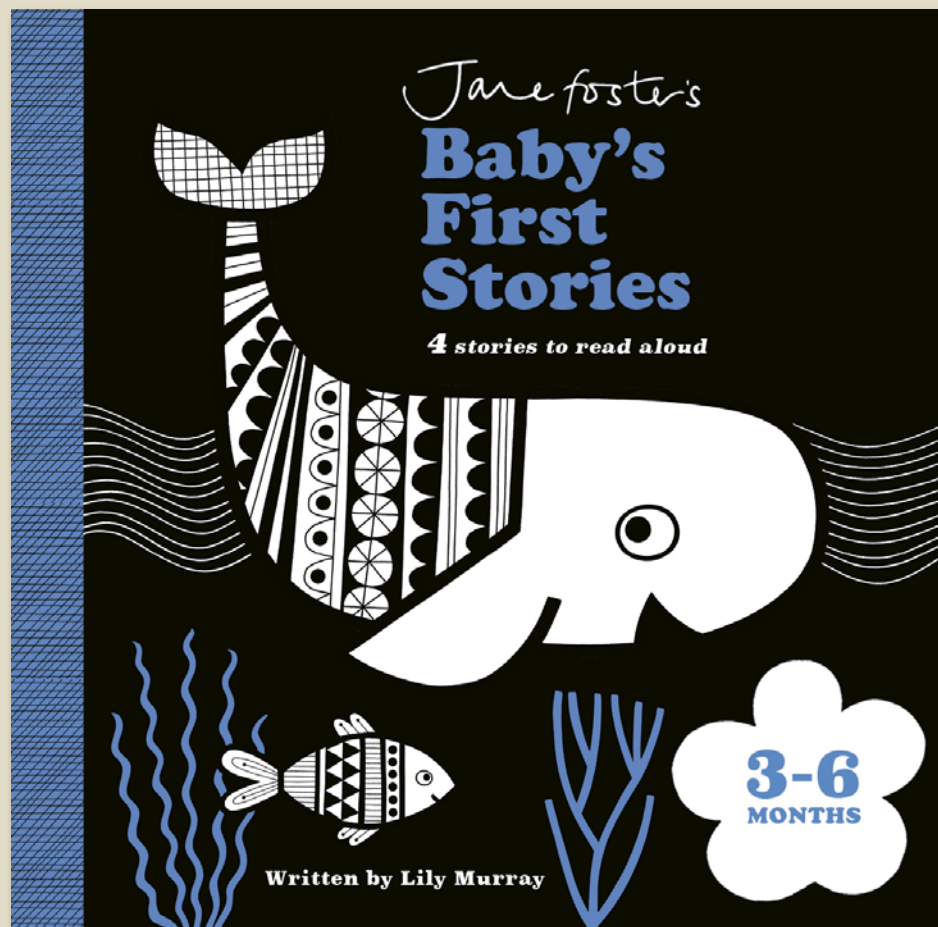




**Mayo Clinic Frankfurt 2022**

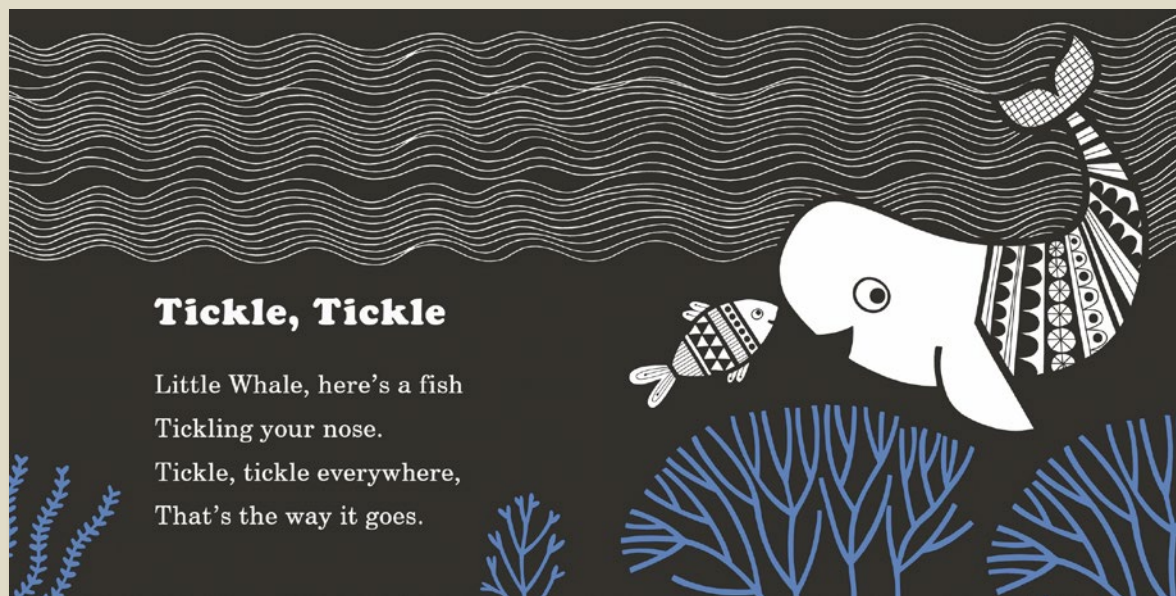
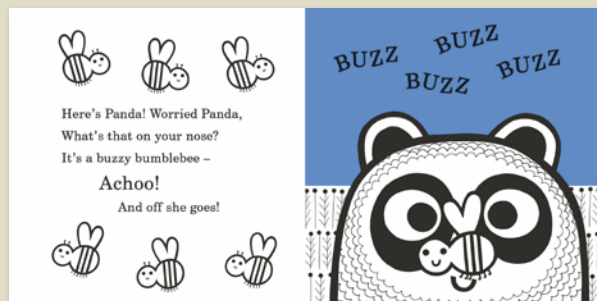
# Jane Foster's Baby's First Stories: 3-6 months



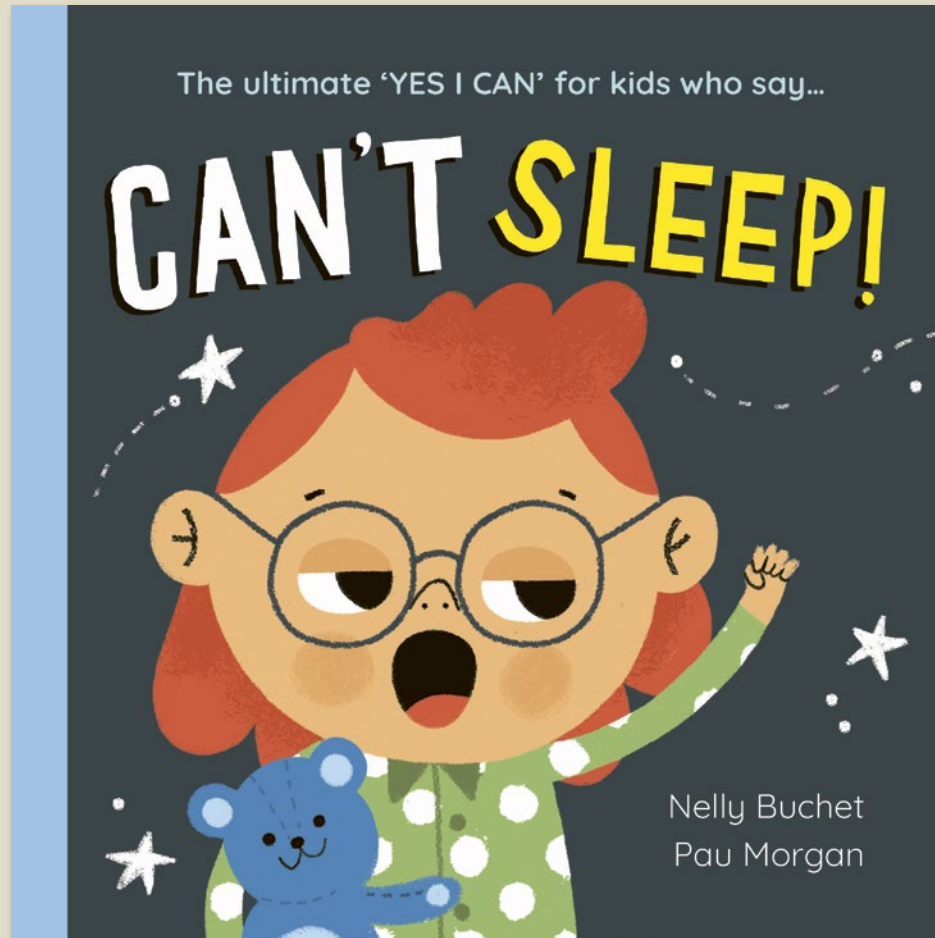
## A series that grows with your baby

- Written in consultation with Early Years Expert, Lizzie Noble, each book perfectly suits your baby's needs at every stage of their first year
- Fills a gap in the market: parents are told to read to their baby every day, but black and white books usually have little text. Reading aloud soothes babies from birth, promotes baby-carer bonding, builds children's language skills, and increases the chances that parents will continue to read to babies as they grow older
- Perfect for parents who use the Wonder Weeks App, read Your Baby Week by Week, or use milestone cards to mark big moments
- 4 books in the series, all featuring the same animal characters: 0-3 months; 3-6 months; 6-9 months; 9-12 months

# Jane Foster's Baby's First Stories: 3-6 months



Pub Date	03/08/2023
Pub Price	£10.99
ISBN	9781800785144
H x W	200 x 200mm
Binding	Board Book
Age Range	0-5 years
Author	Lily Murray
Illustrator	Jane Foster
Extent	32pp
Rights Available	World



**The ultimate “YES I CAN” for kids who feel challenged by life’s daily struggles.**

- Picture book series ‘I Really Want’ which deals with similar issues has sold over 2100,000 copies worldwide (as of July 2022)
- Written by Nelly Buchet, an actor (*Big Little Lies*) and author (*Cat Dog Dog: The Story of a Blended Family*).
- Features the bright, friendly illustrations of Paulina Morgan.
- Series features a diverse range of characters and adult/child relationships.



# Can't Sleep



Pub Date	<b>05/08/2021</b>
Pub Price	<b>£6.99</b>
ISBN	<b>9781787418622</b>
H x W	<b>165 x 165mm</b>
Binding	<b>Board Book</b>
Age Range	<b>0-5 years</b>
Author	<b>Nelly Buchet</b>
Illustrator	<b>Paulina Morgan</b>
Extent	<b>22pp</b>
Word Count	<b>70 words</b>
Rights Available	<b>World</b>

# Mrs Owl's Forest School: The Very Big Den

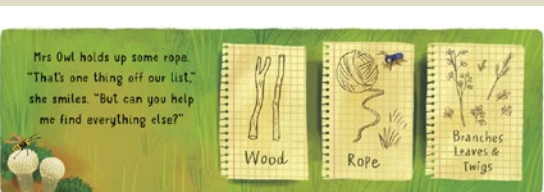
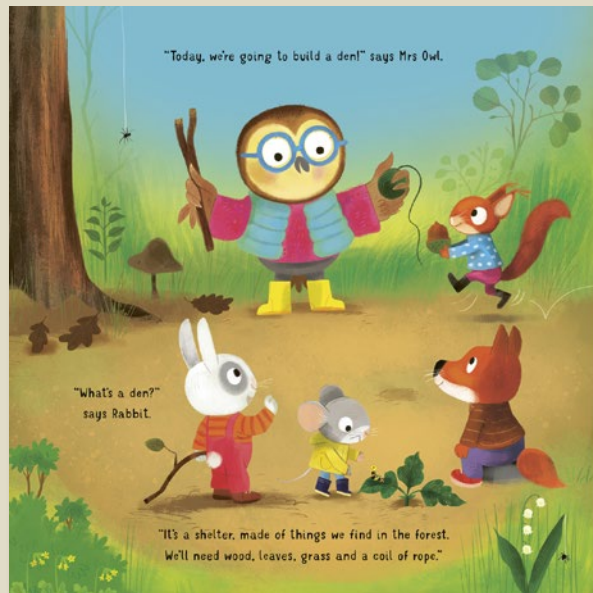


## Discover forest school in this gentle story packed with facts

- A perfect mix of picture book and non-fiction - ideal for curious explorers or Forest School pupils
- Forest schools are growing in popularity in the UK and internationally, and sessions are now widely incorporated into the school curriculum at primary level
- Includes kit lists, how-tos and campfire recipes you can try at home with an adult
- With a page of tips at the end for bringing forest school activities into your own home, garden or park
- Written in consultation with outstanding certified forest childcare provider Lizzie Noble

