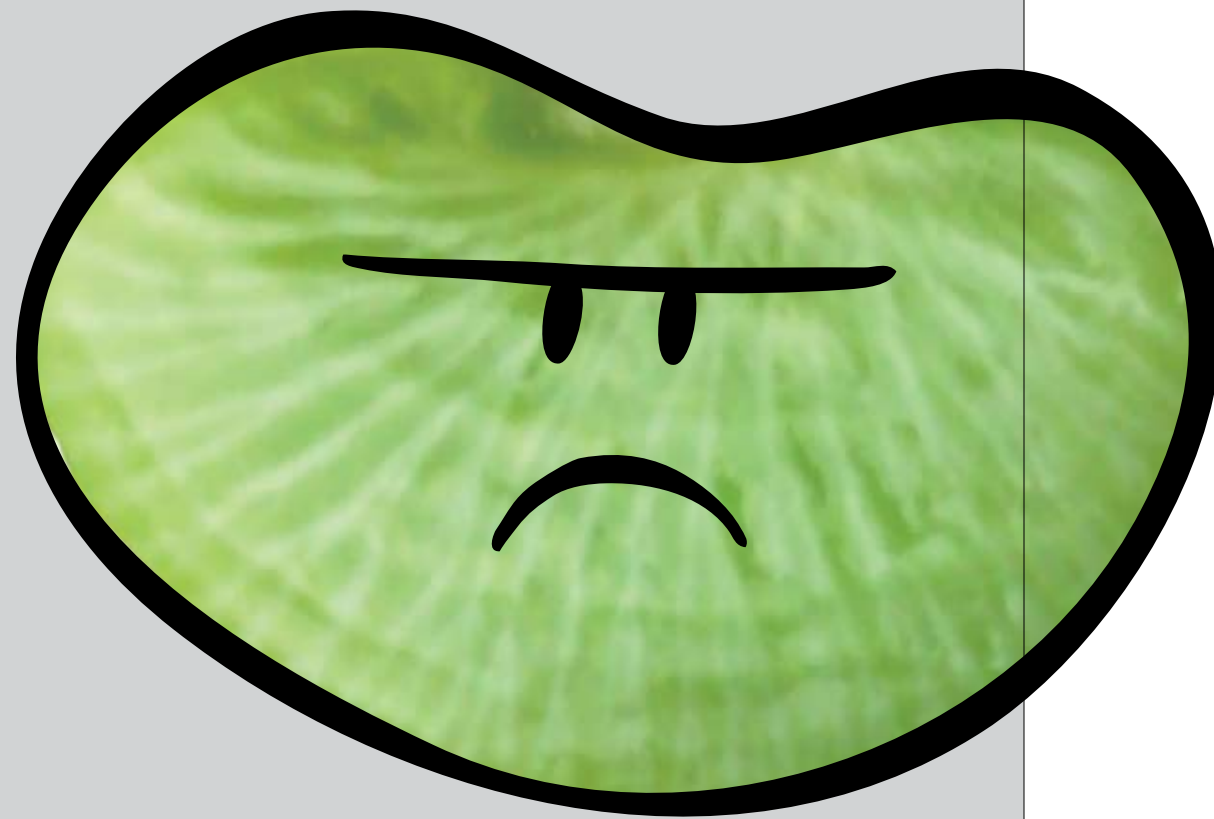
**“All full!”**



All of the food Simon is eating contains refined sugars and flours



But not long after eating and eating all of that food...



RUMBLE  
RUMBLE

Simon realizes he just ate from boxes  
and didn't cook like a chef would.

And he is *still* hungry!



