

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 #1

Regulate calories in liquid form

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!

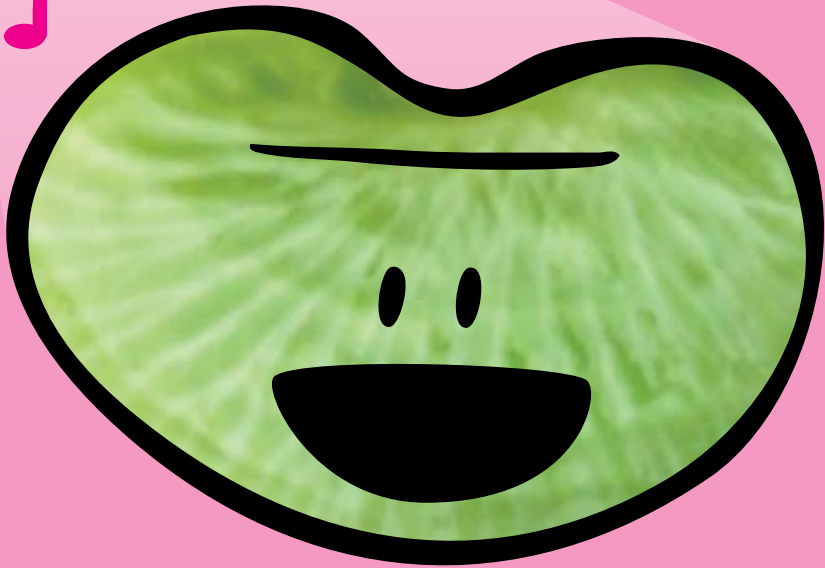
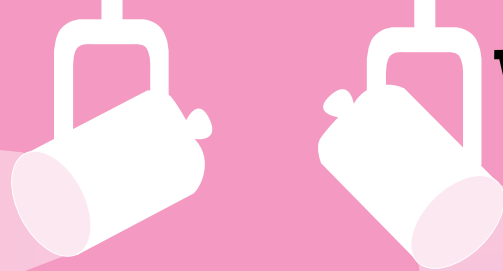
SIMON Wants to Rock Out

Liana Lawrance

Eat&Act

SIMON

Wants to Rock Out

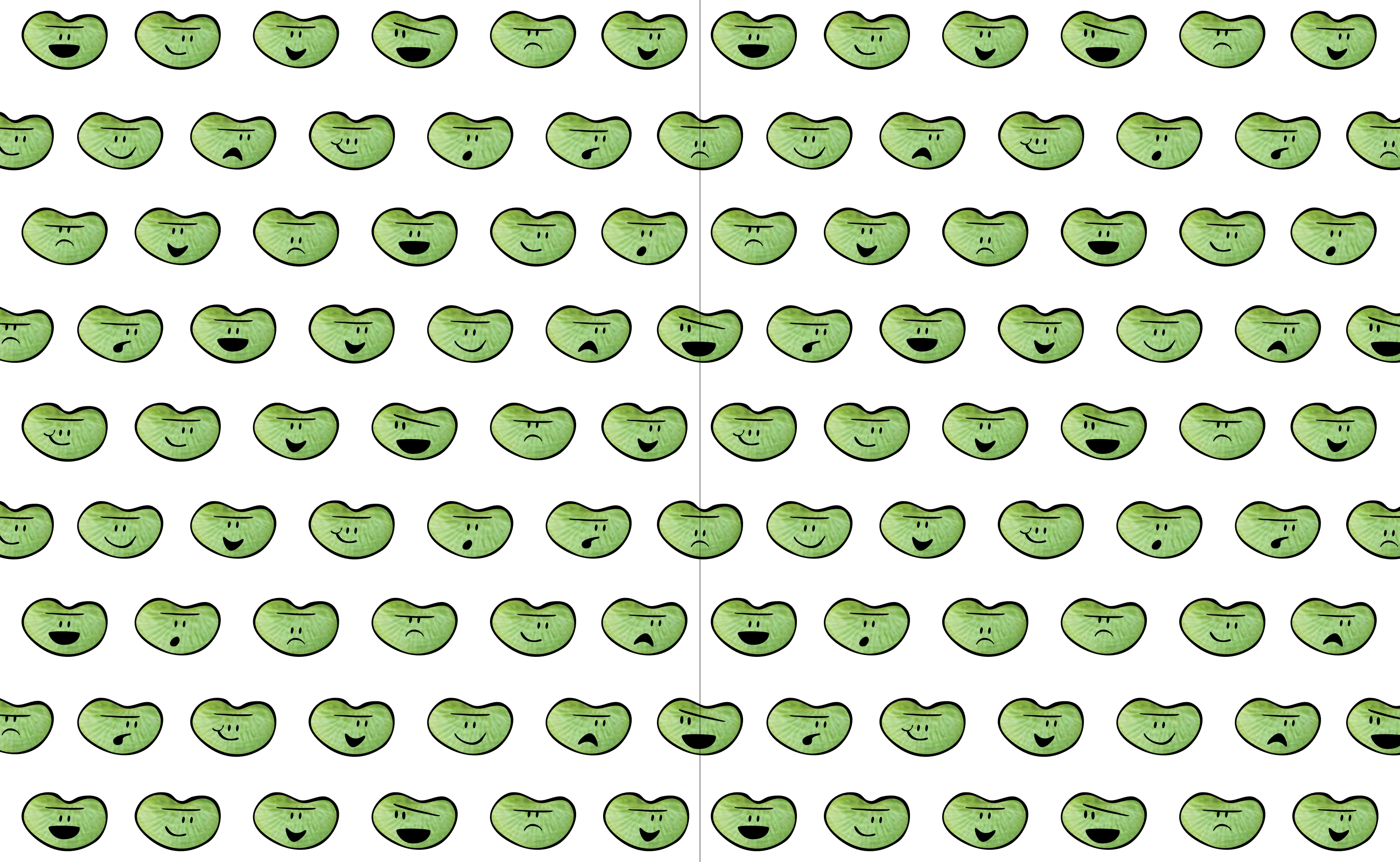


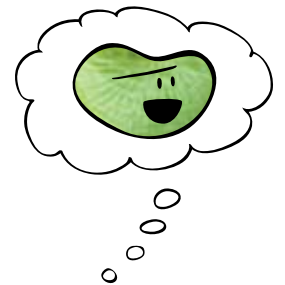
Story & Illustrations by
Liana Lawrance



When Simon Bean embarks on a journey to become a rock star, he learns that the cool glass of water is always happy to help him sing and that the mean sour soda and crazy jittery juice box can't help him fulfill his dreams.