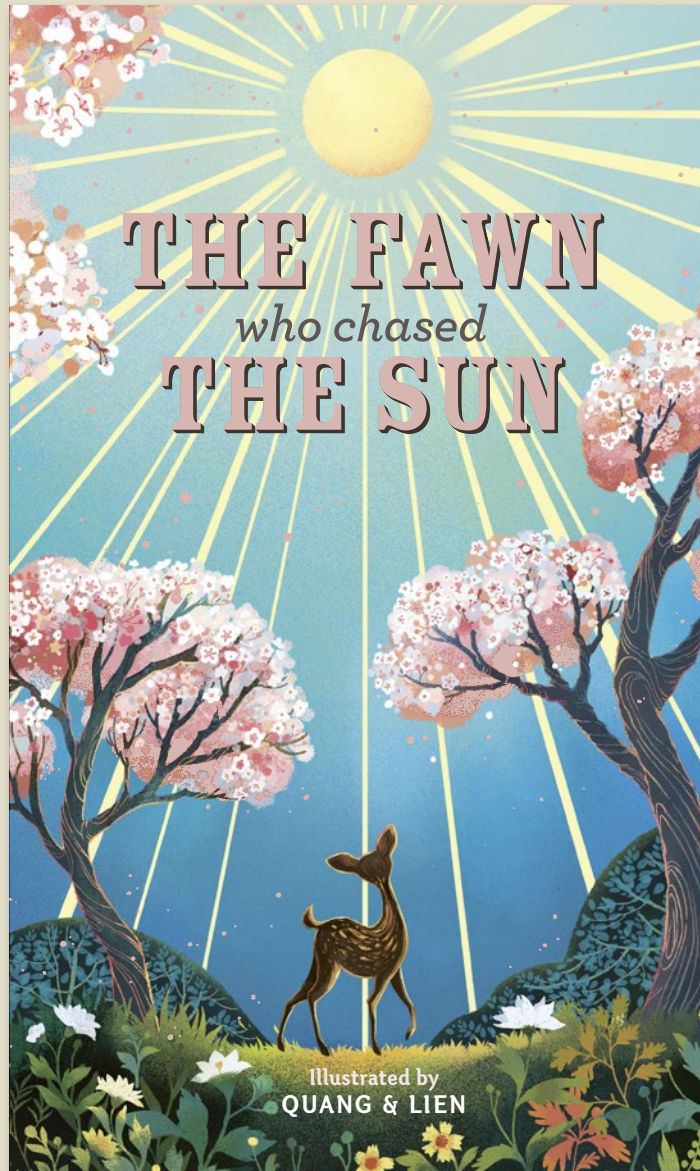


# Mrs Owl's Forest School: The Very Big Den



Pub Date	03/08/2023
Pub Price	£7.99
ISBN	9781800785755
H x W	250 x 250mm
Binding	Paperback
Age Range	0-5 years
Author	Ruth Symons
Illustrator	Sebastien Braun
Extent	32pp
Word Count	1640 words
Rights Available	World

# The Fawn Who Chased the Sun



**A lushly illustrated storybook about savouring the miracles of the everyday.**

- Lush, stylised illustrations from award-winning Vietnamese duo Quang and Lien
- A lyrical modern-day classic with the feel of a fable, delivering a gentle message about the dangers of losing sight of the things that really matter
- High production values and a beautifully foiled cover make this the perfect gift to treasure and enjoy

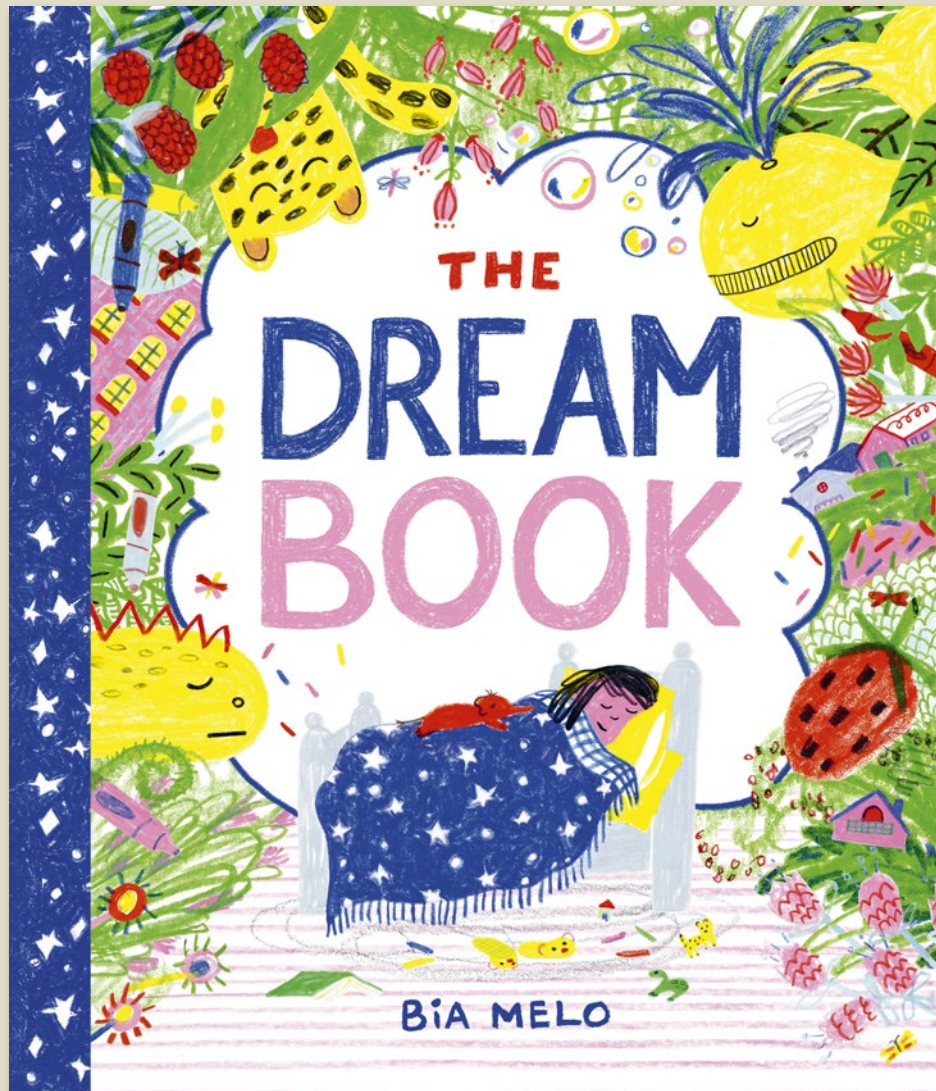


# The Fawn Who Chased the Sun



Pub Date	<b>10/11/2022</b>
Pub Price	<b>£14.99</b>
ISBN	<b>9781787410787</b>
H x W	<b>320 x 190mm</b>
Binding	<b>Hardback</b>
Age Range	<b>5-7 years</b>
Author	<b>Joanna McInerney</b>
Illustrator	<b>Phung Nguyen Quang and Huynh Thi Kim Lien</b>
Extent	<b>48pp</b>
Rights Available	<b>World</b>

# The Dream Book



## A fun, wacky dreamworld adventure from a debut talent!

- With a lot of interest, Templar snapped up Bia Melo's debut picture book after she graduated from the prestigious MA in Illustration from the Cambridge School of Art.
- Bia's work was showcased in an exhibition at *Fortnum & Mason* as part of the Queen's jubilee celebrations in 2022, as well as at the *Illustrator 65* exhibition in New York and the *Society of Illustrators of Los Angeles Illustration West* exhibition in 2023.
- Bia has already been shortlisted and awarded a number of awards including, a finalist at the *Golden Pinwheel Young Illustrator awards*, a new talent finalist at the *World Illustration Awards* and been awarded highly commended at the *Macmillan Prize*.



# The Dream Book



Pub Date	<b>29/06/2023</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781800784598</b>
H x W	<b>287 x 247mm</b>
Binding	<b>Paperback</b>
Age Range	<b>0-5 years</b>
Author	<b>Bia Melo</b>
Illustrator	<b>Bia Melo</b>
Extent	<b>32pp</b>
Word Count	<b>380 words</b>
Rights Available	<b>World</b>

# The Fixer of Broken Things



**What happens when the famous fixer of broken things finds a problem that she can't solve?**

- From the author and illustrator of *Number 7 Evergreen Street*, winner of the Royal Institute Of British Architects' Student Choice & Teacher's Choice for 5-7 year olds
- Julia Patton is an up-and-coming picture book talent in both the UK and the US. Bartleby from *The Very Very Very Long Dog* (Sourcebooks) is on the Barnes and Noble character wall of fame in the US.
- A wonderful story about sadness and how talking to a support network can help. The 'broken thing' Bea finds is a clockwork heart and speaking about her problems is what makes it work again.

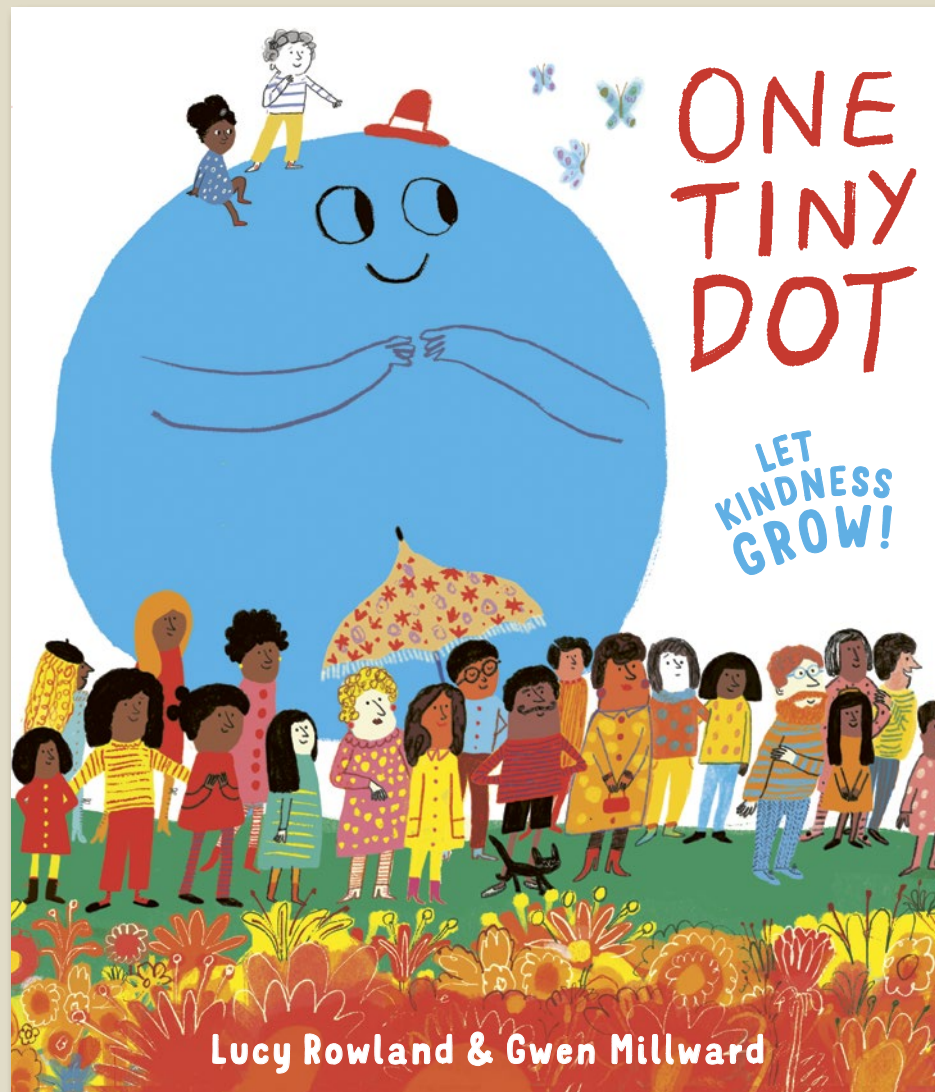


# The Fixer of Broken Things



Pub Date	<b>23/02/2023</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781787418356</b>
H x W	<b>287 x 247mm</b>
Binding	<b>Paperback</b>
Age Range	<b>0-5 years</b>
Author	<b>Julia Patton</b>
Extent	<b>40pp</b>
Rights Available	<b>World</b>

# One Tiny Dot



**A charming exploration of the power of kindness, embodied by a simple dot.**

- A distinctive and creative treatment of emotions with an important message
- A warm narrative and deceptively simple allegory of kindness and its ability to spread joy to all
- Brought to life with Gwen Millward's stunning, bold and colourful art

