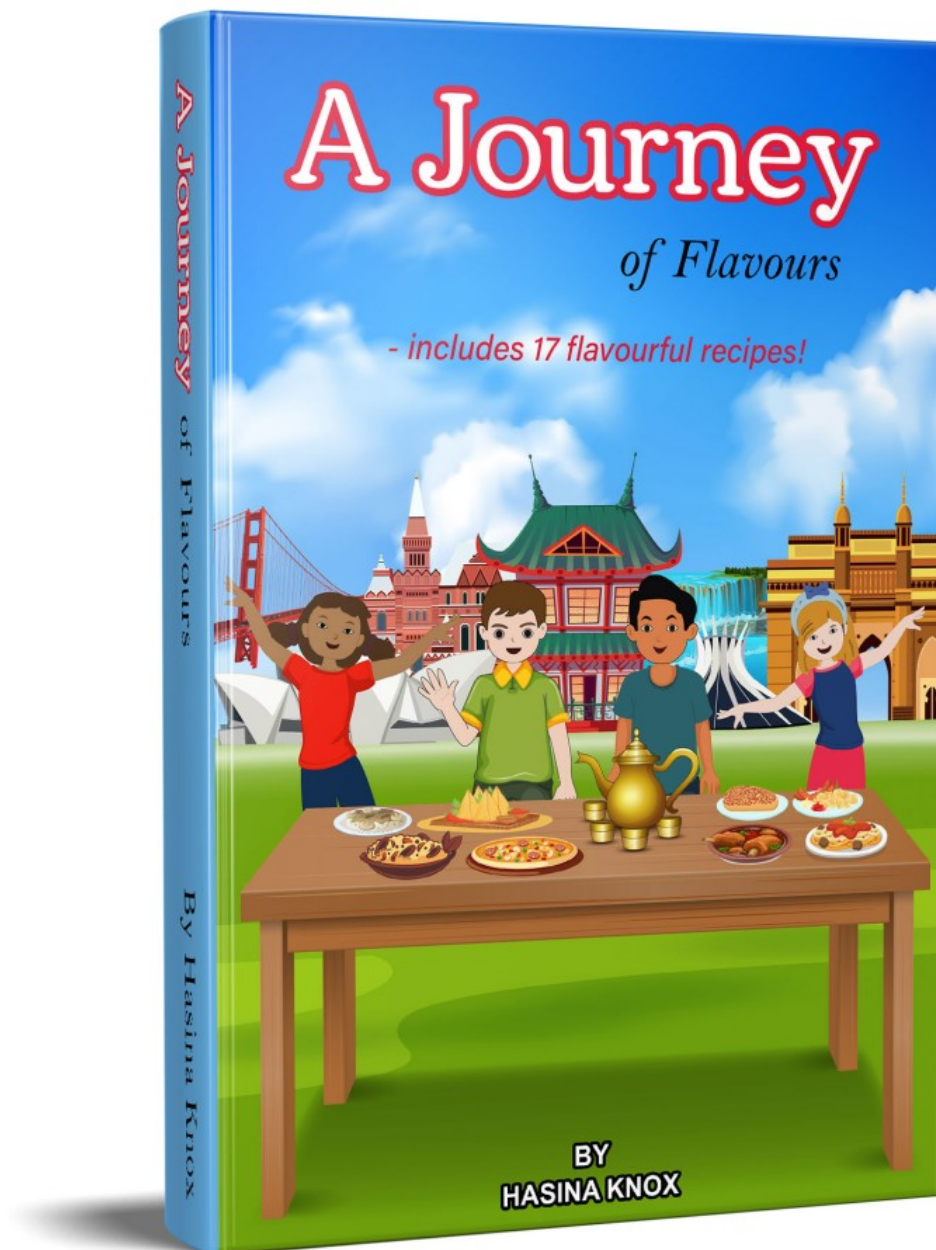


Orphan and Author Hasina Knox Independently Publishes Her First Children's Book Titled "A Journey of Flavours"

Author of inspirational children's stories, Hasina introduces her 2-in-1 book titled "A Journey of Flavours". This book will take children to explore the world with new knowledge and introduce them to flavourful recipes from seven continents.



