



Emma Tate hates eating anything nutritious. When her despairing mother buys her a pretty plate to encourage her to eat up her dinner, she is unimpressed - until the elf that lives inside the house on the plate begs her to eat the food blocking his doorway so that he can come out. When she does, she finds proper food is not so bad as she thought! Beautifully illustrated throughout by **LYNN COSTELLOE**, Emma Tate and the Magic Plate is a fun story that encourages children to eat healthily. The author attributes current health problems to unhealthy childhood diet, and dedicates this book to all the parents of fussy eaters out there.

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