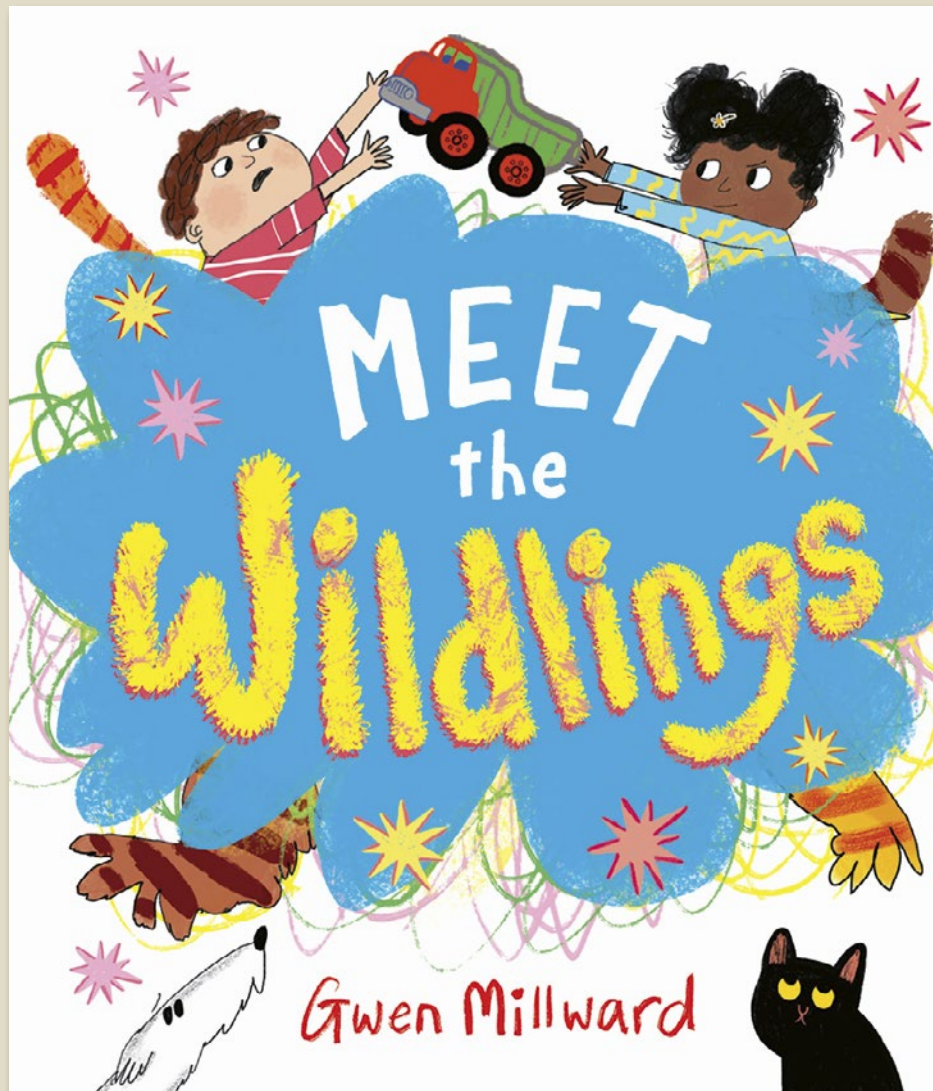


# One Tiny Dot



Pub Date	14/04/2022
Pub Price	£7.99
ISBN	9781787418868
H x W	265 x 228mm
Binding	Paperback
Age Range	Adult
Author	Lucy Rowland
Illustrator	Gwen Millward
Extent	40pp
Rights Available	World

# Meet the Wildlings



**A hilariously relatable story about learning to share and tantrums.**

- A hilarious twist on a universal theme that creatively encapsulates the emotions that come with learning to share, teamwork and kindness.
- Includes representation of a blended family.
- Humorous back matter that includes a 'how to spot a Wildling' checklist for all readers big and small to make use of!
- Our first book with Gwen Millward as author-illustrator, the very talented illustrator of another Templar title *One Tiny Dot*.
- Gwen's second book as author-illustrator, *My Friend Leafy* is scheduled to publish with us in 2025.
- Cover treatments: matt lam and SPUV.

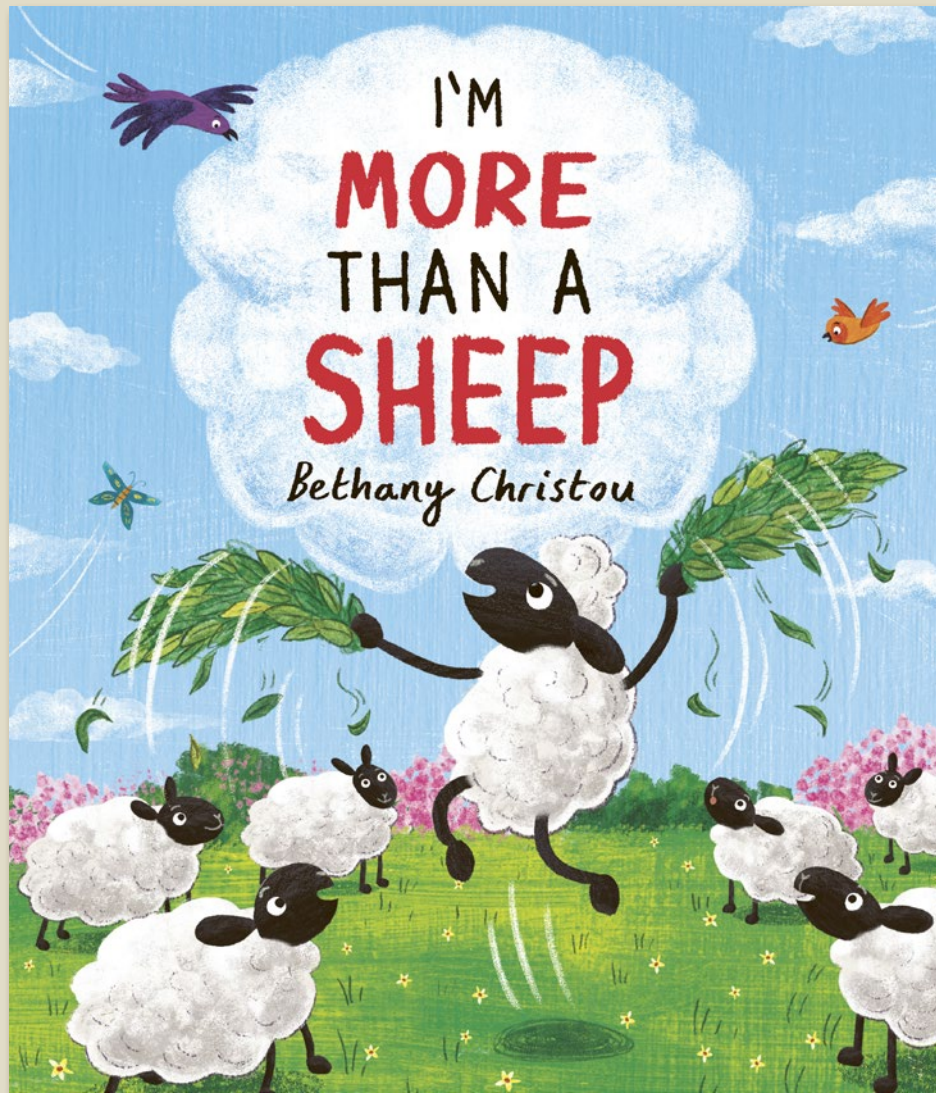


# Meet the Wildlings



Pub Date	<b>04/01/2024</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781787419339</b>
H x W	<b>265 x 228mm</b>
Binding	<b>Paperback</b>
Age Range	<b>0-5 years</b>
Author	<b>Gwen Millward</b>
Illustrator	<b>Gwen Millward</b>
Extent	<b>40pp</b>
Word Count	<b>540 words</b>
Freight On Board	<b>19/10/2023</b>
Rights Available	<b>World</b>

# I'm More Than A Sheep

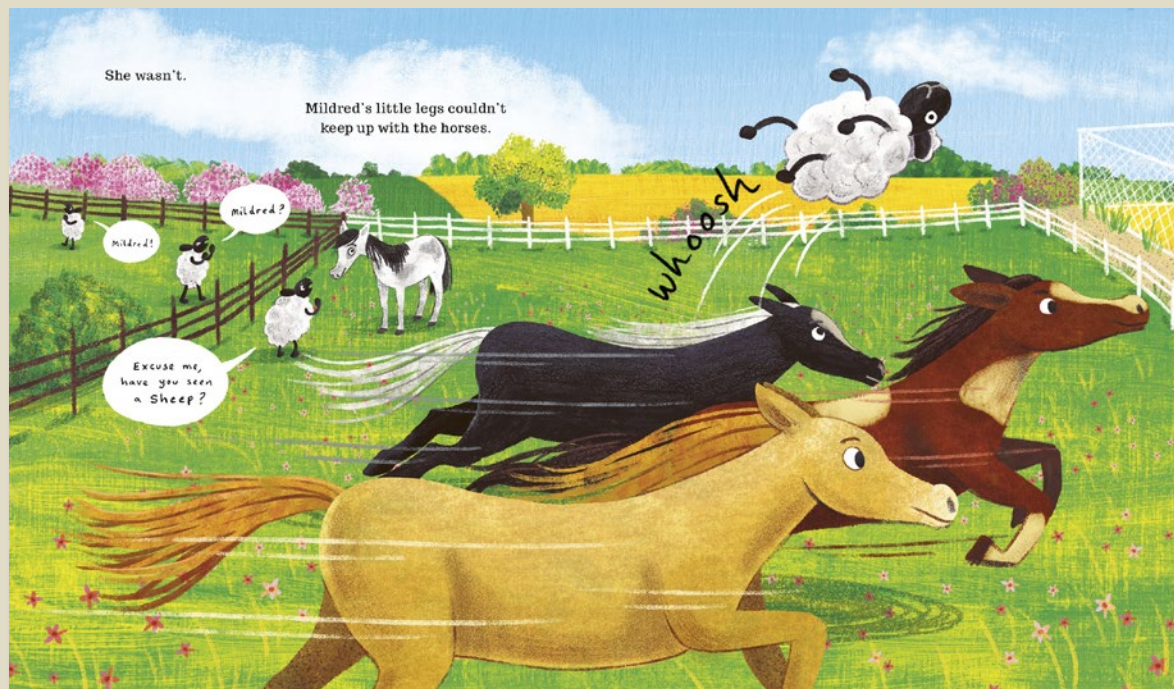


## One sheep's farmyard odyssey.

- Our third picture book with Bethany Christou, following *Nervous Nigel* and *Slow Samson* which has sold over 34,000 copies worldwide (as of July 2022).
- A tale of identity, self-discovery and personal potential for children discovering their interests.
- A hilarious countryside adventure with a host of familiar animals

