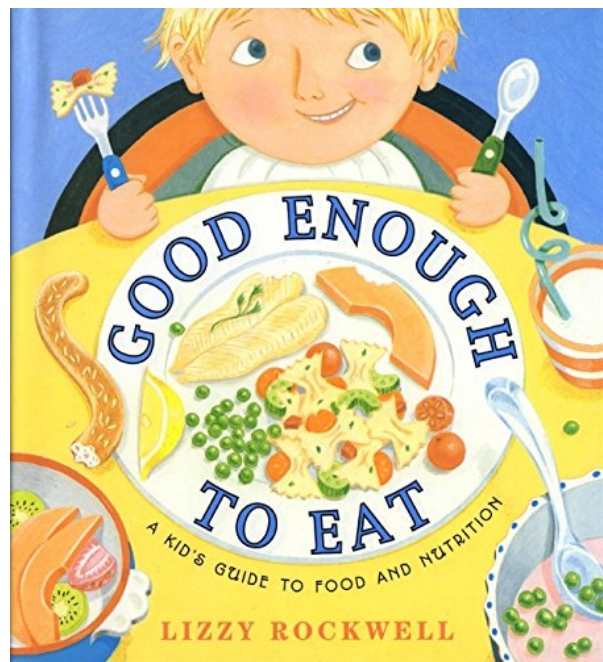
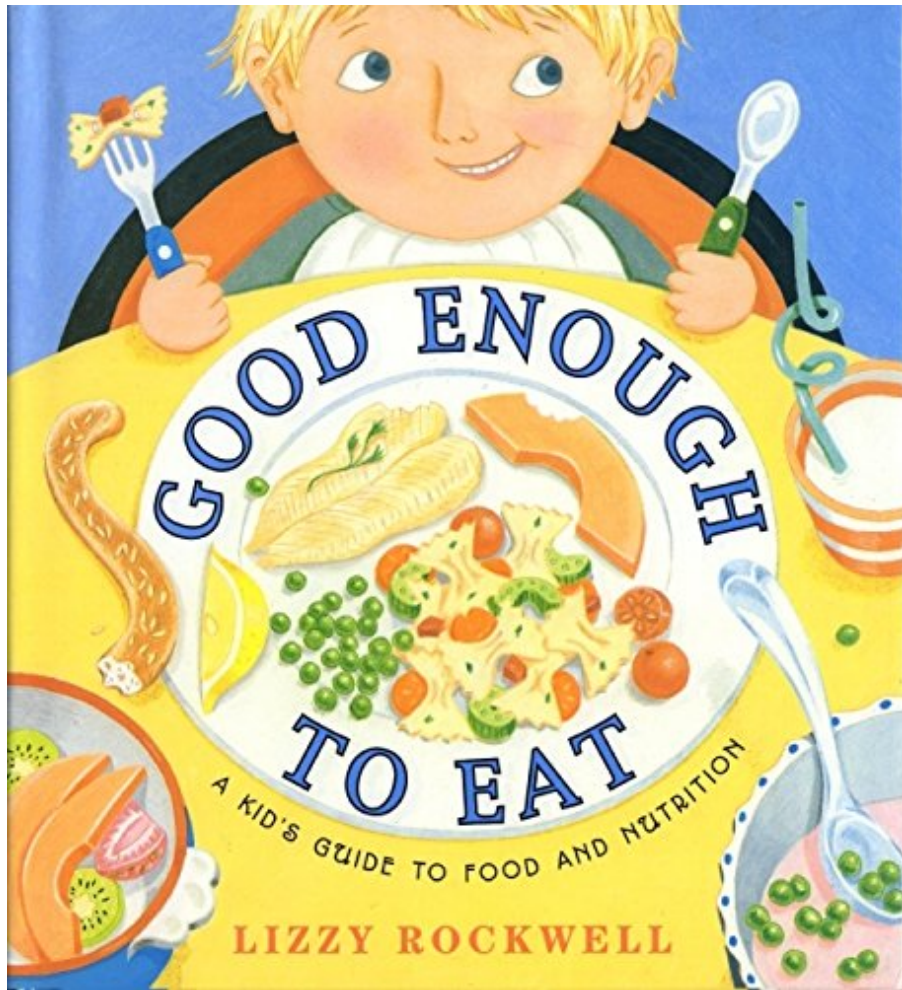


# **GOOD ENOUGH TO EAT: A KID'S GUIDE TO FOOD AND NUTRITION BY LIZZY ROCKWELL**



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From Publishers Weekly

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.