Toronto, Ontario Feb 8, 2022 (Issuewire.com) - *This book now includes 17 tasty, diverse, and flavorful recipes from the world's seven largest countries. Children and parents will be introduced to different cultures and exciting food dishes to cook.*

A Journey of Flavours is the long-awaited book which is a follow-up to the [author](#)'s very first children's book, *A Journey of Tastes*. Children will be excited with the realistic pictures and illustrations included in this recipe cookbook and will learn some fun facts from each of the seven largest countries.

Children will also be introduced to cultural clothing and new exciting food dishes while enjoying their time in the kitchen with their loved ones. There are activities at the end of each story to help them remember what they have learned, from the author of "*A Sightseeing Adventure*" and "*A Journey of Tastes*".

We asked [Hasina Knox](#) to tell us about her book in summary. We are representing her dialogues as follows, "*A Journey of Flavours* is a children's rhyming and repetitive storybook for ages 3-7 years old where four children go on a journey to the seven continents of the world. Children will learn the days of the week, the seven continents, and learn about diverse foods. Do not forget to imagine what food is behind each red door with a sneak peek after each continent they visit! Which food will you think is the best?

"7 Days of Flavour" includes 17 flavourful recipes with fun facts from the world's seven largest countries and with children in their cultural clothes from their own country. Each country you visit will have two recipes of tasty and flavourful food dishes for you and your child to experience. May you and your child enjoy this time together in the kitchen by exploring the different cuisines while boosting their confidence".

Without a doubt, this book is going to make children happy. This book will teach the children about different foods, different cultures, continents as well as some of their history. Children imitate what they learn so this book will be a good choice for your child's enthusiasm. Nowadays, kids are very enthusiastic as they energize our souls by adding to our memorable happy memories.

Reviews

When reviewing the book, different people said, *"This is a delightful children's book with a sweet and simple story of four children going on a journey of visiting the seven continents in the seven days of the week, all the while learning about famous dishes from the places they go to. As the title suggests, it is really a journey of flavours because the book is full of colourful real pictures of food items from all seven continents. It's a highly useful book as it also teaches the kids the names of seven days of the week in order, introduces them to the seven continents and the seven largest countries of the world along with their world-famous cuisines."*

This children's book is about world cultures and food traditions to celebrate diversity! Reading about recipes and food traditions from other cultures is a great way to teach children to embrace and celebrate differences across race, ethnicity, gender, and appearance. Reading A Journey of Tastes will help kids appreciate their own family's food culture and special recipes. After reading, talk about your own family's background and what recipes you make at home that represent your heritage. It will raise more adventurous eaters. Reading A Journey of Tastes can create an opportunity to talk about the judgment that has been placed on our kids for what they eat or how we might judge others."

Originally, an extension of the author's former book "A Journey of Tastes", this book is a much better rendition of it as it is vivid, elaborate, and quite useful. Parents will definitely love this book as it's an effective, bright, colourful, and entertaining way to introduce their children to valuable information and

have fun spending time with them reading on this adventure.

At the end of the book, an adventure starts for the young readers, as there are lovely activities given for them. The children are reminded to name the days of the week in order, match dishes to their respective continents, match vibrant and exciting photographs of sightseeing places to their countries. They learn all these important facts in a playful way. Kids and parents will definitely be fans of the book!"

This children's book is a part of the author's five-book series called *Unearth Your 5 Senses!* The other two books are "A Journey of Tastes" and "A Sightseeing Adventure" available on Amazon now. All her books are doing well on Amazon Marketplace and are available on Kindle, in Hardcover, and Paperback. The author will be releasing her final 3 books in this series in the near future.

About the Author

When answering a question about the author, one of her associates says, Hasina Knox has always been passionate about writing and storytelling. She would describe herself as a curious Author and she receives inspiration from her family's real-life experiences. As a part of her writing process, she loves immersing herself in her projects; diving headfirst into the research, production, and fine-tuning of the stories that she feels her audiences can relate to.

Hasina was born in Bangladesh but was orphaned as a baby and raised in an orphanage. She was later adopted and came to Canada when she was 3 years old. Ever since she read the "Grimm Brothers' Fairy Tales" she had a love of writing. She started off with writing short stories when she was only 8 years old, then found an interest in writing poetry when she was a teenager, and then became interested in writing children's books as an adult. She had two of her poems published in a literary book when she was a teenager and received an *Honorary Mention* certificate.

[Purchase "A Journey of Flavours" on Amazon Here](#)

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