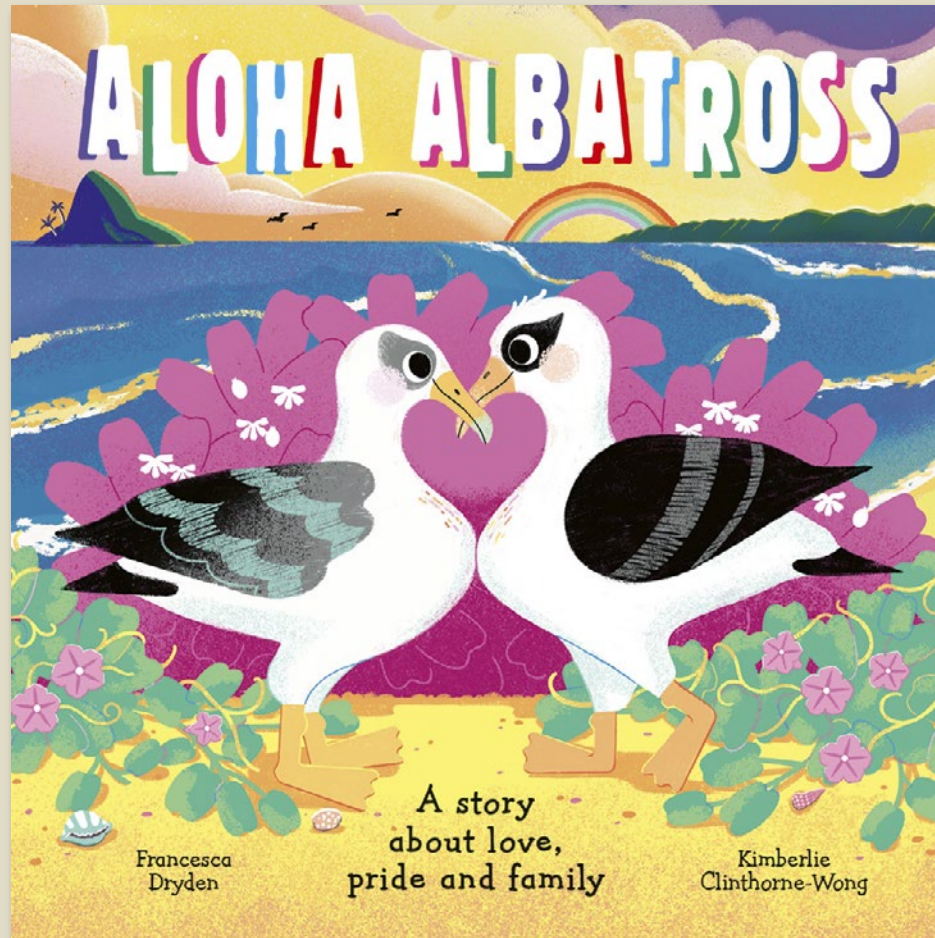


# I'm More Than A Sheep



Pub Date	<b>28/04/2022</b>
Pub Price	<b>£6.99</b>
ISBN	<b>9781800781603</b>
H x W	<b>265 x 228mm</b>
Binding	<b>Paperback</b>
Age Range	<b>5-7 years</b>
Category	<b>Picture Book</b>
Author	<b>Bethany Christou</b>
Illustrator	<b>Bethany Christou</b>
Extent	<b>40pp</b>
Word Count	<b>750 words</b>
Rights Available	<b>World</b>

# Aloha Albatross

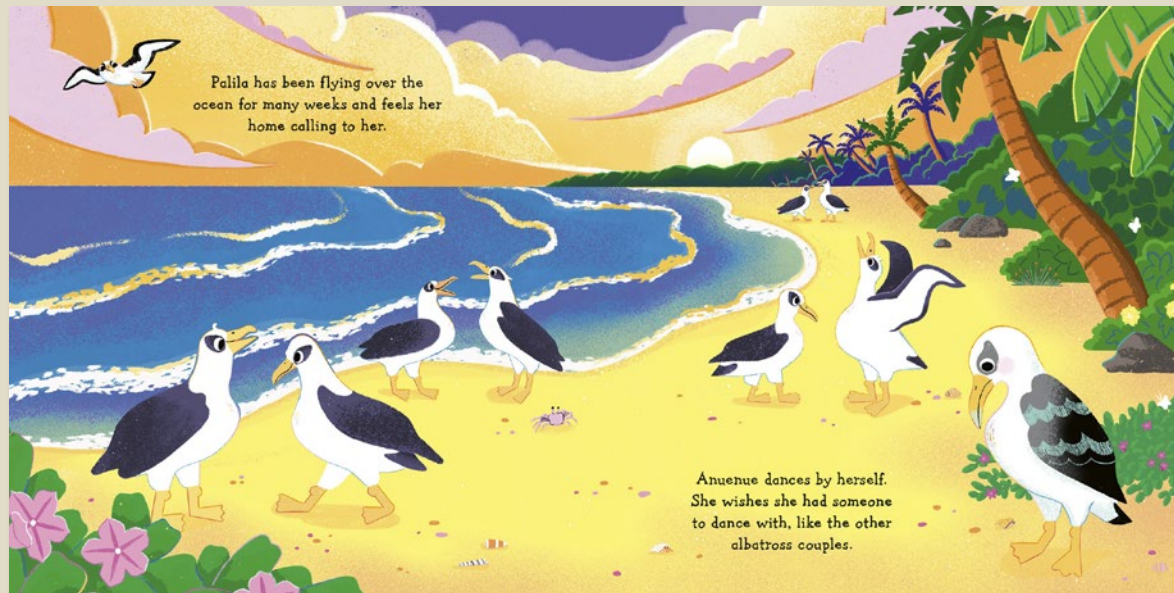


**A beautifully illustrated LGBTQ+ picture book celebrating the relationship between two female albatrosses.**

- Lyrical text accompanied by artwork set against the dramatic backdrop of O’ahu, Hawaii.
- Based on the scientific observations of the Laysan Albatrosses of O’ahu, where up to 31% of pairs are female-female.
- Includes an information page by Dr Lindsay Young, a Wildlife Biologist who led the research into the Laysan Albatrosses.
- A celebration of same-sex parents and true love, this proud picture book publishes ahead of Pride Month (June 2023).

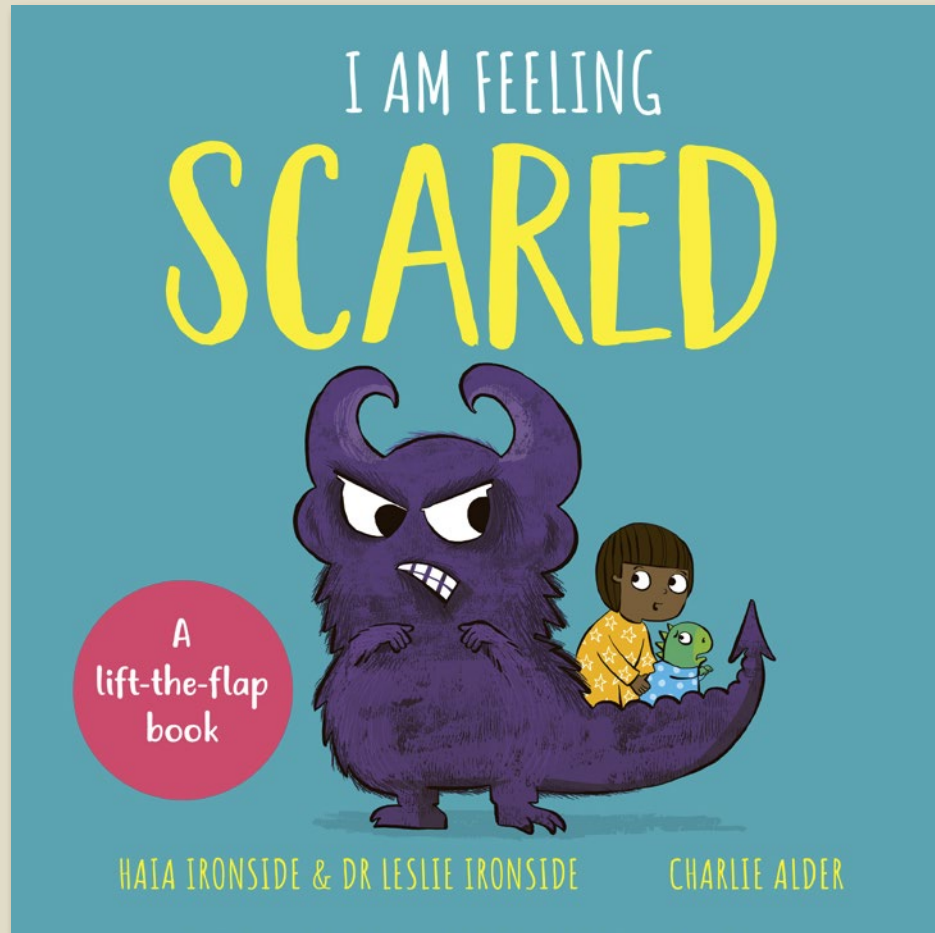


# Aloha Albatross



Pub Date	<b>25/05/2023</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781800783768</b>
H x W	<b>250 x 250mm</b>
Binding	<b>Paperback</b>
Age Range	<b>5-7 years</b>
Author	<b>Francesca Dryden</b>
Illustrator	<b>Kimberlie ClinthorneWong</b>
Extent	<b>32pp</b>
Word Count	<b>650 words</b>
Rights Available	<b>World</b>

# I Am Feeling Scared

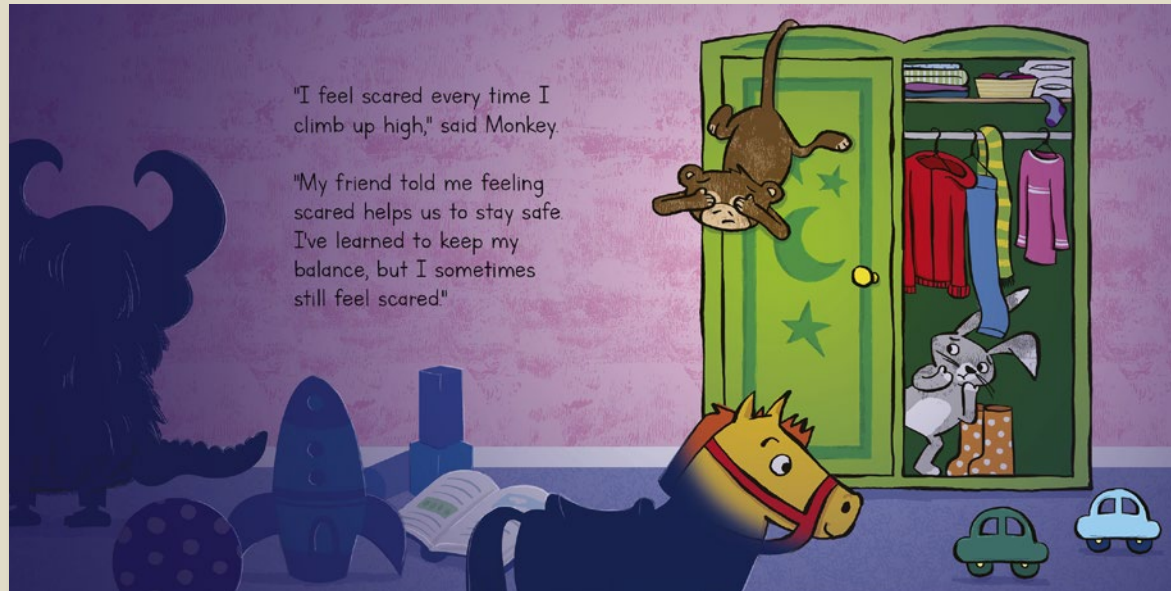


## A reassuring picture book about feelings.

- Encourages discussion about, and normalisation of, difficult feelings for young children.
- Written by father-daughter duo, Dr Leslie Ironside and Haia Ironside - they combine their experience as psychotherapist and teacher to create this series.
- Also includes a 'notes for carers' spread at the back of the book, to empower adults to support the children under their care.
- Cover finish: mat lam.
- With lift-the-flaps throughout.



# I Am Feeling Scared



Pub Date **27/04/2023**

Pub Price **£8.99**

ISBN **9781787417830**

H x W **230 x 230mm**

Binding **Hardback**

Age Range **0-5 years**

Author **Stephanie Milton  
Haia Ironside  
and Dr Leslie  
Ironside**

Illustrator **Charlie Alder**

Extent **32pp**

Word Count **350 words**

Translation Files **09/09/2022**

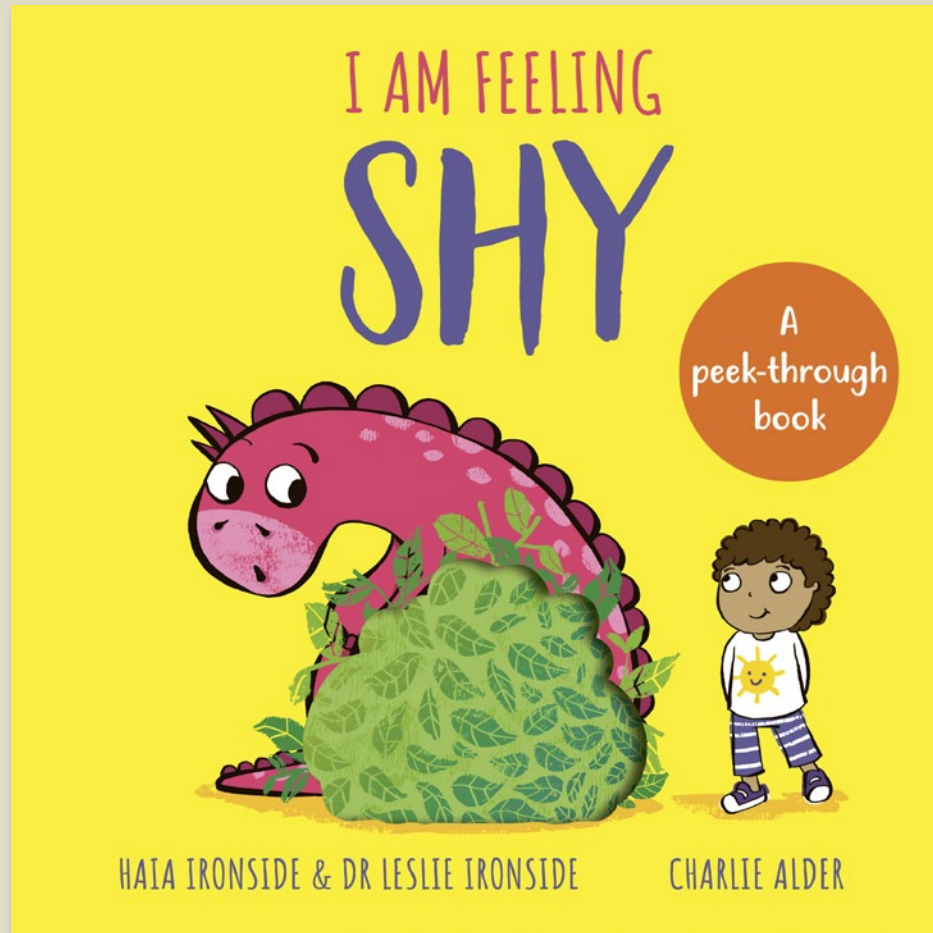
Files To Printer **02/12/2022**

Freight On **09/02/2023**

Board

Rights Available **World**

# I Am Feeling Shy



## A reassuring picture book about feelings.

- With a die cut running throughout.
- Encourages discussion about, and normalisation of, difficult feelings for young children.
- Written by father-daughter duo, Dr Leslie Ironside and Haia Ironside - they combine their experience as psychotherapist and teacher to create this series.
- Also includes a 'notes for carers' spread at the back of the book, to empower adults to support the children under their care.
- Cover finish: mat lam with die-cut shape.

