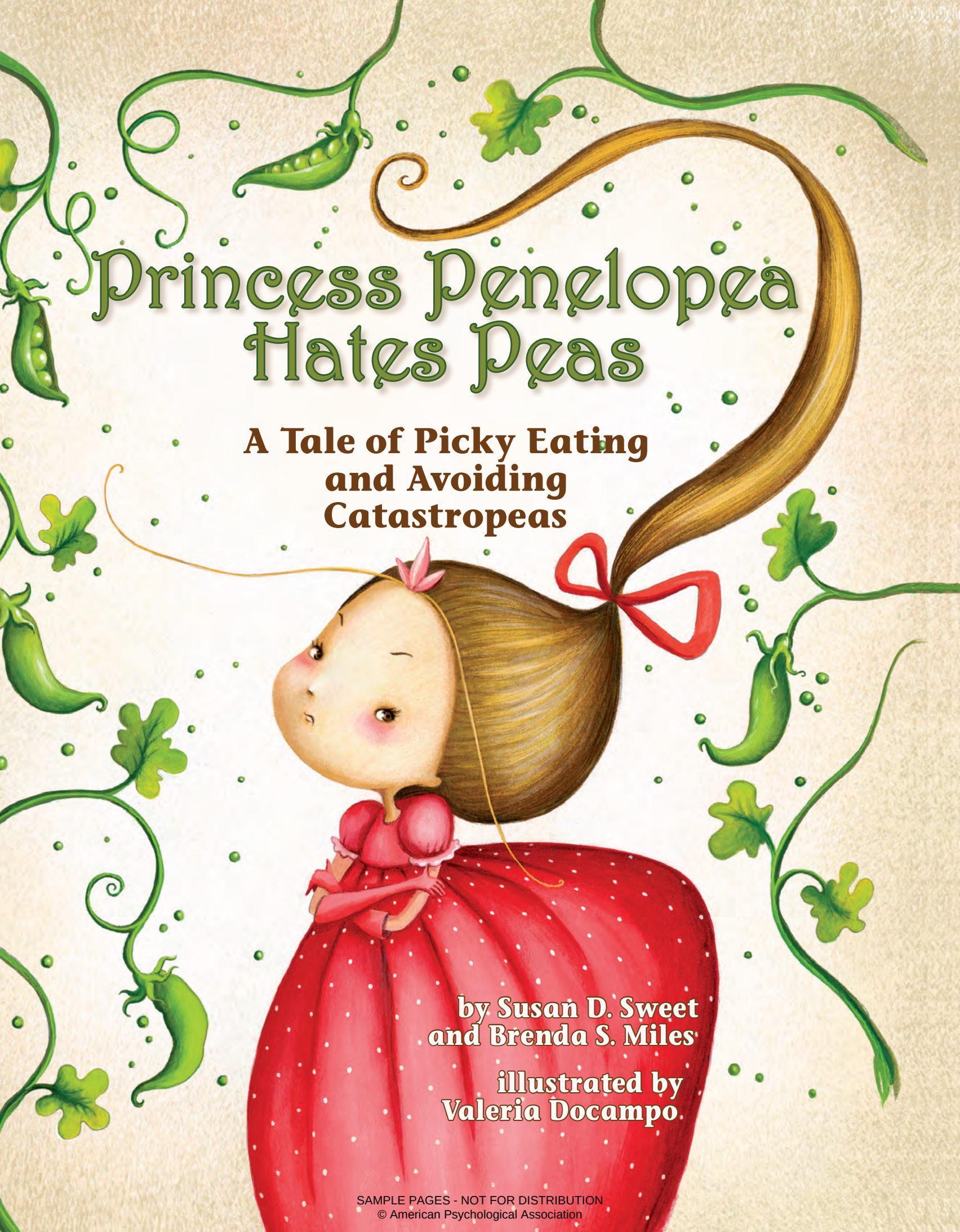




Princess Penelopea Hates Peas

**A Tale of Picky Eating
and Avoiding
Catastropheas**

**by Susan D. Sweet
and Brenda S. Miles**

**illustrated by
Valeria Docampo**

For my family, believers in dreams—SDS

For Katherine and Brian, child advocates who venture forth with passion and creativity—BSM

