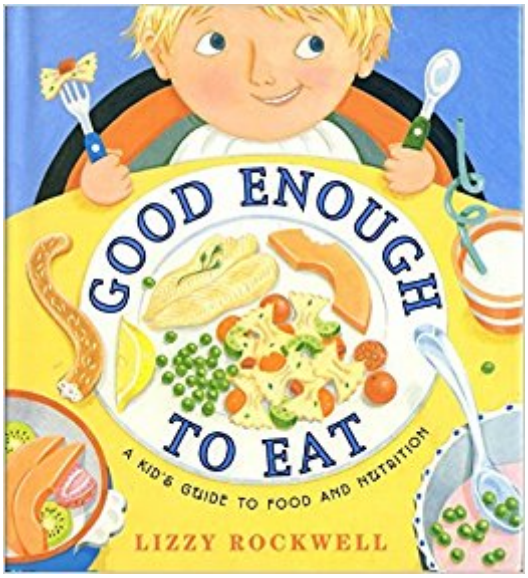
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Good Enough To Eat: A Kid's Guide To Food And Nutrition



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Synopsis

Good Enough to Eat is one of a kind: the only guide to kids' nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies.In this book, you will learn:all about the nutrient groupsÃ¢â ¬â •carbohydrates, protein, fat, water, vitamins, and mineralseach nutrient's functionwhich foods contain which nutrientshow much of each nutrient a kid needs each dayhow the body digests foodall about caloriesGood Enough to Eat includes kid-friendly recipes such as Alphabread and Full o' Beans Soup, and even shows kids how to test their food for fat. Perfect for parents, educators, librarians, and doctors trying to explain healthy eating to kids!

Book Information

Lexile Measure: 740 (What's this?)

Paperback: 40 pages

Publisher: HarperCollins; Reprint edition (June 23, 2009)

Language: English

ISBN-10: 0064451747

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Product Dimensions: 0.1 x 8.8 x 10.2 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 50 customer reviews

Best Sellers Rank: #17,928 in Books (See Top 100 in Books) #9 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #18 inÃ Â Books > Children's Books > Children's Cookbooks #28 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 4 - 8 years

Grade Level: Kindergarten - 4

Customer Reviews

Rockwell (illustrator of My Spring Robin; On Show and Tell Day) serves up a simple but often bland introduction to nutrition. Watercolor and colored-pencil illustrations offer close-up views of a variety of foods and introduce a cast of smiling, wide-eyed kids whose comments (presented in balloons) supplement the facts in the text. The compositions are cheerful and sometimes playful, as when a boy dressed in a skeleton costume delivers a message about the value of calcium in building and "repairing" bones. The palette, unfortunately, is muted or shadowy, so that the pictured foods never

look very appetizing. The author discusses such basics as the importance of eating a balanced diet, the process of digestion, sources of various vitamins and minerals, etc. She concludes with a handful of nutritious, carefully written, kid-friendly recipes. The only other hands-on aspect of the volume is a vaguely outlined experiment "to find out where fat is hiding," which entails rubbing foods (no specific varieties are suggested) on a piece of paper and examining it for grease stains the following day. Given the book’s targeted audience, Rockwell has perhaps gone too far in streamlining her information; those above the beginning-reader level may well find the tone of both the art and the text (with the exception of the recipes) somewhat babyish. Ages 5-9. Copyright 1999 Reed Business Information, Inc. --This text refers to the Library Binding edition.

Kindergarten-Grade 3-This picture book about healthy eating begins at the beginning: food is necessary for one’s well-being and it tastes good, too. Six categories of nutrients are introduced: carbohydrates, protein, fat, water, vitamins, and minerals. Digestion is described, as is the Food Guide Pyramid. Five recipes are given at the end. The large, square format invites readers in, beginning with a bright watercolor scene of a hungry family: the dog is howling, the baby is crying in her high chair, the cranky boy is bringing in the bread, and the mother and father are doing what they can to get everyone fed. This double-page spread says much more than the four lines of descriptive text. Every bit of information is illustrated with a large or small picture, sometimes accompanied by labels or dialogue balloons. Pictures of healthy food are everywhere, prepared by and eaten with great enjoyment by a variety of people. There’s an amazing amount of information packed into this inviting, clear, and valuable book.Carolyn Jenks, First Parish Unitarian Church, Portland, MECopyright 1999 Reed Business Information, Inc. --This text refers to the Library Binding edition.

This is a well illustrated guide for youngsters learning about adequate nutrition. L

My wife likes this book, and the kids actually remembered some of the stuff they learned from it, so win - win.

It’s not a story which I would have liked better. But it’s a good introduction to different food groups n how important it is to eat healthy.

I have a 3 year old so this book is a bit advanced - I’d say more appropriate for preschool and up.

But I just read the main parts of each page and it’s a good building block. I know we can keep this book around for a while - it really does have some good nutritional information in it and the graphics are adorable and vintage looking almost.

My 8 year old is an extremely picky eater. He also loves to read and learn facts. After years of trying to convince him verbally of the benefits of eating, his teacher suggested we try some nutrition books. This one is brilliant and he does actually read them and talk about what he learns to us. He is still not the best eater, but we are working on this one step at a time

My 4 year old really likes this book.

Good Enough to Eat is an excellent starting point for educating young children (ages 4-7) about nutrition. It has happy and inviting illustrations and introduces basic concepts such as carbohydrates, proteins, fats, vitamins and minerals. The book feels a bit dated but is still very useful for starting the conversation. I would not recommend this book for educating an older child about nutrition science but I would recommend it to parents who want help in persuading a young child of the importance of healthy eating.

We used this book as part of our homeschool curriculum. I did a unit on "Healthy Eating" for science. This book is great because it gives a lot of great information in a concrete format with great pictures! We read it all the way through once and then we went back and read certain pages as it related to the rest of our activities for the day!!

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