Healthy Priority #1
Regulate calories in liquid form





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

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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SIMON

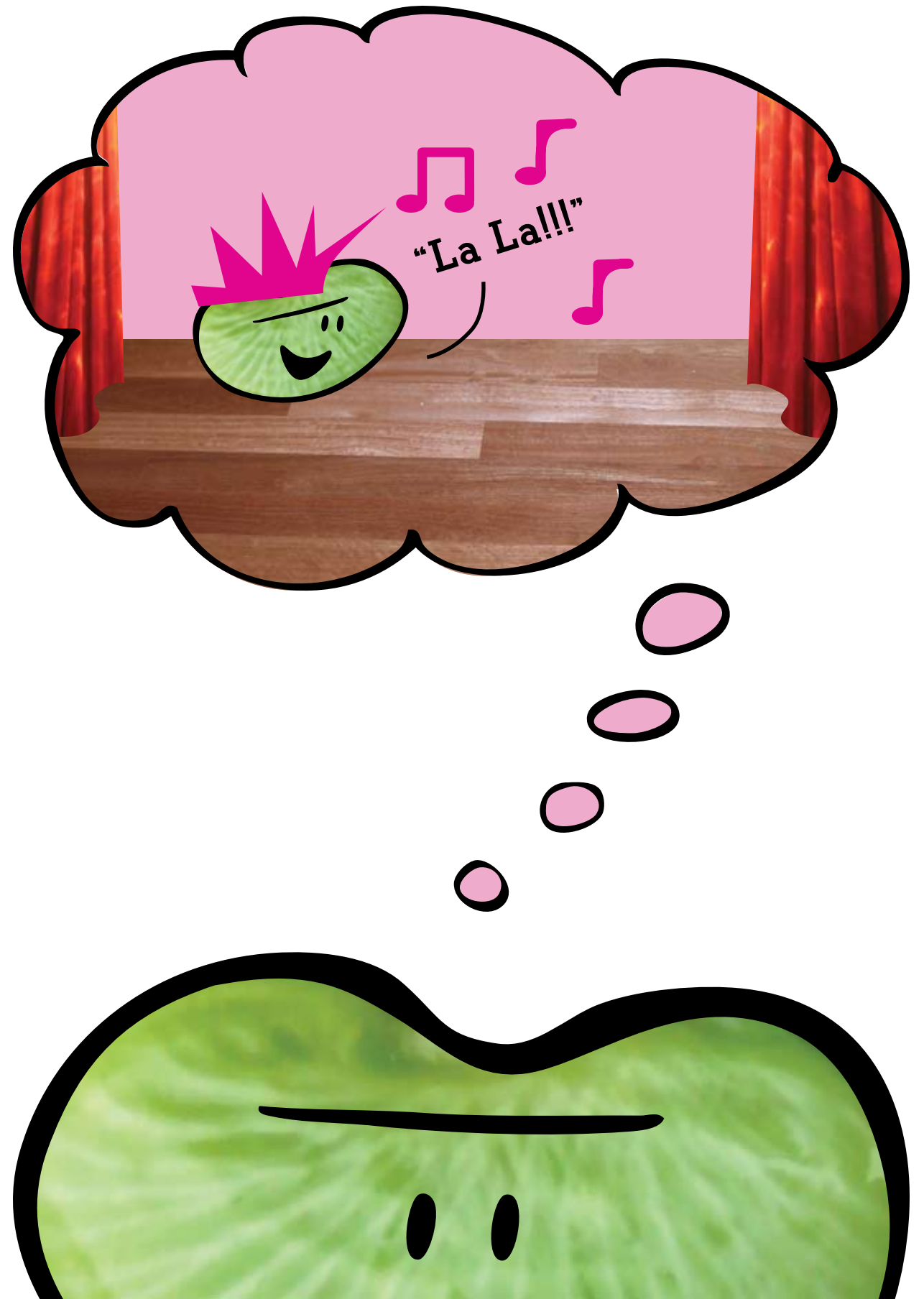
Wants to Rock Out

Story & Illustrations by
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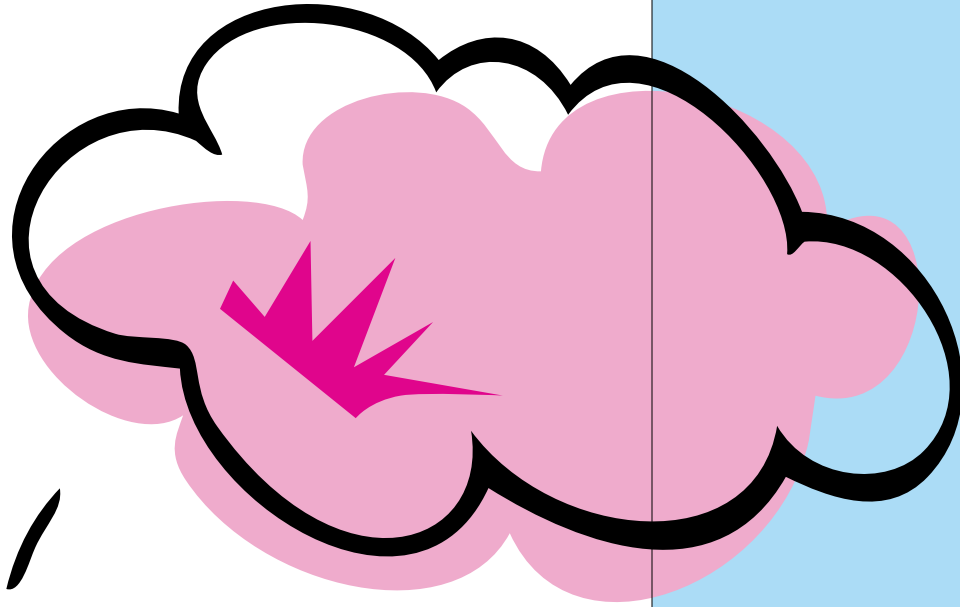


You'll find special notes to parents in this area of the pages

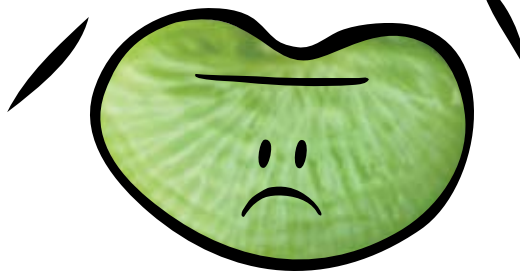
This is Simon Bean.
He has some silly dreams
for a lima bean.
Today, he wants to be a rock star.