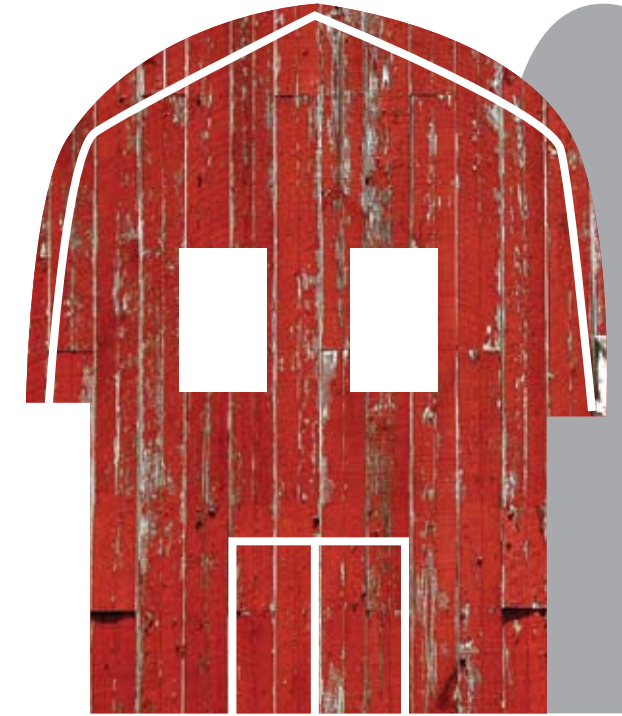
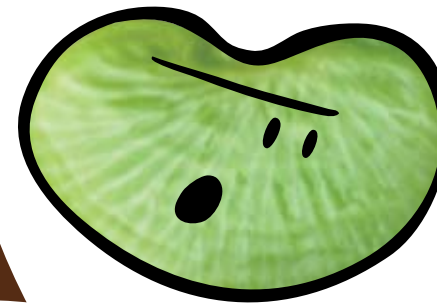
Refined sugars and flours do not have fiber, a hunger killing ingredient



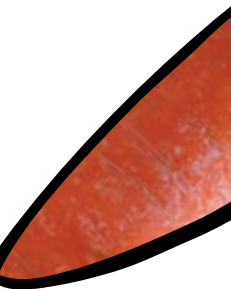
Not filled by Boxers Foods, Simon goes to Fresh Farm.