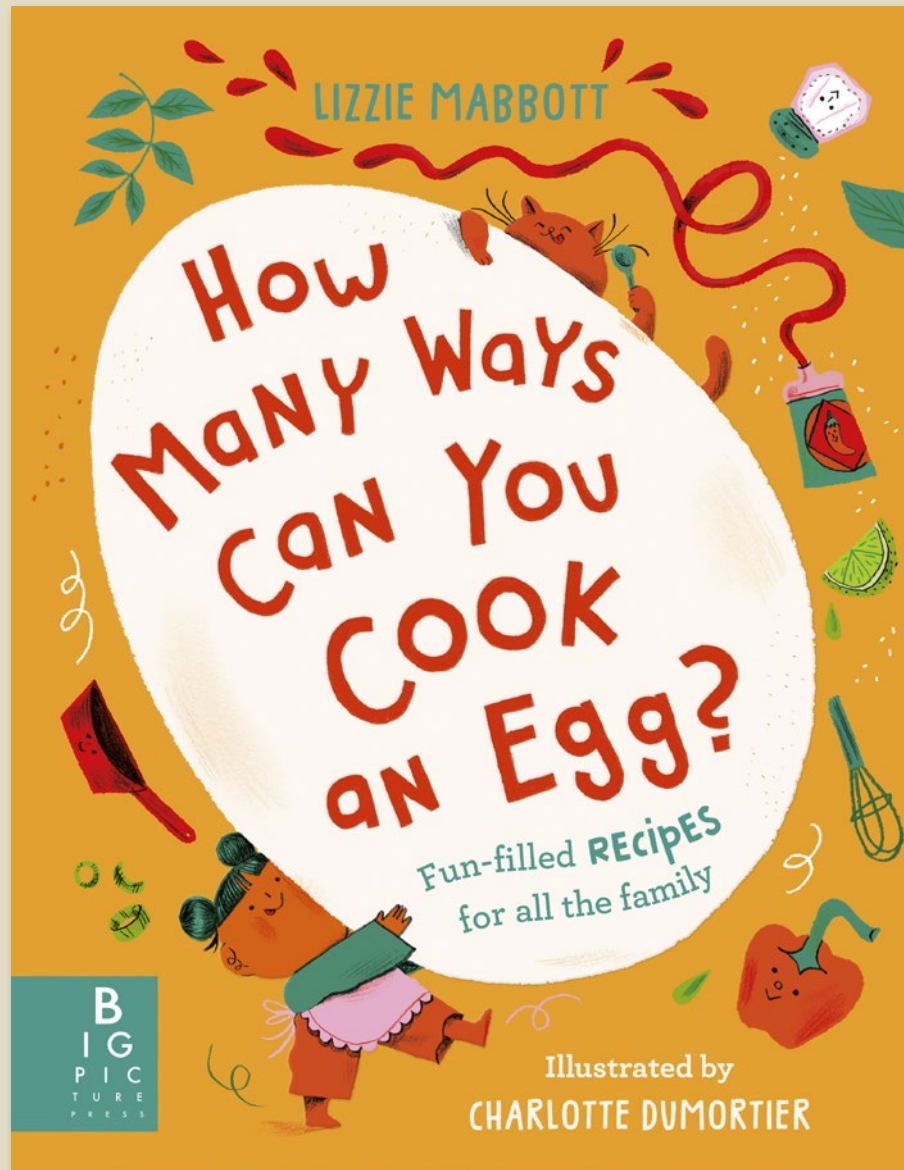


# I Am Feeling Shy



Pub Date	<b>27/04/2023</b>
Pub Price	<b>£8.99</b>
ISBN	<b>9781787417847</b>
H x W	<b>230 x 230mm</b>
Binding	<b>Hardback</b>
Age Range	<b>0-5 years</b>
Author	<b>Stephanie Milton Haia Ironside and Dr Leslie Ironside</b>
Illustrator	<b>Charlie Alder</b>
Extent	<b>32pp</b>
Word Count	<b>350 words</b>
Translation Files	<b>09/09/2022</b>
Files To Printer	<b>02/12/2022</b>
Freight On Board	<b>09/02/2023</b>
Rights Available	<b>World</b>

# How Many Ways Can You Cook An Egg?



*From shopping to chopping, this recipe book is packed full of ideas and tips to get kids cooking in the kitchen.*

- Sample contents: Tips and Techniques; Leafy Greens and Stems; Green Sauces of the World; All About Fungi; Challenge! Fermenting Vegetables; How Many Ways Can You Cook a Fish? Spiced Fish Fingers, The World of Meat; Chicken Curry; Challenge! Meat on Sticks; Dairy and Eggs; Challenge! Ultimate Cheesy Toastie; The World of Pasta and Noodles; All About Dumplings; The World of Grains; All About Rice; Pudding
- Easy to follow recipes and engaging text by award-winning chef Lizzie Mabbott
- Fun for all the family! Some recipes suitable for children as young as two.



# How Many Ways Can You Cook An Egg?

## Apple and Sultana Pancakes with Cinnamon Butter

**MAKES 8 PANCAKES**  
 100g (3.5 oz) plain flour  
 100g (3.5 oz) sultanas  
 1 egg  
 100g (3.5 oz) milk  
 100g (3.5 oz) butter, melted  
 1 tsp cinnamon  
 1 tsp vanilla extract  
 100g (3.5 oz) butter, melted  
 1 tsp cinnamon  
 1 tsp vanilla extract

These warm, fluffy pancakes are not only great with apples, but you can also mix them with other fruits to match the season. Puffed-up, moist sultanas will become a natural choice with sultanas – once you know the texture of these sultanas is possible, you can really branch out. Experiment with different types in the future too, like raisins or ground grapes.

1. Sift the flour and sultanas into a bowl and mix together. Add the egg, milk, and melted butter. Stir until you have a thick batter.
2. Heat a large non-stick frying pan over a medium heat. Add a splash of oil. Spoon a ladle of batter into the pan. Cook for 2 minutes on each side until golden brown.
3. Take one of the pancakes and place it on a plate. Add a splash of oil to the pan. Cook the next pancake. Repeat until you have 8 pancakes.
4. Melt the butter, add the cinnamon and vanilla. Spoon over the pancakes. Top with sliced apples and sultanas.

## Apple, Onion and Sage Relish

**MAKES A LITTLE BIT OF RELISH**  
 100g (3.5 oz) apple  
 100g (3.5 oz) onion  
 100g (3.5 oz) sage  
 100g (3.5 oz) vinegar  
 100g (3.5 oz) sugar  
 100g (3.5 oz) salt

The character of the Granny Smith apple is perfect for accompanying rich flavours, such as cheese, nuts, sausage and meat. This relish is also lovely with bread, sandwiches and soups. The relish can also be cooked 'just enough' with the same ingredients as a lovely Sunday roast with all the family!

1. Add the sliced apple to a bowl. Add the sliced onion and sage. This technique makes use of the natural sweetness of the raw ingredients.
2. Add the sliced apple to a bowl. Add the sliced onion and sage. This technique makes use of the natural sweetness of the raw ingredients.
3. In a small frying pan, add the butter and onion. Fry until the onion is soft. Add the apple and sage. Fry until the apple is soft.
4. Drain the sliced onion and sage. Add to the bowl. Add the vinegar and sugar. Stir until the mixture is thick.
5. Stir the apple and onion. Add the salt and pepper. Stir until the mixture is thick.

## SWEETCORN FRITTERS

**MAKES 10 FRITTERS**  
 100g (3.5 oz) plain flour  
 100g (3.5 oz) sugar  
 100g (3.5 oz) milk  
 100g (3.5 oz) butter, melted  
 100g (3.5 oz) sweetcorn  
 100g (3.5 oz) egg  
 100g (3.5 oz) salt

Get ready for a bit of fun in the kitchen! They are super adaptable and you can try many many variations to get the combination you like. For example, swap potato for sweetcorn if you're not keen, or add a sliced chili if you feel like you need some heat. Don't forget to try them with a dipping sauce. The egg-based fritters are perfect for a quick snack or a lovely Sunday roast with all the family!

1. In a large mixing bowl, add the flour, sugar, and salt. Mix together. Add the milk and melted butter. Stir until you have a thick batter.
2. Add the sweetcorn and egg. Stir until you have a thick batter.
3. Heat a large non-stick frying pan over a medium heat. Add a splash of oil. Spoon a ladle of batter into the pan. Cook for 2 minutes on each side until golden brown.

## MEXICAN STREET CORN

**MAKES 10 FRITTERS**  
 100g (3.5 oz) plain flour  
 100g (3.5 oz) sugar  
 100g (3.5 oz) milk  
 100g (3.5 oz) butter, melted  
 100g (3.5 oz) sweetcorn  
 100g (3.5 oz) egg  
 100g (3.5 oz) salt

This is a wonderful way to eat corn – really, once you know how to cook it – and best eaten on a hot summer's day, maybe served with a dollop of sour cream and a splash of lime. If you don't have your own in the garden, you can buy it from a local grower.

1. With a Big Potato, add the flour, sugar, and salt. Mix together. Add the milk and melted butter. Stir until you have a thick batter.
2. Add the sweetcorn and egg. Stir until you have a thick batter.
3. Heat a large non-stick frying pan over a medium heat. Add a splash of oil. Spoon a ladle of batter into the pan. Cook for 2 minutes on each side until golden brown.

## All About Apples

Although some apples are in season all year round, many of them are at their best when the leaves on the trees start to turn brown and the temperature cools. Crunchy, shiny, crisp, juicy apples make a welcome change to the often heavy, warming food of the colder months. But apples baked into pies and puddings are soft and comforting and are a delicious way to greet the autumn season.

Experiment with combining a couple of different apples when cooking for more interesting flavours. If you're able, shopping at loose-pick green-grocers means you can buy a wider variety.