Silly Simon,
beans can't be rock stars!

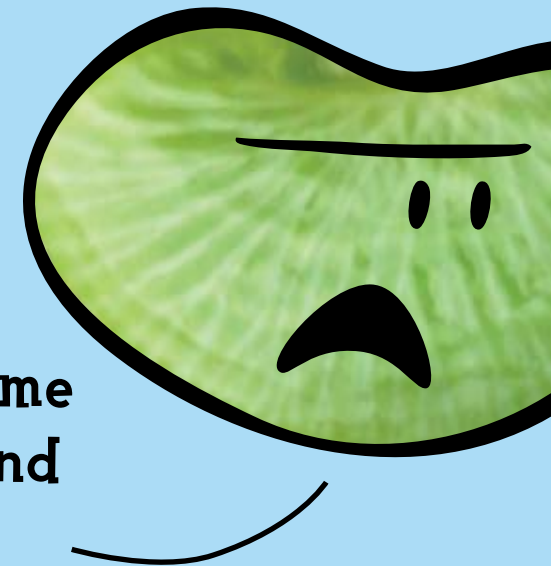


POOF!



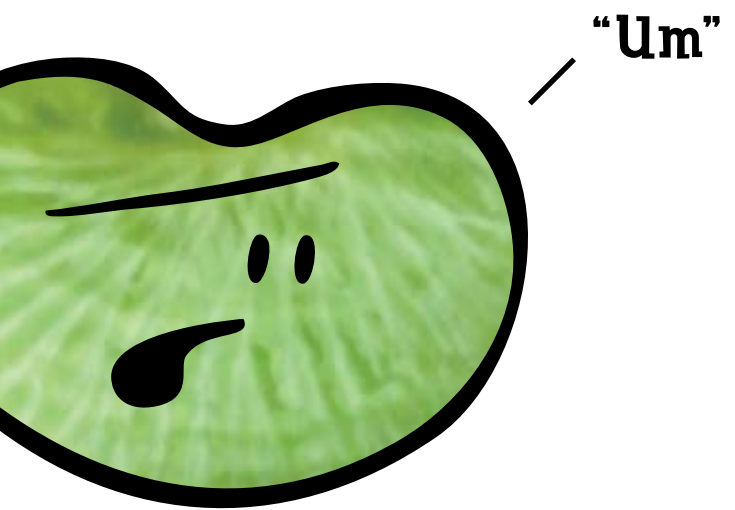
But like most beans,
he is stubborn.
He decides to go find a way.

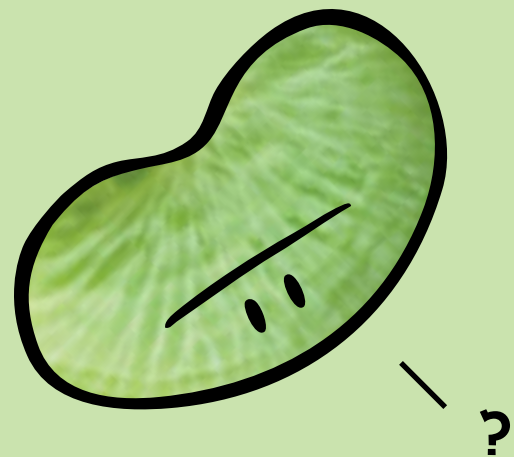
**"No one tells me
what I can and
can't do!"**



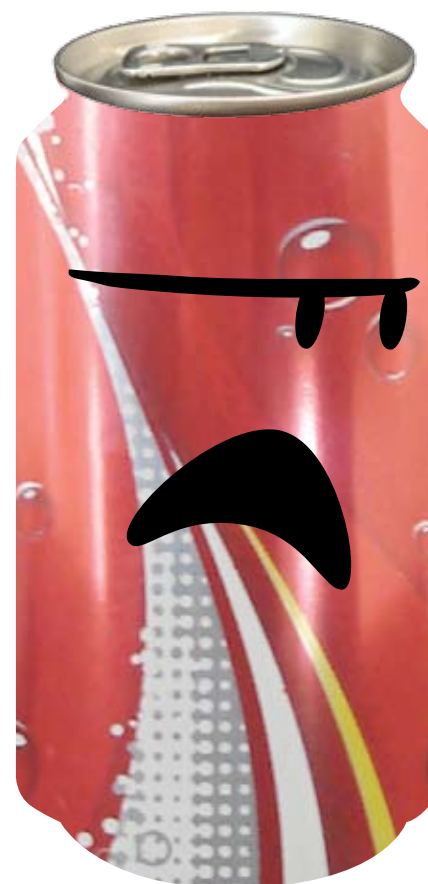
Encourage your child to get creative

While out, Simon finds something blocking his path.



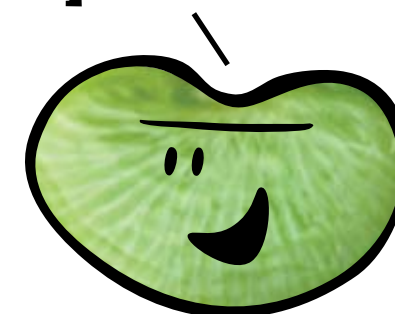


It sits up and Simon finds himself staring straight at a sour soda can.