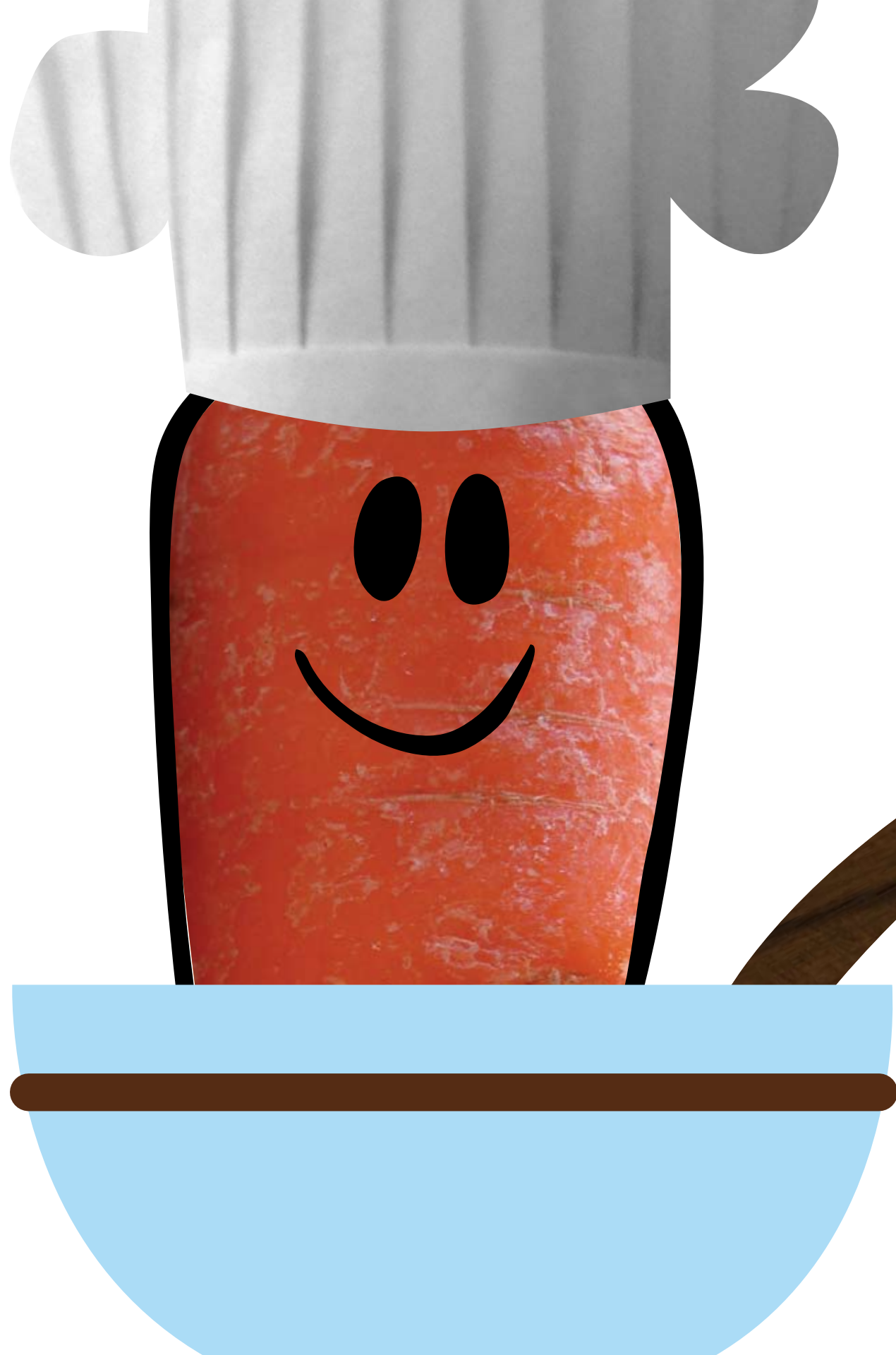


RUMBLE  
RUMBLE



When he gets to the farm, Simon is surprised to find his cousin Carry...





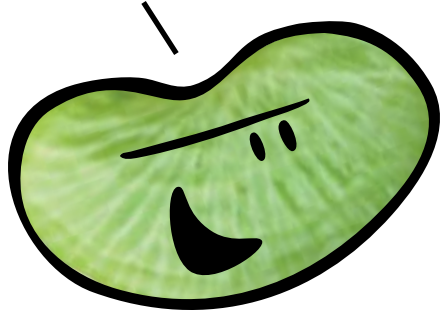
Cooking like a chef!



Fresh food from the farm!



“What’s cooking?”



Help Simon name the ingredients.