**MOST TART**  
 Bramley, Granny Smith, Pink Lady

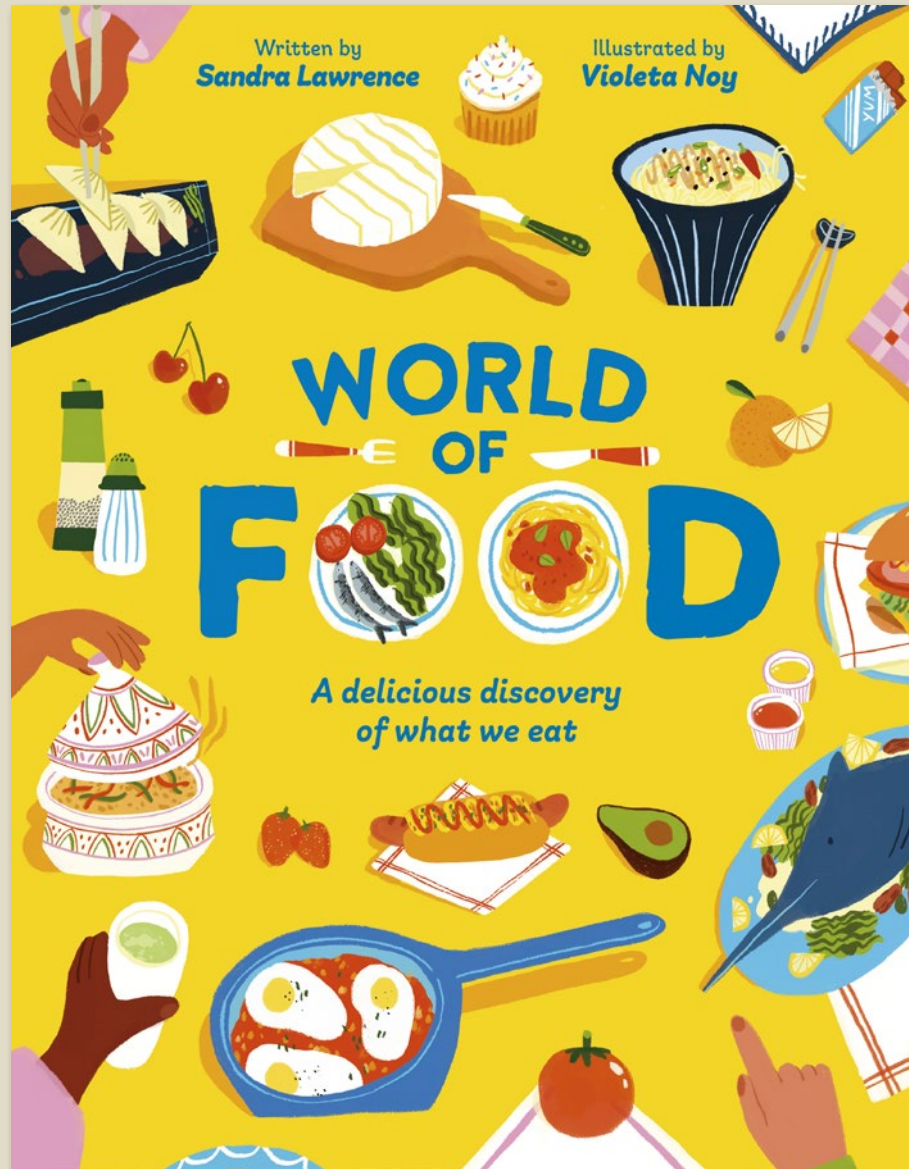
**MOST SWEET**  
 Royal Gala, Golden Delicious, Red Delicious, Opal, Jazz, Egremont Pippin, Braeburn, Pink Prince, Cook

To get the best from your apples when cooking, you need to get to grips with their individual flavours and textures. Hard, dense Bramley or Braeburn apples hold on to their juices well, so they are best-suited to chopping and cooking until soft. Perky Cox or Gala apples are sweet and fragrant, so they are great for snacking on, or adding raw to salads or bircher muesli.

**DO YOU KNOW?**  
 The world's heaviest apple was recorded in 2002 in Japan, weighing an enormous 2.4kg (5lb 3oz). That's three times heavier than a basketball!

Pub Date	25/08/2022
Pub Price	£16.99
ISBN	9781800781160
H x W	280 x 216mm
Binding	Hardback
Age Range	5-7 years
Author	Lizzie Mabbott
Illustrator	Charlotte Dumortier
Extent	96pp
Rights Available	World

# World of Food



## A colourful celebration of food

- Sample contents: The Beginning of Cuisine; A Roman Banquet; The Vegetable Garden; Fruits and Nuts; A Feast of Fungi; A Cornucopia of Corn; Rice of Life; Where Meat Comes From; Salt and Pepper; Hot Hot Chillies; Chocolate; Sweets Around the World; Festive Foods; Is There Enough Food?
- Featuring more than 100 dishes and food traditions from around the world
- Includes information on sustainability and foods of the future
- Colourful, exuberant illustrations from Violeta Noy bring energy to the pages
- Cover finish: matt lam + spot UV



# World of Food

## THE BEGINNING OF CUISINE

The very earliest humans hunted animals and gathered wild plants but they had to eat everything else. When people learned how to control fire, however, everything changed. They had learned cooking.

**STONE-AGE DIET**  
The ancestors of modern humans may have used fire to cook meat. It is called gamey. Cooked meat was easier to digest, which made it more nutritious than raw meat. Cooking it also made it more likely to be eaten properly. It had less fat, so it didn't make humans being very fat or obese and it was easier on the body as it was something good for digestion.

**OTZI THE ICEMAN**  
One of the oldest human skeletons ever found was that of Otzi, who died in the mountains of the Alps about 5,300 years ago. He was carrying a lot of food with him when he died, including a deer, a ibex, and some dried meat.

**EARLY FARMING**  
Cattle, sheep, chickens, goats and pigs were domesticated from about 10,000 years ago. The first farming was done in the Taurus region of the Middle East. Other early farming areas were in the Nile valley, the Yellow River valley, and the Indus valley.

**GROWING CROPS**  
Agriculture and crop growing is one of the most important parts of human history. The first crops were grown in the Taurus region of the Middle East. Other early farming areas were in the Nile valley, the Yellow River valley, and the Indus valley.

**INVENTING FOR FOOD**  
Many early technologies were designed to make the gathering, production, preservation and storage of food easier.

**POSSIBLE FOOD**  
A number of different early technologies were used to make food. Some were made from wood, some from stone, some from bone, and some from metal.

## ANCIENT ROMAN BANQUETS

In ancient times, the table, people liked to celebrate with feasts. In Rome, wealthy people enjoyed banquets so much they painted pictures of them on their walls. Archaeologists have found ancient Roman cookbooks and have reconstructed the menus of the food that was eaten. At its height, the Roman Empire spread much of Europe and parts of North Africa and other Asia. Some were equipped with food from around the Empire and beyond.

**A ROMAN FEAST**  
Cena was a celebratory meal or banquet. It often had five different courses served in a particular order. The first course was a soup, but food did not have to be served in this order. The guests were served by waitresses called *stewards*.

**RICH AND POOR**  
Wealthy Romans may have enjoyed more elaborate food than the poor. The rich had more expensive food, including meat, fish, and wine. The poor had simpler food, including bread, vegetables, and beans.

**NEW FOODS**  
Other Europeans had eaten the same food as the Romans. But when the Romans came to the Americas, they brought new foods back home, including potatoes, corn, and tomatoes.

**SWEET POTATOES**  
The sweet potato, as known in the United States, was first brought to Europe from America around 1600. It is thought that Christopher Columbus brought the first sweet potato to Europe in 1492. It was later popularized in the United States by a slave named John Green, who brought it to the United States in 1820.

## WHERE FOOD COMES FROM

Fruit, vegetables and other food crops don't always originate from the places where they are grown today. Many of the foods we eat every day were first cultivated in just one country or island for thousands of years before they were spread by trade or migration.

**TRAVELING APPLES**  
Some of the first apples may have been brought from Asia to Europe by traders traveling along the Silk Road who were to trade and bring the items home.

**FAR AND WIDE**  
Some foods have been spread far and wide. One of the first foods to be spread was the potato. One of the first foods to be spread was the potato. One of the first foods to be spread was the potato.

**NEW FOODS**  
Other Europeans had eaten the same food as the Romans. But when the Romans came to the Americas, they brought new foods back home, including potatoes, corn, and tomatoes.

**SWEET POTATOES**  
The sweet potato, as known in the United States, was first brought to Europe from America around 1600. It is thought that Christopher Columbus brought the first sweet potato to Europe in 1492. It was later popularized in the United States by a slave named John Green, who brought it to the United States in 1820.

**FOOD CROPS**  
Some of the first foods to be spread far and wide were food crops. Some of the first foods to be spread far and wide were food crops. Some of the first foods to be spread far and wide were food crops.

## TERRIFIC TUBERS

Some plants develop starchy growths, called tubers, on their roots to store nutrients for winter. Our ancestors quickly discovered that these tubers tasted good and they have been a vital food source for thousands of years.

**THE HUMBLE POTATO**  
Potatoes originate from South America. People in modern-day Peru and Bolivia started growing them by 5000 BCE and possibly as early as 10,000 BCE. In the sixteenth century, Spanish conquistadors introduced potatoes to Europe. At first, Europeans thought the knobby vegetables were poisonous, but they soon discovered that they were easy to grow, filling and could be cooked in lots of different ways.

*In the eighteenth century, King Louis XVI of France and his wife, Marie Antoinette, wore potato flowers in their clothes. This encouraged French farmers to grow the new crop.*

**THE POTATO FAMINE**  
The humble potato changed the course of history. In the 1840s and 1850s, a disease called blight started to attack potatoes. A mould covered the vegetables with purple spots, making them rot in the fields. In some countries in Europe at this time poor people relied on potatoes for food. The potato famine had a devastating effect, especially in Ireland. Here, one million people died and another million left the country. This migration continued for decades, with four million people leaving the country in the 50 years after the famine.

## POTATO DISHES AROUND THE WORLD

Potatoes are very versatile and can be cooked in almost any way. It seems every country has its own favourite dish.

**Cassoulet (France)**  
A mixture of mashed potatoes and cabbage.

**Gnocchi (Italy)**  
Potato dumplings that are eaten with a variety of sauces.

**Chips and fries**  
Sliced and deep-fried potatoes are enjoyed around the world.

**Gajjaran (Korea)**  
Fried savory pastas made with grated or ground potatoes.

**Gratin dauphinois (France)**  
Thinly sliced potatoes baked in milk or cream.

**Sage siso (India)**  
Spiced potatoes with spinach.

**Hash browns (USA)**  
Fried shredded potatoes.

**OTHER TUBERS WE EAT**  
Potatoes aren't the only tubers we eat. Jerusalem artichokes and dahlias have edible tuberous roots and some other tubers are even more popular than potatoes in parts of the world.

**Cassava**, also known as manioc or yuca, is a woody, brown tuber. It was originally from South America. Today, it is a staple food for nearly one billion people around the world. Many people cook with tapioca, a starch extracted from the cassava plant.

**Yams** come from Africa, Asia and the Caribbean. Their long, brown tubers are traditionally boiled or roasted. They can be white, yellow, pink and purple, and can taste sweet or bitter.

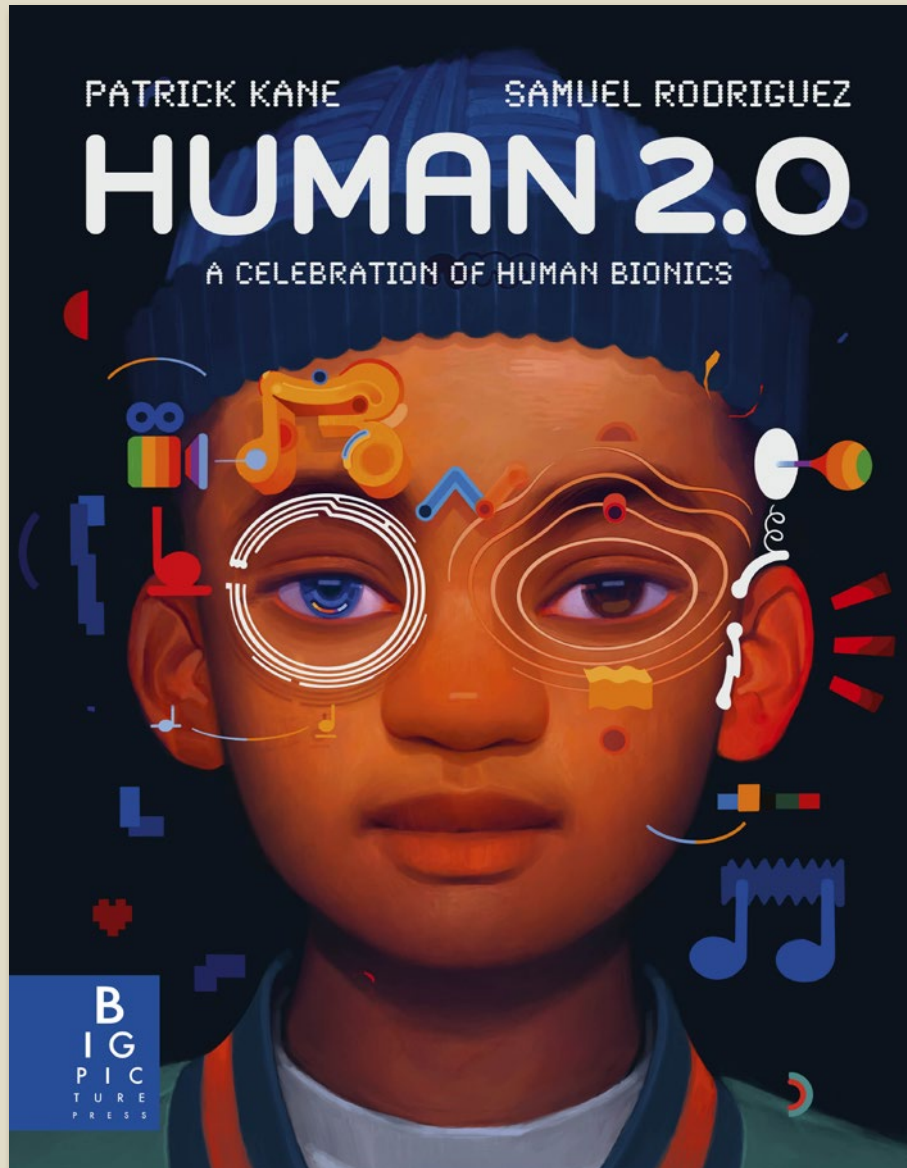
Unrelated to the regular potato or the yam, **sweet potato** is a sweet-tasting tuber full of fibre, vitamins and minerals. It is popular around the world.