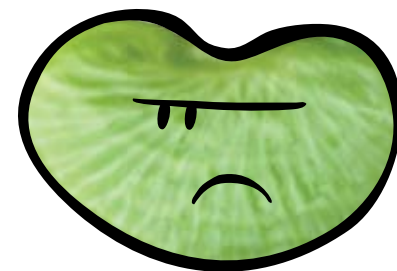


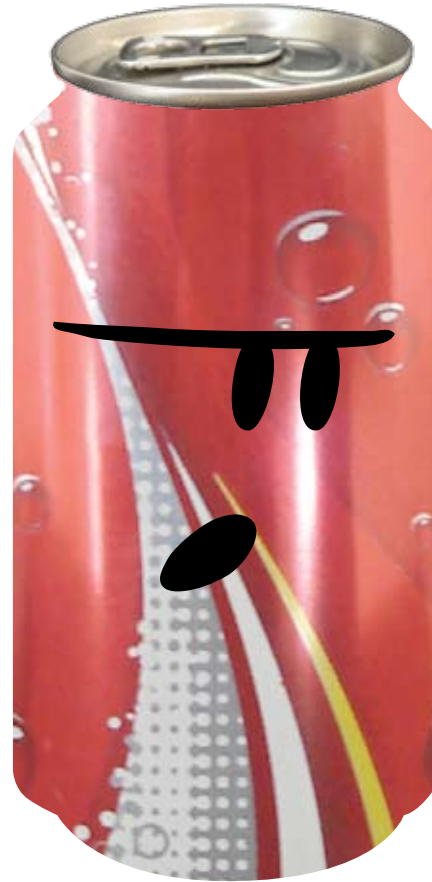
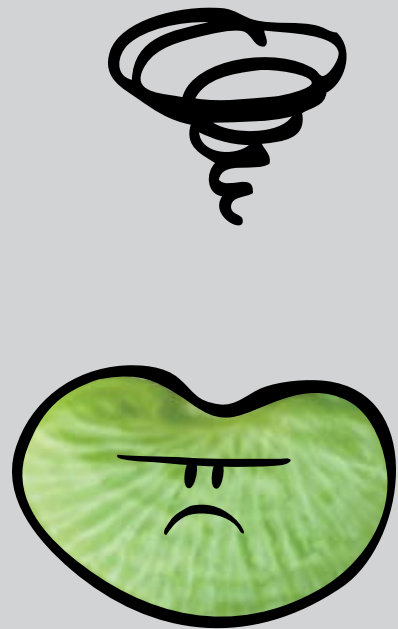
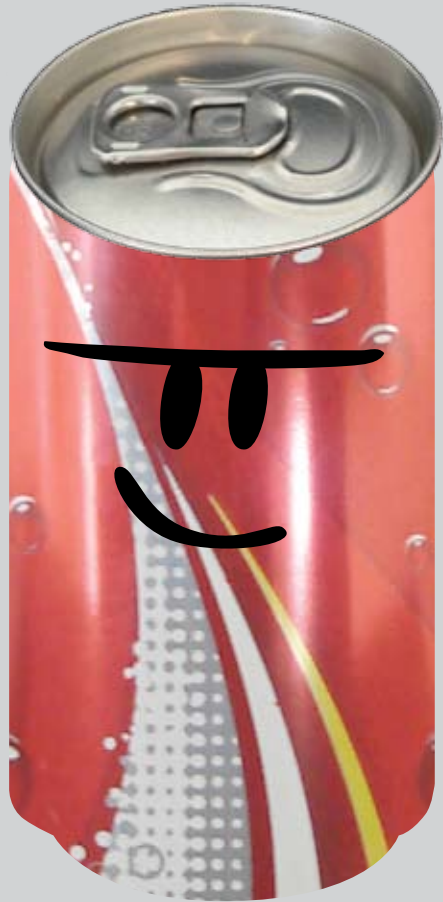
**"I REALLY
want to be
a rock star!"**

**"Can you
help me?"**

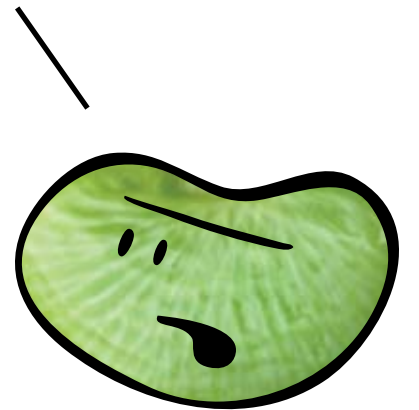


Sodas are one example of calories in liquid form, one 12 oz can has 140 calories





“Well, why not?”

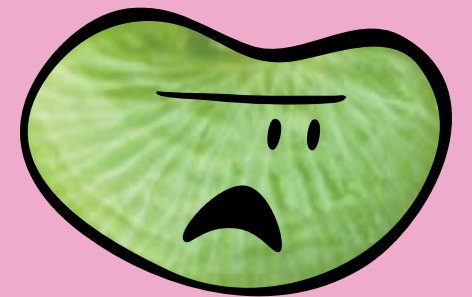


Sodas contain High Fructose Corn Syrup, a concentrated sweetener, not sugar

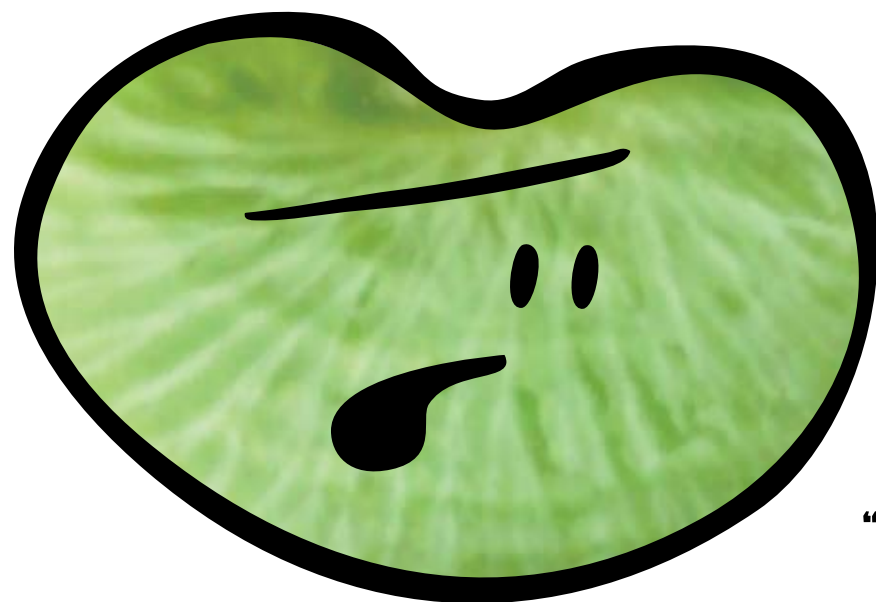
**Sodas *rot* your body,
not *rock* your body.**



Simon doesn't want his body to rot, so he leaves the sour soda.