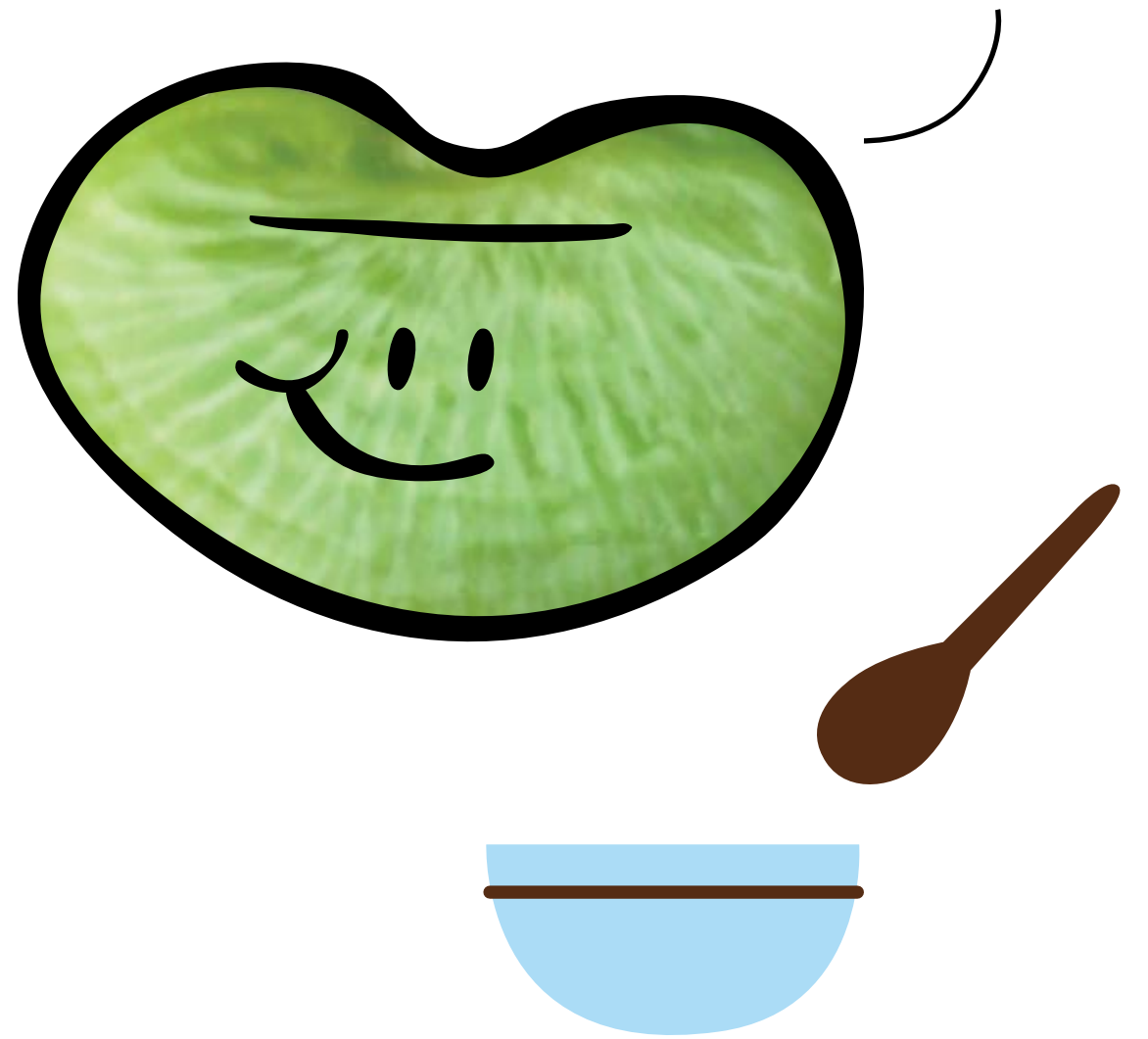
Encourage conscious eating: know what you are putting into your body