**Kat-kat menao** is a stew from Mauritius made with green vegetables, beans and cassava.

**Yem** is a classic base for *jufu*, a dish made of pounded starchy vegetables. *Pufa* originates in West Africa and is also found in the Caribbean.

**In Korea**, *gan-gogama* (roasted sweet potatoes) are baked in big drums by street vendors in winter. They taste sweet and nutty.

Pub Date	17/02/2022
Pub Price	£14.99
ISBN	9781787417434
H x W	280 x 216mm
Binding	Hardback
Age Range	7-9 years
Author	Sandra Lawrence
Illustrator	Violeta Noy
Extent	64pp
Word Count	10000 words
Rights Available	World



**Celebrate the achievements made in medical engineering and take a glimpse into the future.**

- Sample contents: The First Prosthetics, Jack E. Steele - Father of Bionics, Arne Larsson - The First Pacemaker Patient, How Cochlear Implants Work, Eye Replacements, Keith Hayman - The First Bionic Eye, How Bionic Limbs Work, Campbell Aird - The First Prosthetic Arm, Exoskeletons, Neural Implants, The Paralympics, Neil Harbisson - The First Cyborg, Ethics
- Phenomenal artwork by highly acclaimed artist Samuel Rodriguez
- As told by UK Sepsis Ambassador Patrick TJ Kane
- The first of its kind - a book that celebrates the history of medical implantables and prosthetics



## PROSTHETIC LEGS THROUGH THE AGES

Early prosthetic legs were crude, uncomfortable and lacked the power. However, an explosion of new technologies, materials and knowledge in the 20th century led to some huge leaps forward. Modern synthetic materials, advanced technology and custom fittings are making prosthetic devices stronger and increasingly versatile today.

**Roman Empire, 300 BC**  
The earliest example of a prosthetic leg is from ancient Rome. These were made of wood and leather. The legs were attached to the body with a metal socket and were often decorated with intricate designs.

**Middle Ages, c. 1300**  
In the 14th century, prosthetic legs were made of wood and leather. They were often decorated with intricate designs and were sometimes made of metal.

**Victorian Era, 1800s**  
In the 19th century, prosthetic legs were made of wood and leather. They were often decorated with intricate designs and were sometimes made of metal.

**World War I, 1910s**  
During World War I, prosthetic legs were made of wood and leather. They were often decorated with intricate designs and were sometimes made of metal.

**World War II, 1940s**  
During World War II, prosthetic legs were made of wood and leather. They were often decorated with intricate designs and were sometimes made of metal.

**Modern Era, 2000s**  
Modern prosthetic legs are made of synthetic materials and are often decorated with intricate designs. They are often made of metal and are often decorated with intricate designs.

## BLAKE LEEPER

"Life is 10% what you deal with and 90% how you deal with it."

Retired American Paralympic athlete Blake Leeper was born in 1980 with both of his legs missing below the knee. Leeper's father was a coach, so he grew up with a natural affinity for sports. Leeper wanted to pursue a career in athletics, but a prosthetic leg made being that difficult for him to run and jump like the rest of the world.

Thanks to Leeper's hard work and determination and off, and he made his debut for the US Paralympic team in 2008. Since 2012, Leeper has won a total of eight Paralympic medals for his country, and even set a world record in the 100m race in 2012. His remarkable achievements were made possible by Leeper's first coaching experience to compete against able-bodied Olympic athletes at the US Track & Field Championships.

Since Leeper's career since has been highlighted by continuing to 2020, the Court Administrator for Sprint (CASP) that Leeper's coaching abilities made him a natural fit for the role. If he were able to, going for an Olympic medal, his coaching has been a significant contribution, and the industry was successful using the Maximum Adaptive Training (MAT) equipment. This approach uses standards based on body proportions that Leeper's legs have adapted to in his training routine. Leeper, who is African American, illustrates that these standards do not represent his natural body proportions, and that the MAT equipment has the biggest limitations on standard photographs from a standard sample population.

For his bodybuilding and strength training, Leeper's coach used a variety of equipment. The equipment used in his training routine was designed to be used in the gym. The equipment used in his training routine was designed to be used in the gym. The equipment used in his training routine was designed to be used in the gym.

Leeper's passion was tested, but his story is not the end of the road. Some people believe that it is a great goal to set, but it is not always achieved. Some people believe that it is a great goal to set, but it is not always achieved. Some people believe that it is a great goal to set, but it is not always achieved.



## BEYOND BIONICS

In the 1960s, bionics has been playing catch-up with the body parts they are trying to emulate. While the devices available today have changed a lot, they are still not as smooth, functional, sensitive and efficient as the organs and limbs that bionics has promised. As we look at the most advanced bionics that have been made since the start of the last century, we can be certain that technology will replace them. Instead of giving them the appearance of an arm, leg or eye, the creative engineers will bring to life the most advanced bionics that have ever been made.

Science and the bionics will continue to provide more options than ever before. More durable and better at copying what humans can do. The bionics may come in a variety of forms. For example, a bionics arm can be used to hold a cup, but a bionics hand can hold a pen. Bionics that are very hot or cold without damaging themselves, which human hands cannot. A human leg can position itself on uneven ground, something that a bionics leg cannot. A human leg can position itself on uneven ground, something that a bionics leg cannot. A human leg can position itself on uneven ground, something that a bionics leg cannot.

Looking further ahead, it could be possible to replace all of our body parts with bionics. Bionics in the future could be used to replace our eyes, ears, nose, mouth, and even our brain. Bionics in the future could be used to replace our eyes, ears, nose, mouth, and even our brain. Bionics in the future could be used to replace our eyes, ears, nose, mouth, and even our brain.

## EYEWEAR

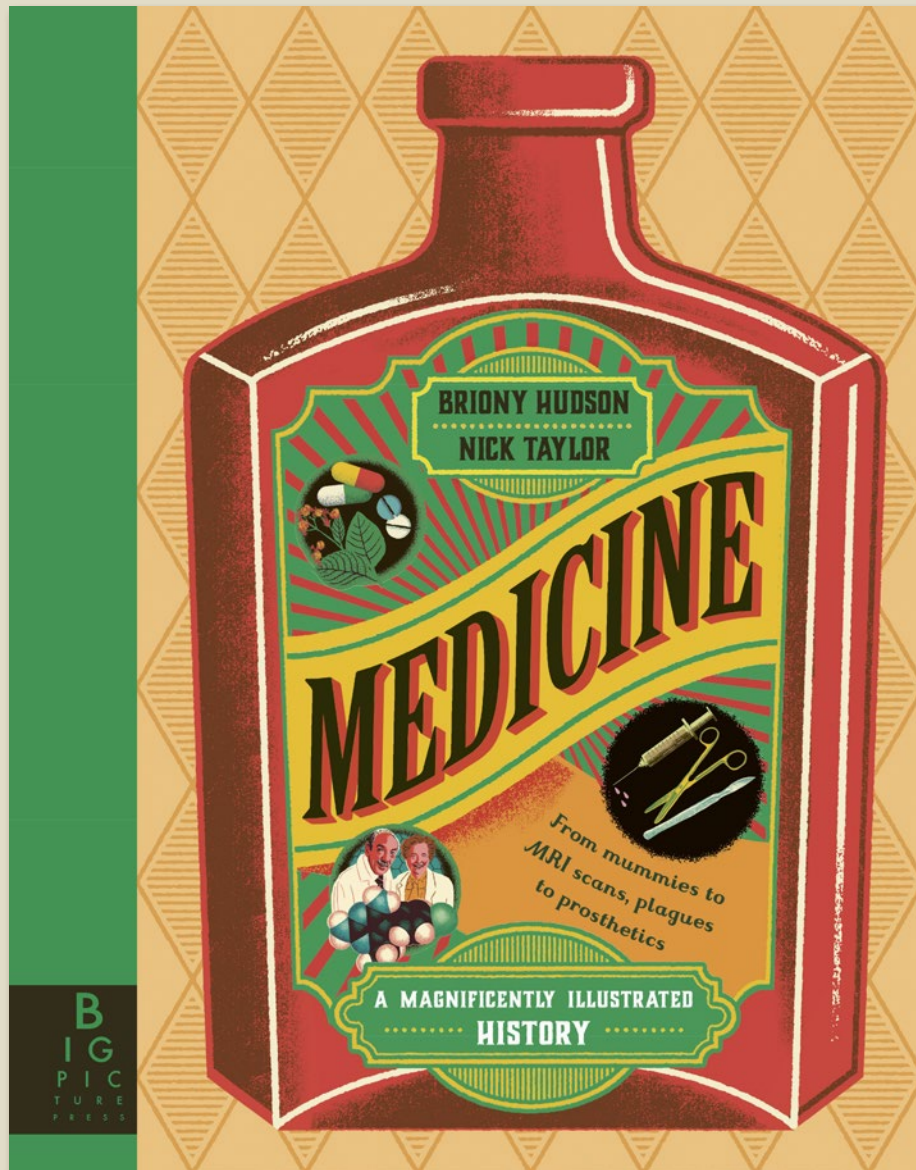
Eyeglasses may seem commonplace today, but it has taken hundreds of years to develop them to where they are now, helped by a series of inventions along the way. The ancient Romans first wrote about using glass beads to read, similar to how reading glasses work today. However, it was the Arab scientist Al-Hasan Ibn al-Haytham, a man known as the 'father of modern optics', who first wrote about using convex (outwards curved) lenses to magnify an image. Eventually, Ibn al-Haytham's literature made its way to Western Europe, and translations of his work led to glass 'reading stones' becoming common. The Italians improved further on these stones to create the first eyeglasses in the late 1200s.

New materials have allowed frames for glasses to become lighter and more durable. The colour of lenses has changed too, creating the first purpose-built sunglasses. These work by adding cerium oxide (a type of chemical compound) into the glass to filter out harmful ultraviolet light from the sun. Sunglasses quickly became fashionable, and in 1938, it was reported that 20 million sunglasses had been sold the year before in the US. Interestingly, only a quarter of those people needed sunglasses for medical reasons. This development is an example of a product that was initially designed to benefit a few but ended up benefitting many. It is testament to the importance of innovation within the disabled community.

The latest breakthrough in eyewear has come more recently, with EnChrome® glasses first launching in 2012. These special glasses are designed to help alleviate problems caused by colour-blindness.

People who are colour-blind find it difficult to distinguish between certain colours, such as red and green. EnChrome® glasses use the same principle as cerium oxide in the first sunglasses, but instead of filtering out harmful UV light, EnChrome® glasses filter out the wavelengths of light that get confused by the brain in those people with red-green colour vision deficiency.