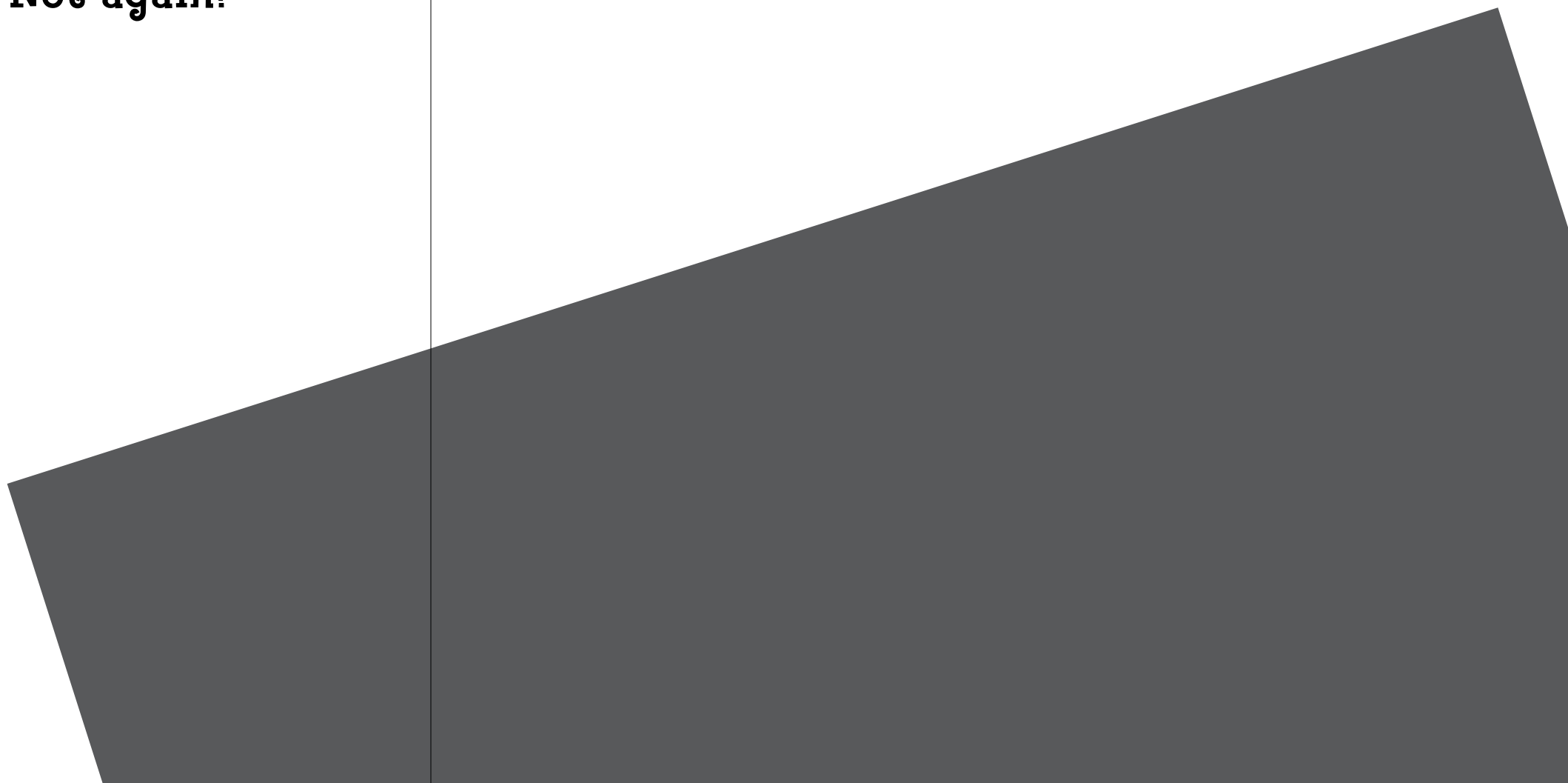


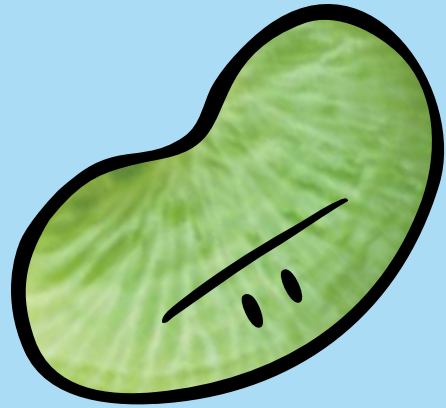
“Ew, that’s
not very rock
and roll.”



“Not again!”

Soon, Simon finds something else blocking his path.





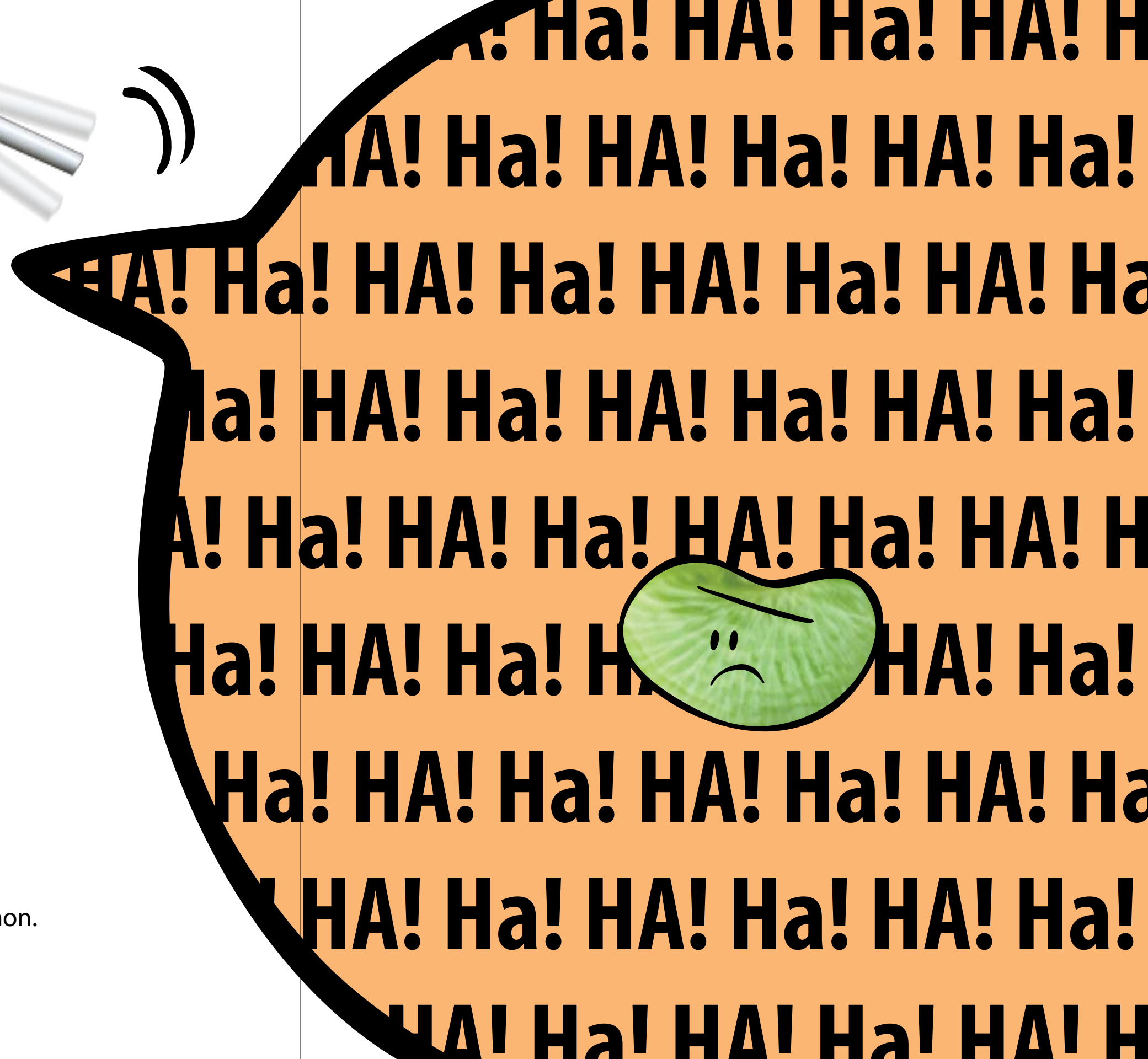
It sits up and Simon finds himself looking at a jittery juice box.