With love for the little princess Helena—VD

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Summary: “Penelopea lives in Capital Pea where peas are plentiful and popular. The problem is that Penelopea hates peas! So she comes up with a plan to make them disappear only leading to a catastrophe of epic portions. Eventually, Penelopea grows her own plant and tastes one perfect pea. Turns out, she likes peas after all!”—
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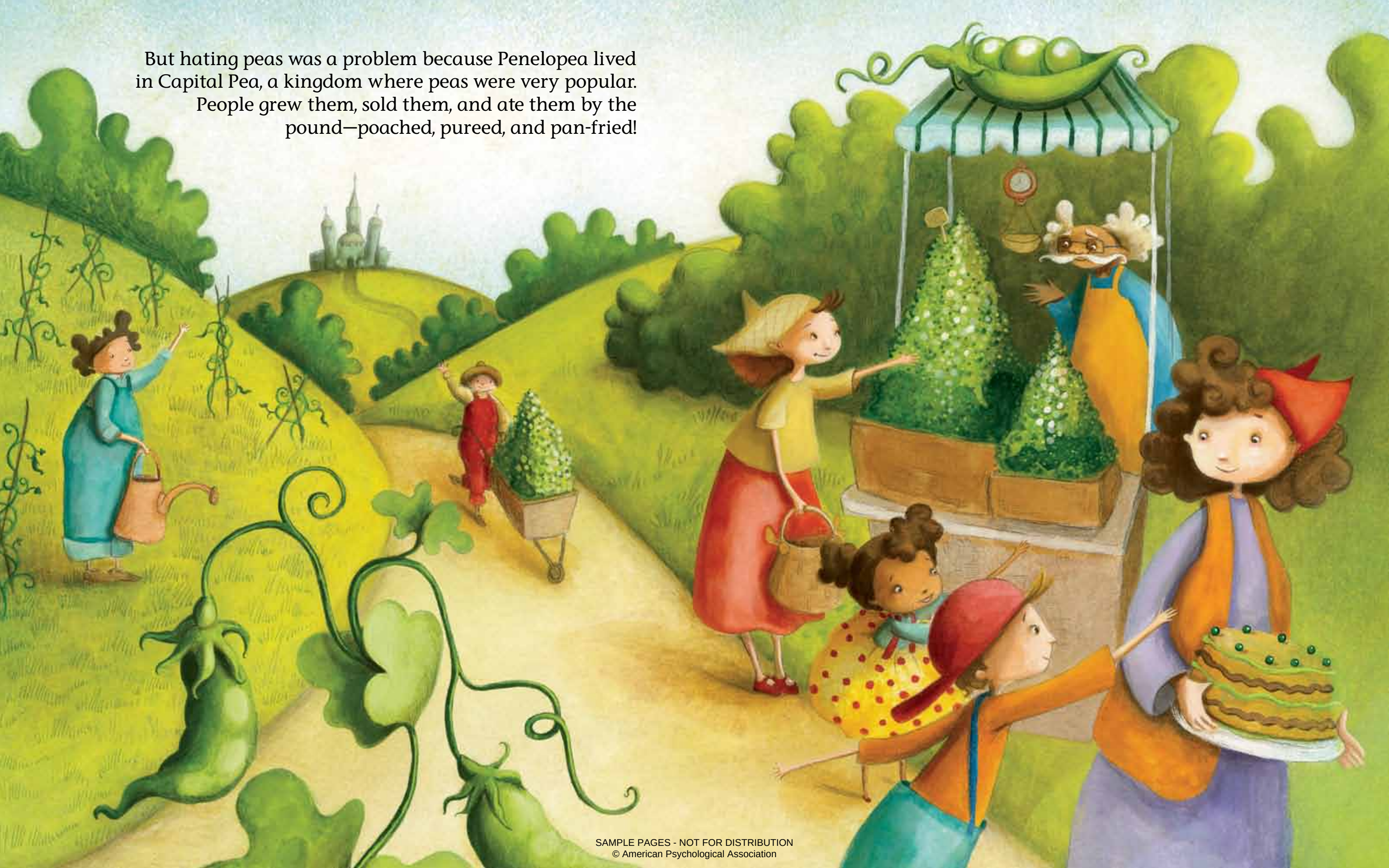


Once upon a time there lived a princess named Penelopea. Penelopea hated peas. She wouldn't touch them or smell them, and she certainly wouldn't eat them!

