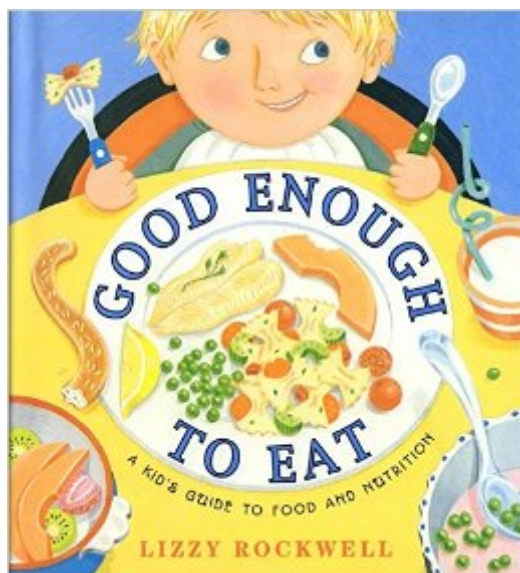


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# Good Enough To Eat: A Kid's Guide To Food And Nutrition



## 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 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!

## Book Information

Paperback: 40 pages

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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— See all reviews— (40 customer reviews)

Best Sellers Rank: #11,069 in Books (See Top 100 in Books) #7 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #13 in Books > Children's Books > Children's Cookbooks #21 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 4 - 8 years

Grade Level: Kindergarten - 4

## Customer Reviews

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.

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"

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.

I ordered the book online. It is colorful and does contain some really good information given in a way that kids are willing to read and discuss it. I am pleased it is detailed, discussing protein, vitamins and such. However, I was quite disappointed to see the old food pyramid. I thought by now that it wouldn't still be going into books about nutrition. If I could easily rip that page out I would.

Frustrating

The pyramid has always been wrong. To establish milk products as a food group and also grains as a food group is not accurate. They are not necessary food groups at all. They have only been part of the human diet for .0005% of human history. The essential food groups are: protein, fat and carbohydrate. Milk products are a protein choice (fish, poultry, meat, eggs, beans, nuts, seeds and

milk products) Grains are a carbohydrate choice (beans, nuts, seeds, vegetables, fruits and grains) Processed grains (breads, bagels, pretzels, pasta etc...) are glycemic. They promote diabetes and obesity due to their ability to raise blood sugars quickly. Good fats are fish oils, avocado, avocado oil, almond, olive oil, pumpkin seed oil, high oleic safflower. Avoid corn oil, soy oil, canola oil. Bad fats are hydrogenated oils and deep frying any food in any oil.

This is very easy to understand for kids and helpful if you want them to understand why you want them to eat certain foods, it explains food groups, carbs, protein, etc on a level they can understand. I got very into nutrition and wanted a way for my 6 year old to understand it too.

I would not recommend this book for nutrition guidelines for kids. Way too much emphasis on carbohydrates, which we are now learning are to blame for many of the chronic health problems we face today - Type 2 Diabetes, heart disease and obesity.

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

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