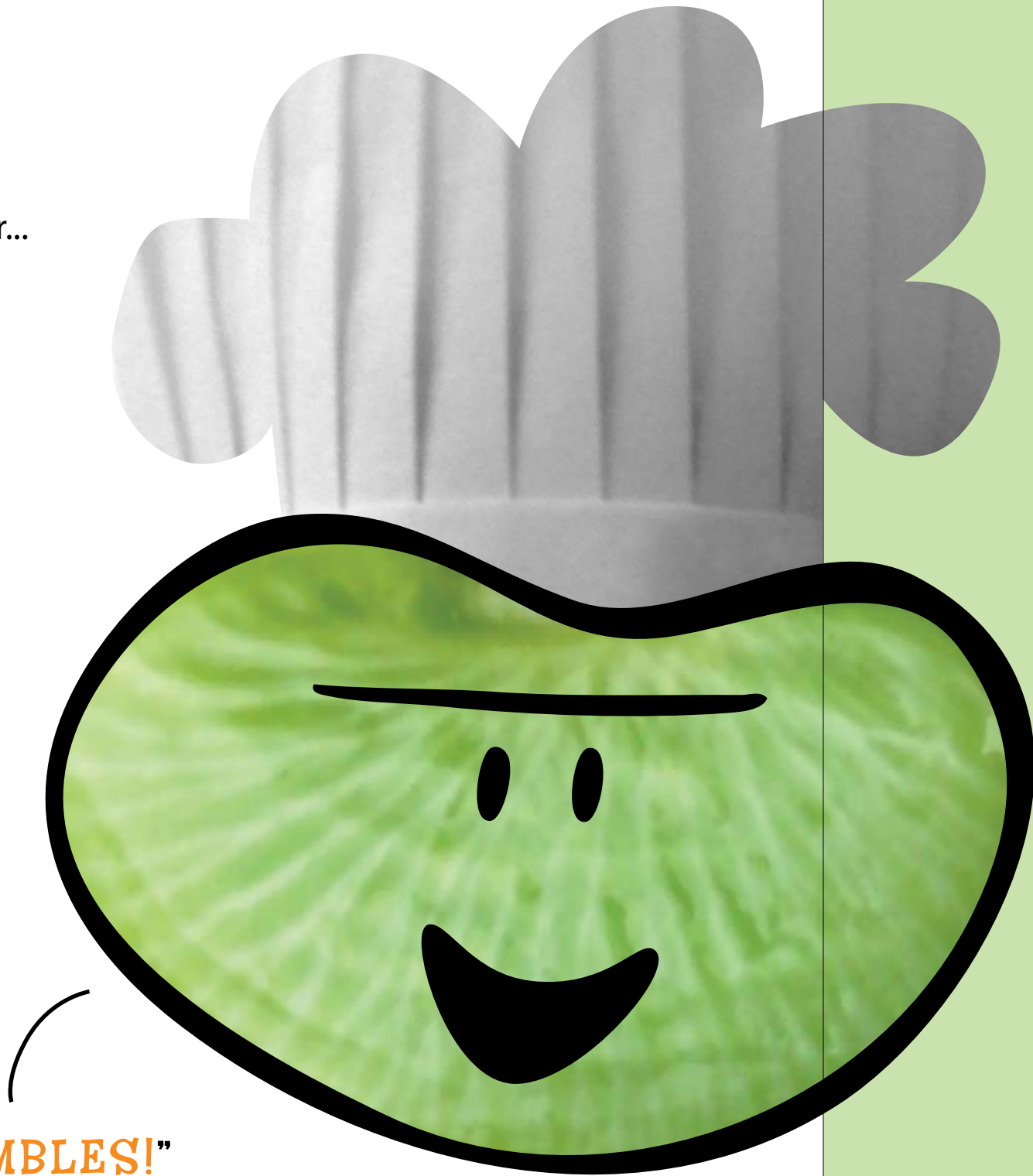
Soon Carry yells to Simon,



**“Yum, this  
IS good!”**



And not much later...



Simon found that he *can* be a chef thanks to his cousin Carry.

And guess what? He is *still* full from the fresh farm food!

“No more **RUMBLES!**”

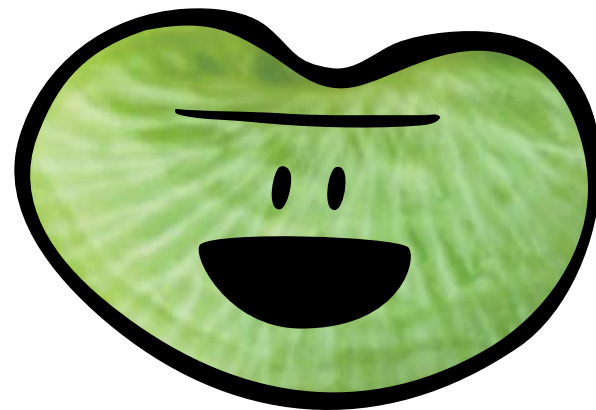


Fruits & vegetables have fiber which takes longer for the body to process

## Simon Says

Answers to questions you and your child may have about the story

**“I want everyone to be healthy and happy!”**



Always make eating an event

### Why does Simon want to be a chef?

Being a chef is like being a food artist. You get to take lots of yummy ingredients and combine them to make an even yummiest meal.