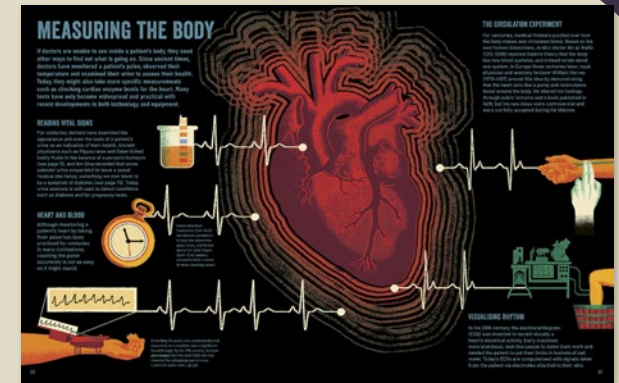
Pub Date	30/03/2023
Pub Price	£16.99
ISBN	9781800781689
H x W	280 x 216mm
Binding	Hardback
Age Range	9-11 years
Author	Patrick Kane
Illustrator	Sam Rodriguez
Extent	64pp
Word Count	10517 words
Rights Available	World



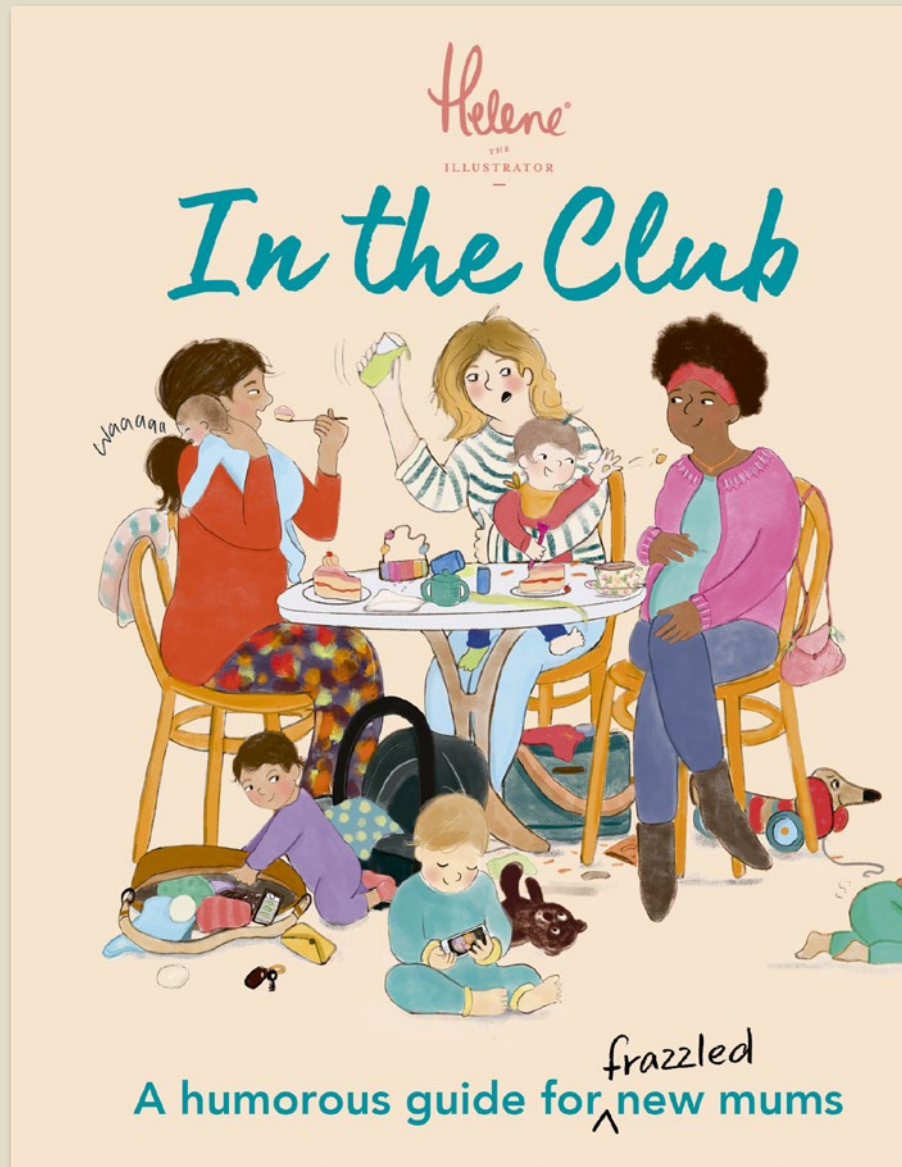
**This visually extraordinary book presents the history of medicine as it has never been seen before.**

- Sample contents: The History of Medicine, Learning from the Past, Ancient Beliefs, Mental Health, How Medicines Work, Opening Up the Body, The Power of Plants, Malaria Medicines, Making Medicines, Poisons, Hospitals Through History, Early Surgery, Cholera, Plagues and Pandemics, Vaccination, D.I.Y. Medicine, Transplants, Prosthetics
- Expertly written by curator, lecturer and historian, Briony Hudson
- Striking artwork from Aquila artist Nick Taylor is sure to make this title stand out from the crowd
- Perfect for students but also the ideal gift book for general interest readers





Pub Date	18/08/2022
Pub Price	£16.99
ISBN	9781787419377
H x W	300 x 235mm
Binding	Hardback
Age Range	9-11 years
Author	Briony Hudson
Illustrator	Nick Taylor
Extent	80pp
Word Count	15000 words
Rights Available	World



## Honest drawings of the first year of parenthood.

- Written and illustrated by Helene Weston, aka Helene the Illustrator, who has over 74.3K followers on Instagram
- Helene has worked with Marie Curie UK, Kicks Count, Channel Mum, Touchnote, Edx Education as well as midwives, doulas and maternal health advocates across the UK.
- This fully illustrated book offers a much-needed middle ground between the factual titles about birth and beyond and humour titles which paint parenthood as something to endure and not enjoy. Helene's illustrations are praised for their supportive yet honest nature.
- Chapters: Early Days, Sleep... What's That?, It's Definitely a Phase, Is this Normal? and A Brand New You. Be sure to check out the "Five things" at the end of each chapter.
- Cover finish: mat lam and spot UV



# In The Club

## You Did It!

No matter how you gave birth, you should be so, SO proud of yourself and your body... You bloody did it!

Maybe you got the birth you wanted or maybe you didn't.

You might have feelings about the birth you'll need to work through later, but right now enjoy that soggy hospital toast and stewed cup of tea. You are a goddess (albeit a bloated, sweaty, exhausted one).

Some mums feel that overwhelming surge of love, some don't - and that's okay; it doesn't mean you won't.

All I remember thinking was 'Thank fuck that's over, can I go to sleep now please!'

In these first few days, everyone always asks about the baby. Remember to look after yourself too. You've just been through a monumental thing and your body probably won't feel like your own for a while, so be kind to it.



## Until... Pop! The Bubble Bursts

The first few weeks (months) of being a new mum are relentless. You've been riding high on adrenaline and then you suddenly feel like you've been hit by a double-decker bus.

I remember sobbing on the phone to my mum in the first few weeks that I couldn't do it, that I felt so out of my depth and just physically and mentally exhausted.

You'll cry A LOT and worry about things you never knew you could. I was terrified that I would drop her, that she would get ill and I wouldn't know what to do, that the room was too hot, or too cold.

With all the stress and hormones, being a new mum is an emotional rollercoaster. Best assured that every first-time mum feels overwhelmed. For most, it's the hardest thing they've ever done.

You probably won't believe it, but you're doing so well and every day will feel a tiny little bit easier.

Brighter days are coming.



## If Looks Could Kill

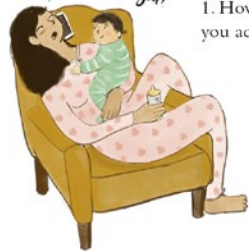
Sometimes, new mums have this built-in function that makes them wake up at the slightest noise from the baby. We can go from the deepest sleep to \*PING\* wide awake in an instant.

Some people could sleep through a tornado. That's all I'm saying.



## Five Things You Won't Believe

*We were up every hour last night, you!*



1. How little sleep you actually need



3. How many times you can try unsuccessfully to leave the house



4. How much you love them

2. That you'd do anything to make them happy



5. How fast it goes... WTF how is she one already?!

Pub Date **03/02/2022**

Pub Price **£9.99**

ISBN **9781800781115**

H x W **165 x 127mm**

Binding **Hardback**

Age Range **Adult**

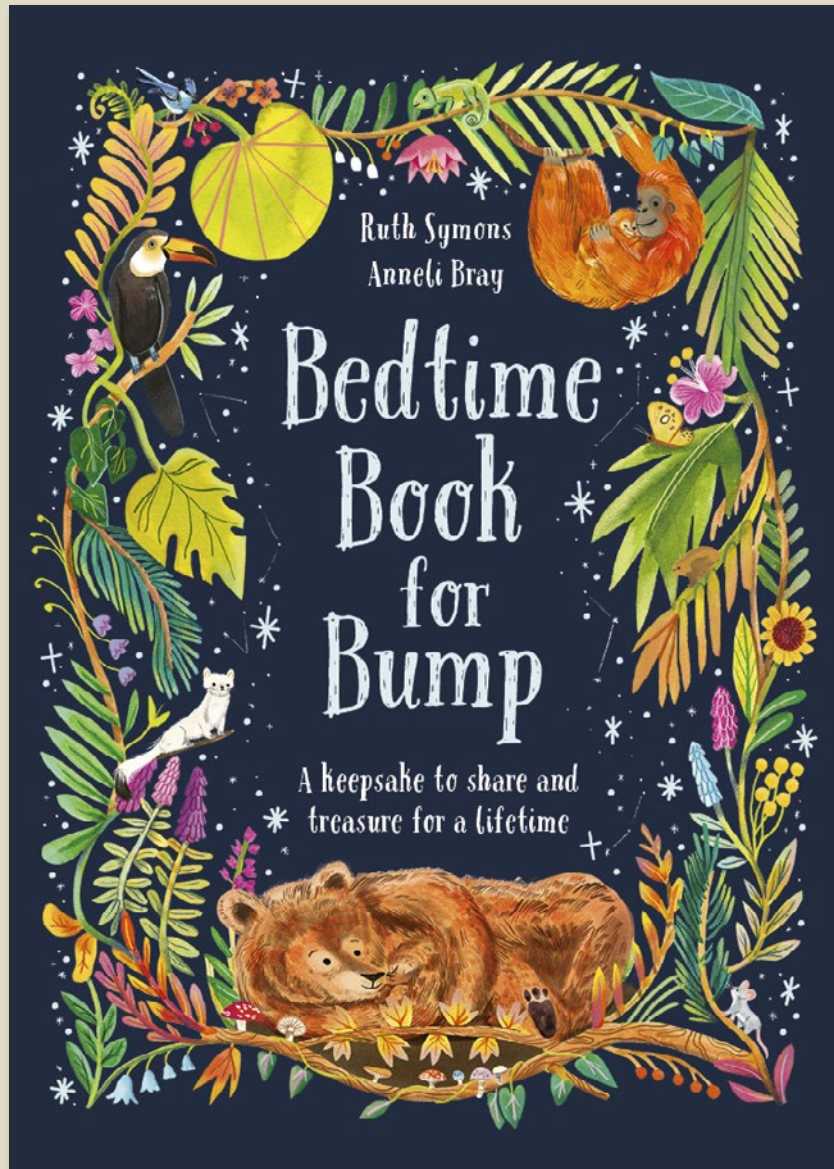
Author **Helene Weston**

Extent **176pp**

Word Count **13500 words**

Rights Available **World**

# Bedtime Book for Bump



**A beautifully illustrated pregnancy keepsake with pages to personalise.**

- Hardback keepsake book with an arlin and foil cover finish.
- Includes an introduction by Dr Kimberley Bennett (creator of “The Psychologist’s Child”), backed by research, on the importance of reading to baby in utero.
- The perfect gift for parents-to-be.
- Written in an inclusive manner, to encompass same-sex and single parents.
- Secure envelope affixed to the interior back cover to keep scan photos and other treasured memories.



# Bedtime Book for Bump

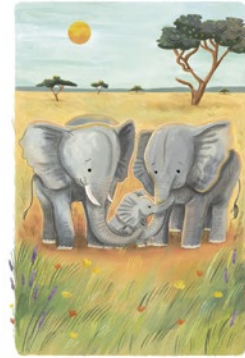


Little One, this book's for you,

I'll read it loud and clear.



For though we  
haven't met you yet,  
I know that you can hear.



Your mother's beating heart  
Makes up the music  
of your day,



And when I sing,  
you listen in:

You wriggle and you play.



Pub Date	<b>16/03/2023</b>
Pub Price	<b>£12.99</b>
ISBN	<b>9781800784277</b>
H × W	<b>210 × 148mm</b>
Binding	<b>Hardback</b>
Age Range	<b>Adult</b>
Author	<b>Ruth Symons</b>
Extent	<b>48pp</b>
Word Count	<b>1000 words</b>
Rights Available	<b>World</b>



# Mayo Clinic Frankfurt 2022

Created by Sharon Millergold  
[sharon.millergold@bonnierbooks.co.uk](mailto:sharon.millergold@bonnierbooks.co.uk)

Updated 6 March 2024