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From School Library Journal

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, ME

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From Booklist

Ages 5<sup>^</sup>-9. Which foods contain protein, and why does my body need it? What about B complex vitamins? Why must I drink a lot of water? The bright, cheerful pictures focus on preschoolers preparing and eating foods and using them to grow, breathe, move, stay warm, and fight germs. Everyone will appreciate the clear, detailed presentation of facts about the various nutrients and the foods they are in. There's a food guide pyramid, a page of healthy fun recipes for adults and kids to cook together, and playful pages that show kids dressed up as astronauts, skeletons, clowns, and pirates demonstrating the importance of vitamins and minerals: the foods that contain them and how the body uses them. The endpapers illustrate the main food groups, with individual dishes and facts about how many servings you need a day of each group, from fruits and dairy products to fats, oils, and sweets. The audience for this book will be adult caregivers as much as the children they feed, and if older kids can get past the preschool cast, this could be a valuable classroom tool for teaching about health and nutrition. Hazel Rochman

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**Good Enough To Eat: A Kid's Guide To Food And Nutrition By Lizzy Rockwell.** Is this your extra time? What will you do after that? Having spare or complimentary time is quite impressive. You could do every little thing without pressure. Well, we intend you to exempt you couple of time to read this publication Good Enough To Eat: A Kid's Guide To Food And Nutrition By Lizzy Rockwell This is a god publication to accompany you in this downtime. You will certainly not be so difficult to understand something from this publication Good Enough To Eat: A Kid's Guide To Food And Nutrition By Lizzy Rockwell Much more, it will assist you to get far better info as well as experience. Even you are having the fantastic works, reviewing this e-book Good Enough To Eat: A Kid's Guide To Food And Nutrition By Lizzy Rockwell will certainly not include your mind.

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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 groups—carbohydrates, protein, fat, water, vitamins, and minerals
- each nutrient's function
- which foods contain which nutrients
- how much of each nutrient a kid needs each day
- how the body digests food
- all about calories

Good 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!

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- 40 pages

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Most helpful customer reviews

43 of 43 people found the following review helpful.

Superb introduction to healthy eating for preschoolers

By Echo

I checked this book out of the library for my five-year old, and she loved it. She got really excited about this book and seemed to love how the pictures illustrated the text. There was this one particular set of pictures that referred to PROTEIN. The first picture showed a girl on the farm doing chores and talking about how protein helps you be stronger. In the background, there were the meat sources of protein: a cow, a lamb, a chicken, etc. On the next page, a couple of kids were next to a beanstalk, talking about other sources of protein--like beans. The pictures were very colorful and eye-pleasing and I loved how the author used word bubbles from the kids in the book to explain--in simple language and with everyday examples, what each nutritional component does for the body. She let the characters teach. In one part of the book, they put on costumes to show which vitamins do what! This book made it really easy for me to discuss the importance of eating right to my child, and--after six months--she still remembers things like, "eggs have protein in them and protein makes you strong!" [her words] There are simple recipes in the back, which we didn't test, but I look forward to trying them out once we get the book again. The only things about this book I didn't like was the lack of scientific activities, but I'm looking into other titles to supplement (like, Janice VanCleave), and a lack of "discussion starters". Otherwise, I think this book is a wonderful way to start your own discussions

on healthy eating. One of the great things about smaller children is their need for repetition, so I'll get the chance to come up with a new discussion every time we read this book.

23 of 24 people found the following review helpful.

Mostly great except the page that says most of your food should be processed grains.

By Sycamore Sewing

Ok so the page I am referring to has pictures of cereal, bagels, ect. All super processed foods.

The book goes through fruits and veggies & different forms of protein explaining the nutrients you receive and what part of your body it feeds. I love this about the book. However, when it gets to the page saying you get all of your energy from things like cereal and bagels it doesn't look right. The kiddos are only looking at the pictures also. I am going to try a book on just veggies because I just don't agree with the "pyramid"

23 of 24 people found the following review helpful.

Wonderful presentation enlightens children about nutrition

By A Customer

This is an excellent reference book on nutrition for parents and their children with accurate, well presented information. Children can begin to appreciate the importance of nutrition and the role it plays in maintaining their bodily function and performance.

See all 41 customer reviews...



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