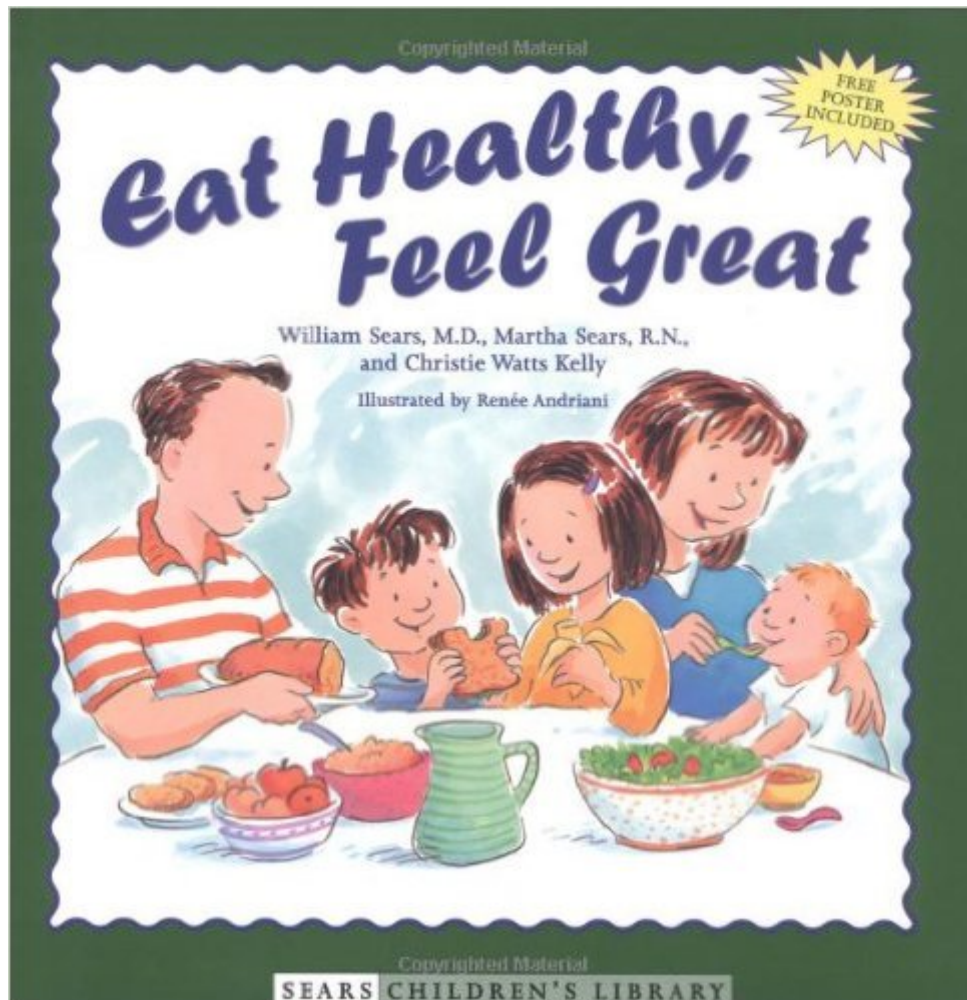


The book was found

# Eat Healthy, Feel Great



## Synopsis

From the creators of the acclaimed Sears Parenting Library comes a handbook that gives kids the tools to make their own wise food choices. Includes quick and easy recipes. Full color.

## Book Information

Series: Sears Children Library

Hardcover: 32 pages

Publisher: Little, Brown Books for Young Readers; 1 edition (September 1, 2002)

Language: English

ISBN-10: 0316787086

ISBN-13: 978-0316787086

Product Dimensions: 9.3 x 0.5 x 9.3 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #177,096 in Books (See Top 100 in Books) #66 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #224 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 4 - 7 years

Grade Level: Preschool - 3

## Customer Reviews

-Puts the revised 2005 Food Pyramid designers to shame with its straightforward, clear approach (versus the revised pyramid 'stripes' that are supposed to indicate how much of each food group to eat but who can figure it out at a glance?) Its concept for green / orange / red light foods is straightforward, extremely well presented and easy to understand and APPLY. The book provides clear and convincing explanations about each food group and their particular effects on your body. Surprisingly comprehensive introduction to key nutrients is also covered. Illustrations are appealing, colors of each food are accurate and therefore relatable for children (many other kids 'food' books are NOT!) While the illustrations are simple, they are easy to identify and relate to and several are funny and gain laughs. The typical obstacles for trying new foods is addressed, so kids start off knowing that these great greenlight foods may look and taste a little different but you quickly grow to like them and also that we can train our taste buds. Its straightforward approach provides convincing reasons for eating healthy - even 'grown-ups' may be surprised at just how clear the message is for such a relatively short book. My five year old is sharing with his Kindergarten friends why the

hydrogenated oils and coloring are not good for one's body and showing an interest in reading food labels. This resource provides parents with a strong resource for arming children with appealing reasons to begin to make good food choices in such a carb/sugar overloaded environment and help them understand why their fresh veg, nut, yogurt, fruit lunches and snacks help them grow healthy and feel good far more than the donuts their best friend brings to school.

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