Simon needs help, so he asks the jittery juice box,



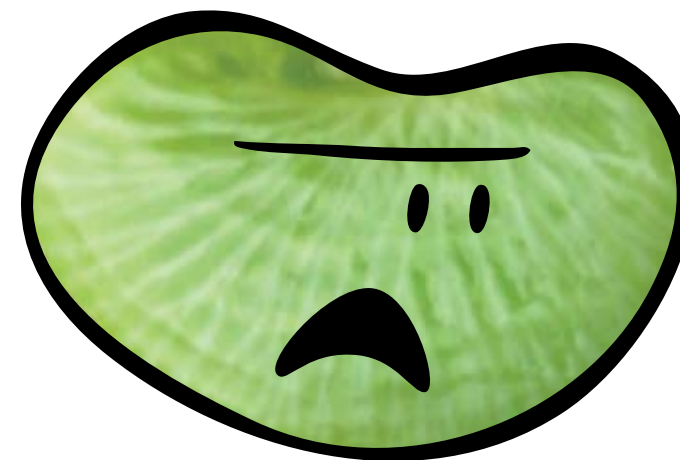
A child should only be allowed to have 6 oz. of 100% juice a day



**HA! Ha! J-juice can
g-get you super j-jittery
for the s-stage!**



Unhappy, Simon goes to the next thing he sees.



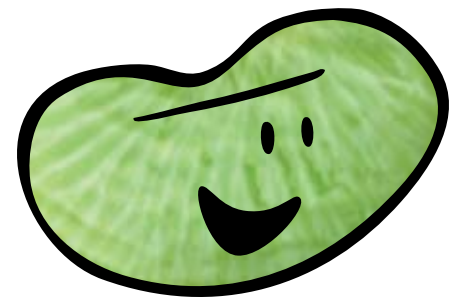
**"Juice is too
crazy to help
me sing!"**



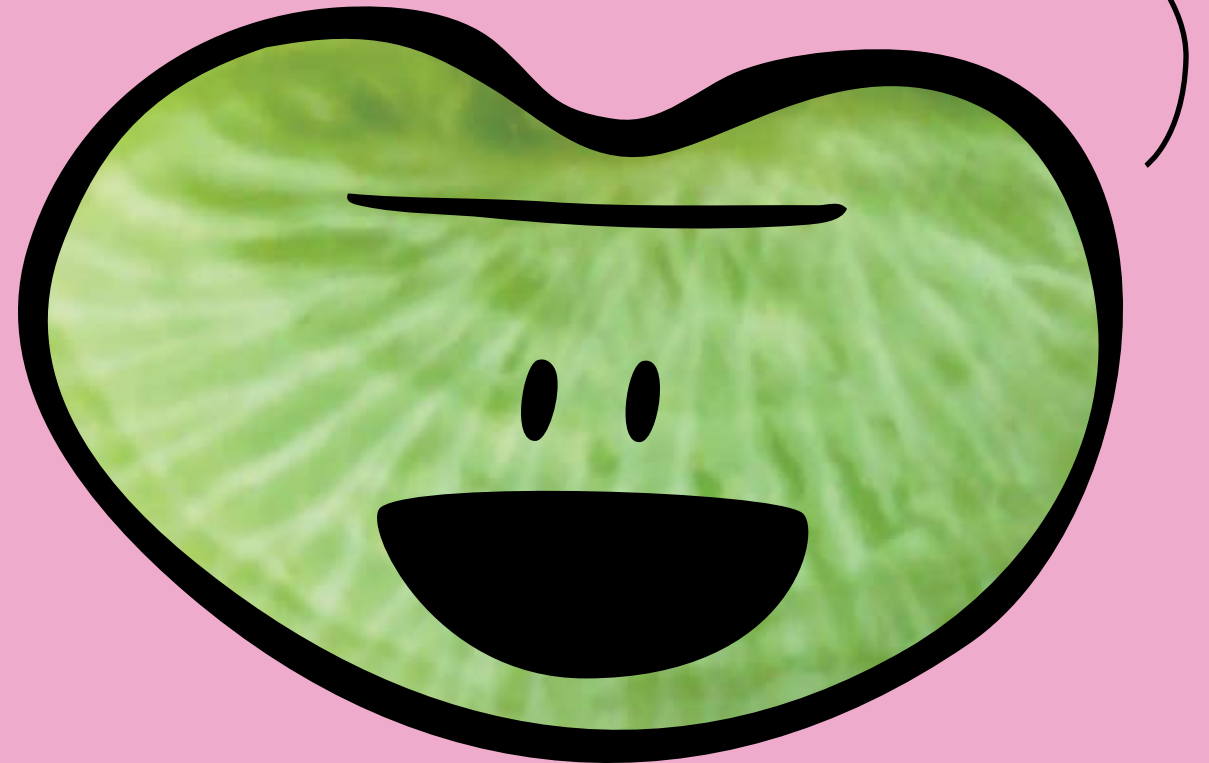
Instead of drinking juice, eat a piece of fruit which also provides fiber

He finds a cool glass of water.