### The story implies that grocery stores are bad places, but they are my main source of food.

Grocery stores have the potential to be unhealthy food traps. One easy tip is to avoid the center aisles where the unhealthy foods are kept. The key is to educate yourself so that when you are there, you make smart food choices. Also, try finding a local farmer's market and discover with your child all the fresh food grown locally around you.

### Much of what Simon eats at the grocery store is exactly what I eat at home because it is easy and fits in with my busy schedule.

No one said being a parent is simple. Especially in today's fast paced world. Our food environment is designed around convenience (specifically grocery stores and restaurants); however, convenience foods are bad for you and your child when eaten on a regular basis. But that shouldn't prevent you from taking charge and getting creative. The library and bookstores are full of books with easy and healthy recipes. Maybe tonight you can take your children to the library and have them pick out their favorite recipes.

### Why is Simon STILL hungry after all that food at the grocery store?

All of the items Simon eats at Boxers Foods are processed foods that do not have a key hunger killing ingredient called fiber. Fiber takes longer for the body to digest, so it keeps you feeling full for longer. Processed foods are designed for extended shelf life, the fiber has been removed so it can sit on a shelf for a very long time until it is bought

and eaten by you. Even though Simon ate a lot a lot of food, his body digested it quickly, so he was hungry very soon after eating.

Also, notice how all the food Simon eats at the grocery store is white or brown. There's no color (and Frostie Fruits don't count). Color in a diet means you get fiber and lots of the nutrients and vitamins your body needs.

### What is Simon eating at the end?

Carry made a delicious vegetable stir fry that only took him 30 minutes to prepare.

### VEGETABLE STIR FRY:

Chop up a variety of vegetables. Onion, peppers, carrots, broccoli, & peas are a good start.

Heat 1 tbsp of olive oil in a pan.

Add 1 clove of chopped garlic and onions.

Add rest of vegetables and cook until tender.

In a separate bowl mix: 3 tbsp of soy sauce, 1 tsp of ginger powder, 1 tbsp of lemon juice, & 1 tsp of corn starch.

Add to cooked vegetables & heat until thickened.

Serve over brown rice and enjoy!

Add cooked chicken or beef for even more flavor & protein.

### Why is Simon still full after eating Carry's fresh farm food?

Carry's meal is full of fiber. Fiber is found in fruits, vegetables, brown rice, and other whole grains. It takes longer for the body to digest, so fiber keeps you feeling full for longer. All of your meals should have lots of fiber, that way you won't feel hungry very often, and then you won't feel the need to eat more than you should during the day. Fiber helps reduce calorie consumption.

### Can't find your question or answer?

More information can be found in the SIMON parent guide.



## About the Author

Liana Lawrance grew up in the mountains of Virginia. When she moved to San Francisco, California to attend grad school, she experienced a bit of culture shock. Once the shock subsided, she developed an interest in defining American culture. During her search for this definition, Liana discovered that Americans loved to eat. She learned that what Americans were eating combined with a mostly sedentary lifestyle was having a negative effect on their health. When she realized the impact of that effect on young children, Liana felt compelled to do something about it. With a strong passion for food, being active, and a desire to impact others in a positive way, Liana created Simon Bean.

Liana's motivation behind the Simon series is to re-direct American culture with a new icon that creates excitement around healthier habits for America's next generation.

When she's not solving problems with design, Liana spends her time cooking, reading, watching movies, exploring San Francisco, or having fun with her friends. She hopes to one day raise healthy and happy children of her own.

Liana would like to thank the following people: Her parents and friends for their care and patience and her classmates and instructors for their guidance. None of this would have been possible without you.



Liana in the kitchen at age 3

