

New Australian Author Children Book Release

# THE **SUPERHEROES** ON YOUR PLATE

WRITTEN BY TANSY BOGGON

ILLUSTRATED BY EMMA HAY

*Every food at the dinner table competes for the title of superhero on your plate.*

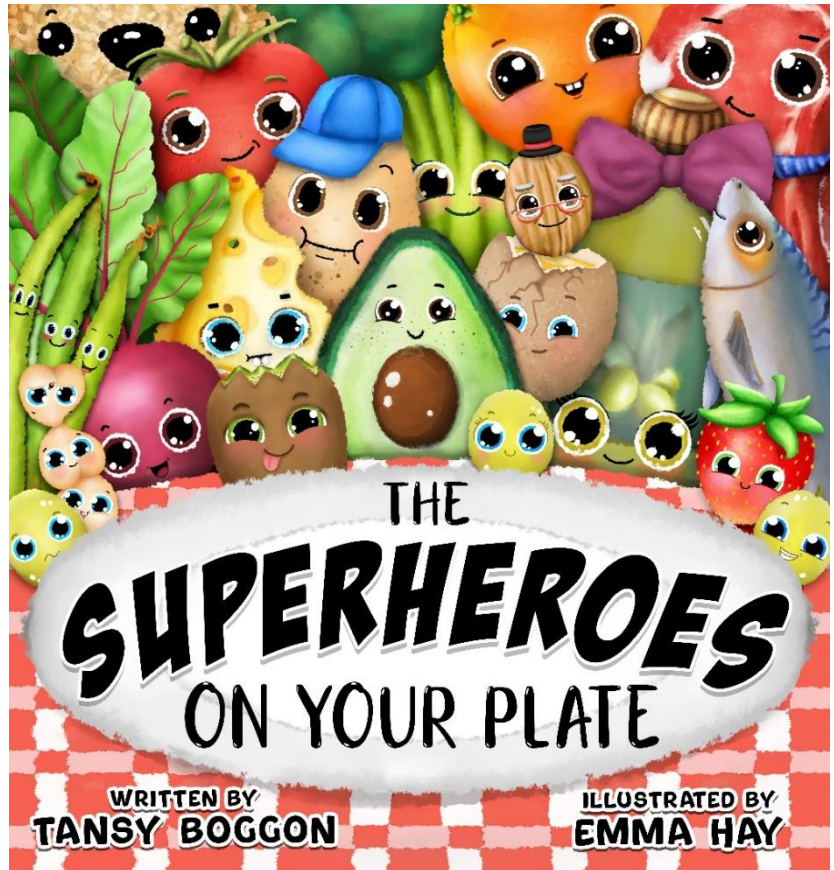
**Which food will claim the title?**

From avocado to kiwi and around to egg and look out for brown rice! Each food is on a mission to declare themselves the winner. It may be hard to digest at times, but some have an incredibly good reason for being a true champion.

*You will have to help them decide...*

Combine story time with educating children about nutrition and inspiring them to eat a wider variety of wholefoods.

This book aims to be a conversation starter as to what other foods children would bring to the plate as superheroes, either because they enjoy them or for health-promoting benefits. Who will be the plate superhero?



Visit [shawlinepublishing.com.au](http://shawlinepublishing.com.au) for more details on the author, Tansy Boggon.

RRP: \$16.95

Trade Price: \$8.48

ISBN: 9781922594761

Audience: Children

Format: Paperback

For Ages: 3 - 7 years old

Location: Christchurch NZ

Thank you for supporting a new young children book author from the New Zealand community of Christchurch. If you require any further communication or information, please contact us directly to organise and confirm as requested and within reasonable timing to help you meet your goals also.

**Publisher Contact: Jodie Kellett**

Email: [jodie@shawlinepublishing.com.au](mailto:jodie@shawlinepublishing.com.au)

Order from [www.titlepage.com.au](http://www.titlepage.com.au) for retail or your direct distribution agency.

For Library ordering please contact your direct supplier for preferences or sign up to our Trade Direct support.

For Trade Direct, visit our site at [www.shawlinepublishing.com.au/about-us/trade-supply/](http://www.shawlinepublishing.com.au/about-us/trade-supply/) or email us at [orders@shawlinepublishing.com.au](mailto:orders@shawlinepublishing.com.au)

When booksellers or organisations order directly through us they are guaranteeing the author a greater percentage of royalty for their books. You help sustain an Australian art form and talent. It is our 'pay it back'...



## A Conversation with Tansy

### **Why did you write ‘The Superheroes on Your Plate’? What were your inspirations?**

*The inspiration for ‘The Superheroes on Your Plate’ came to me as I was reflecting on a list I’d compiled in my work as a nutritionist. The list was of foods that are considered as both healthy and unhealthy by popular diets. I had written it to make the point that labelling foods, particularly wholefoods, as good and bad is illogical and that a health-promoting diet is all about balance.*

*Then in my mind, those foods came to life. I could see the foods challenging one another for the position of the superhero on the plate. In that moment, the story took form.*

### **How did you decide on the characters for ‘The Superheroes on Your Plate’?**

*Selecting characters for ‘The Superheroes on Your Plate’ was based on food groups and wholefoods that are often pitted against one another. Characters for my future children’s books are based on the personality traits I feel those foods would have, or the lessons they could teach us or learn on their journey to getting to the plate.*

### **What was the biggest challenge when writing the book?**

*I wrote ‘The Superheroes on Your Plate’ quickly, in a flurry of inspiration. Thus, the writing was easy and so too was the editing, given that it is a short story. I think the biggest challenge was considering whether it was a story worthy of coming to life with illustration and publication. It took me several months to confidently send it to publishers.*

### **Did you have any interesting experiences while writing or publishing ‘The Superheroes on Your Plate’?**

*Shopping for fruit and vegetables has become part recipe conceptualisation and part selecting characters for future books. I stand in the produce section wondering what the cabbage would say if it could speak or marvelling at the lusciousness of an eggplant.*

**Published by PLAYTIME BOOKS**  
A division of Shawline Publishing Group Pty Ltd



### **What are your plans for your future books?**

*I’d like to write more children’s books that follow individual food characters. I also have an idea for a recipe book and a novel, which is already in the works. However, my approach is to complete one writing project at a time, so that they become more than just ideas in my mind.*

### **Do you like to create books for adults, kids, or a cause? Why?**

*I love opening people’s minds to be more curious and reflective, no matter their age. I think that at all ages it’s helpful to learn to see things from a new perspective.*

*My first book was a self-help book written for adults. The Superheroes on Your Plate is the first children’s book I’ve written, and I’ve begun to write others. I also have a novel in the works, which is women’s fiction.*

### **What was one of the most surprising things you learned in creating your book, ‘The Superheroes on Your Plate’?**

*It is surprising how many other skillsets are required to bring a book to life and on to the shelves of bookstores and libraries. Authors depend on many people that are lit up by other activities such as drawing, formatting, accounting, law, marketing, and so much more.*

### **Where do you get your information or ideas for your books?**

*I love researching nutritional and psychological concepts.*

*I have degrees in both nutritional and environmental science and am a curious person. The inspiration for my books comes from reflecting on sciences and what is occurring around me.*

*Writing children’s books enables me to tap into both my science nerd and creative side.*