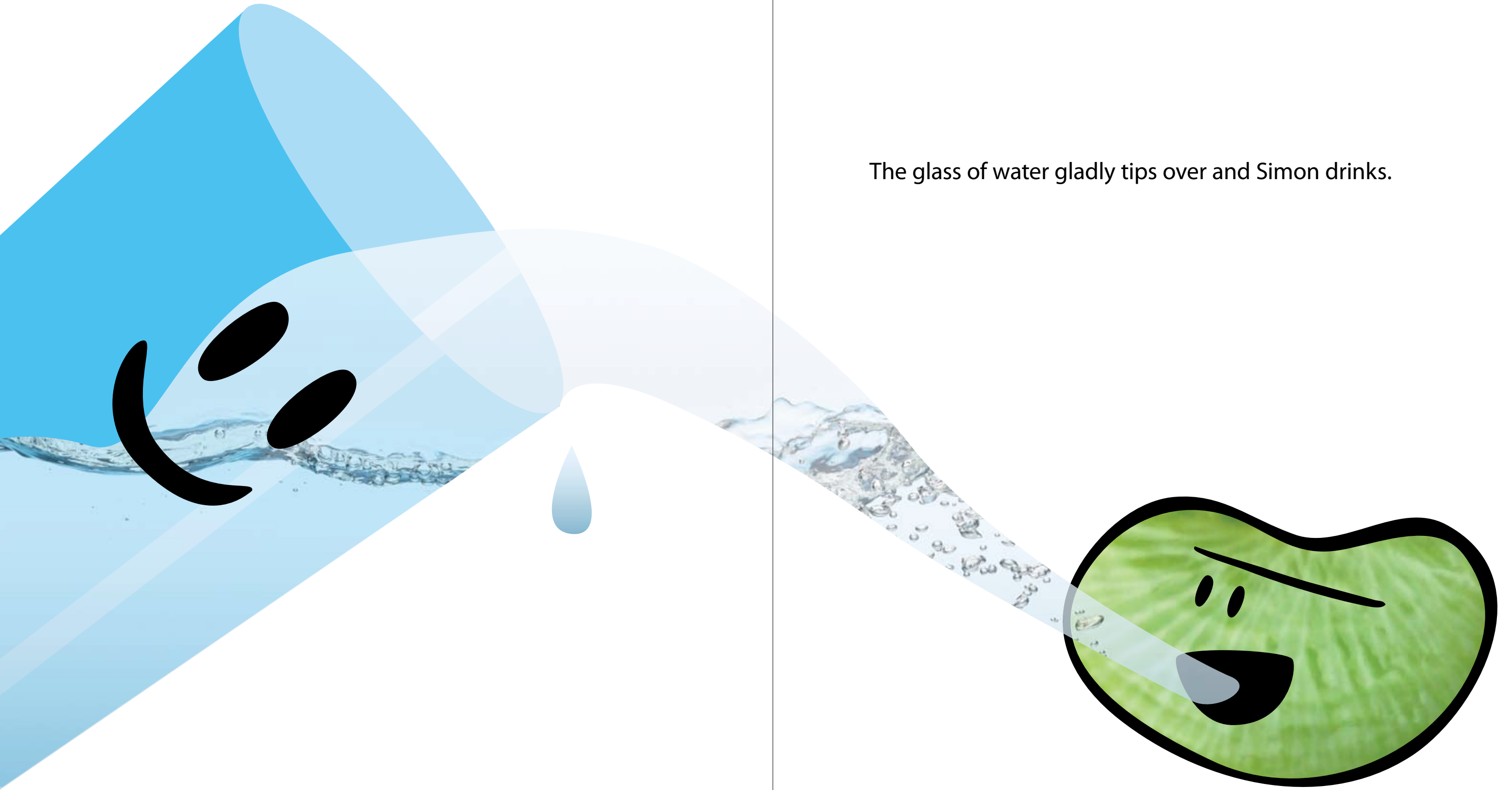
Hi! Can I help you?



**“I want to be
a rock star,
but my throat
is quite dry.”**



Water is better for body function than juice



The glass of water gladly tips over and Simon drinks.

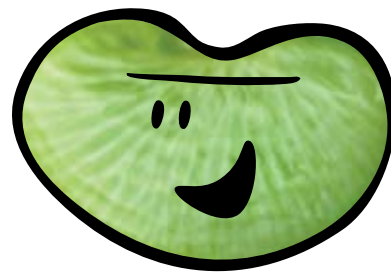


Establish the habit of drinking water with every meal

Better?