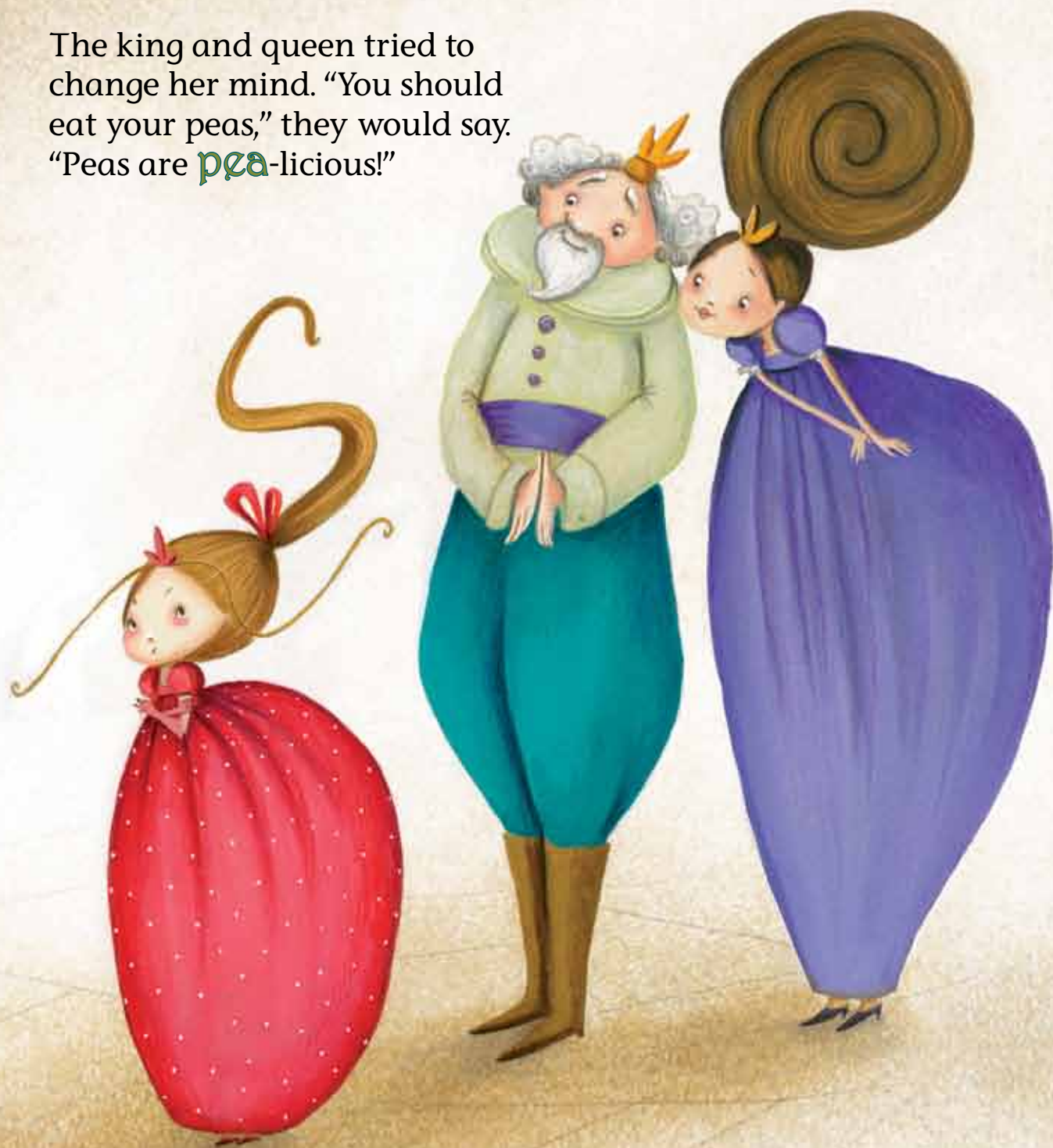


She even hated the **p-e-a** in her name,
so she wrote her name without it.

But hating peas was a problem because Penelopea lived in Capital Pea, a kingdom where peas were very popular. People grew them, sold them, and ate them by the pound—poached, pureed, and pan-fried!



The king and queen tried to change her mind. "You should eat your peas," they would say. "Peas are pea-licious!"



That didn't work, so they tried hiding peas in Penelopea's porridge. But she found every single one and then she stopped eating porridge.



Children's / Life Skills
Ages 4-8

Princess Penelopea Hates Peas

Once upon a time there was a princess named Penelopea. Penelopea lived in Capital Pea, where people ate peas by the pound—pureed, poached, and pan-fried!

There was just one problem. Penelopea hated peas. So she came up with a plan—but it led to a catastrophe of epic proportions!

Eventually, in an effort to make peas disappear from the kingdom forever, she tries just one pea...then another...then another...and discovers they are positively pea-licious after all.

Includes a section for parents and caregivers with ideas for introducing picky eaters to new options, and encouraging children to eat a variety of healthy foods.

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