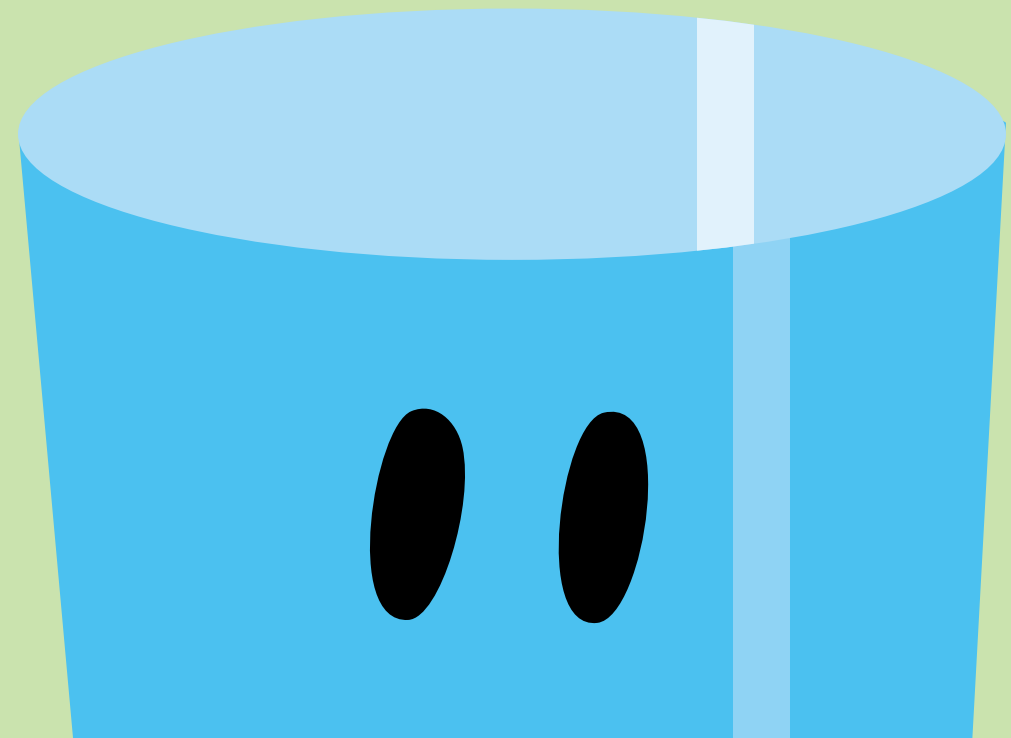


**"Oh yes,
very much!"**

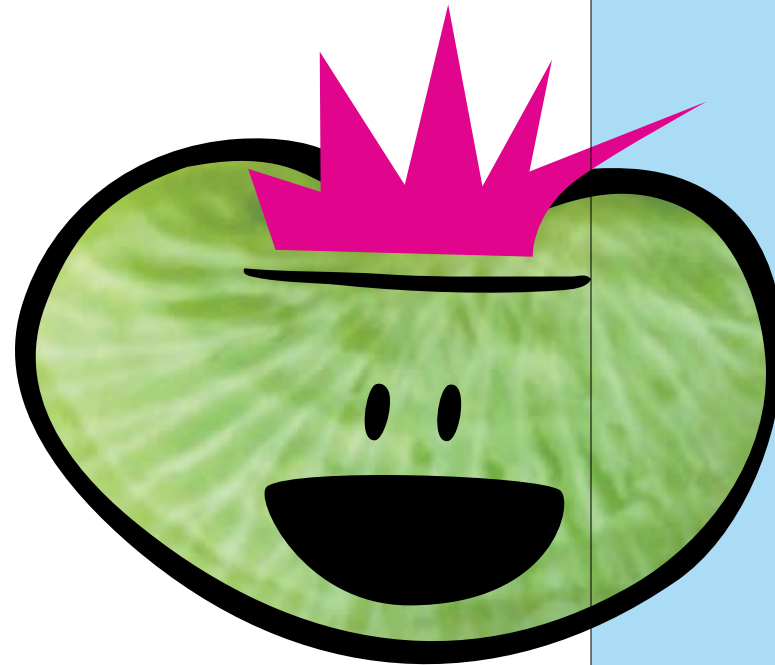


Then the cool glass of water has another great idea.

**So... can I
join your rock
band?**



LA! LA!
Yeah, Yeah!



“Yeah, Yeah!
LA! LA!”

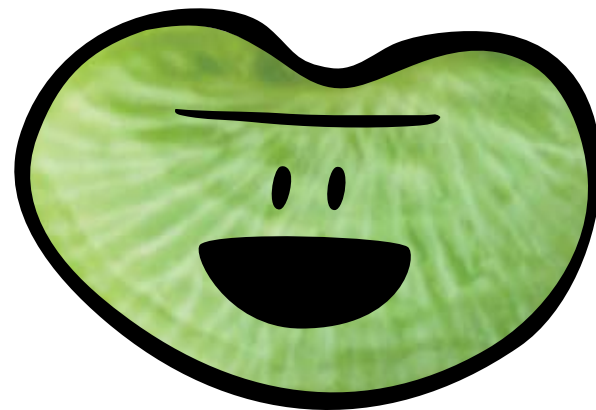
Simon is super happy to find a *very* helpful friend and band mate.

So they both sang loud and rocked out!

Simon Says

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

“I want everyone to be healthy and happy!”



Ask your child what other fun things can be done with water

Why does Simon want to be a rock star?

Being a rock star lets you express yourself creatively through songs and music. Rock stars entertain people and entertaining people is one way to feel good about yourself.

What is wrong with calories in liquid form?

They do not trigger the same feeling of fullness as food does. A toddler only needs between 1000 and 1500 calories a day depending on gender, height, and activity level. If they drink *empty* calories 3 times a day, they could consume up to 1/3 of their calorie allowance just through liquids. This habit does not promote a healthy diet. Water has zero calories *and* it helps the body function better.

The story implies that juice is bad for you, why?

Yes, juice has vitamins, but it is an unhealthy way to get those vitamins. Fruit juice is nature's way of getting us to eat fiber, which is found in whole fruit. When we remove the juice from fruit and drink it, we not only lose that chance to eat fiber, we also consume more calories than if we just ate the piece of fruit.

For example: One 8 oz glass of orange juice has 110 calories, one whole orange only has 60 calories.

What is the difference between High Fructose Corn Syrup and sugar?

High Fructose Corn Syrup (HFCS) is a concentrated sweetener derived from the same corn used to make ethanol an alternative fuel for cars. It is used in 40% of processed foods and almost 100% of drinks with calories (except 100% fruit juice).

While it is made of the same chemicals as sugar, the chemicals are held together differently. So the body processes HFCS differently than sugar. The body processes

HFCS through the liver like an alcohol; this doesn't trigger the chemical reaction in your body that tells your brain you are full. So if you don't feel full, you may eat or drink more.

Well what about diet drinks? They don't have calories, so can my child drink those?

Think of it this way, how does that diet drink *benefit* your child's health? Diet drinks contain artificial sweeteners, otherwise known as "chemicals." There is nothing natural about diet drinks. If you insist on giving your child flavored drinks on a regular basis, try flavoring a glass of water with a little bit of 100% fruit juice.

What song are the glass of water and Simon singing at the end of the story?

It's a happy lima bean song, but the words are secret. If you could make up your own rock star song, what would it sound like?

What do you mean by "regulate" calories in liquid form?

While eliminating calories in liquid form from your child's diet seems like the most ideal situation, forbidding your child a food product is not a good idea. Doing this increases the chance that they will have an unhealthy relationship with that food product in the future. They may sneak or binge on sodas as they get older if you totally deny your child access to them.

Lead by example, establish the habit of drinking water on a regular basis and establish when drinking sodas and juices is okay (like the weekly trip to a restaurant). In doing so, you give your child the ability as they grow up to decide when it is appropriate to have a soda or juice.

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

