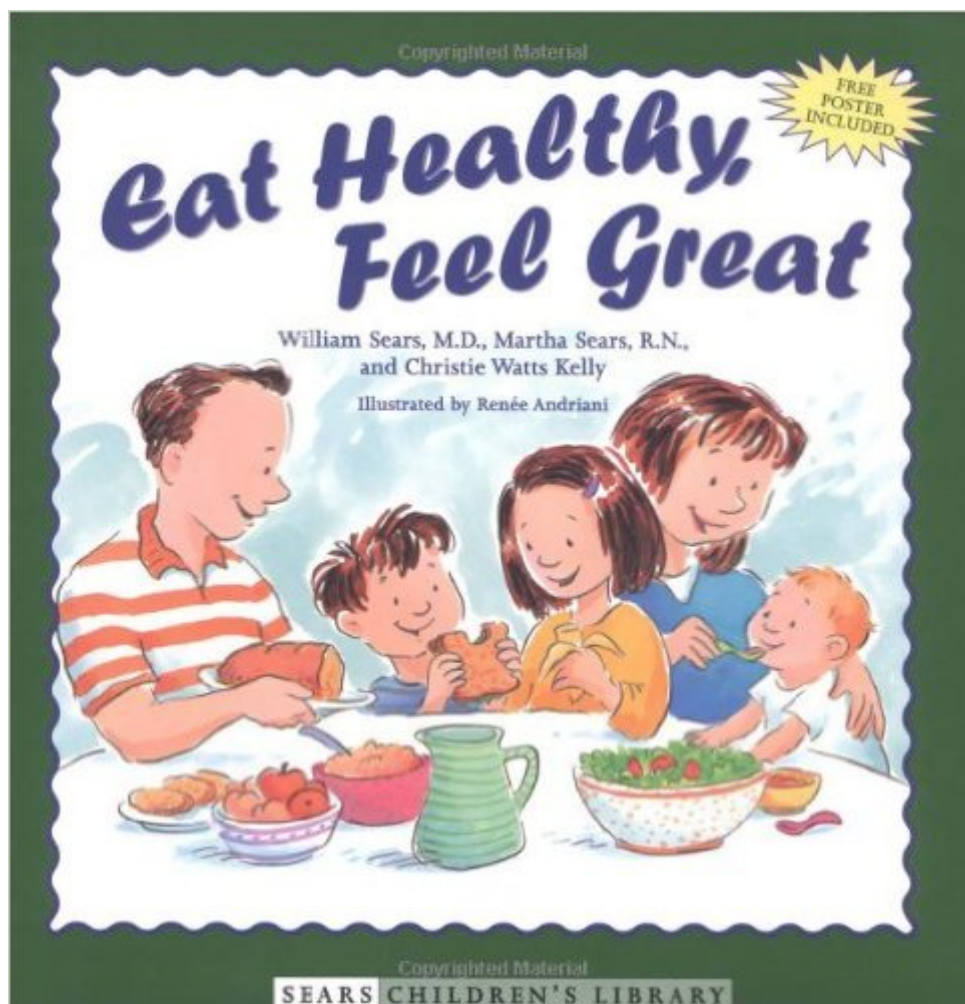


The book was found

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 starsÂ Â See all reviewsÂ (39 customer reviews)

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

[Download to continue reading...](#)

Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better)
Eat Healthy, Feel Great Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) The Gut Healing Protocol: Reset Your Gut, Reduce Inflammation, Gain Energy and Feel Happier (Eat Your Way Lean and Healthy) Taste of Home Diabetes Family Friendly Cookbook: Eat What You Love and Feel Great! (Taste of Home Books) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Healthy by Design: Weight Loss, God's Way: A Christian Devotional Guide to Lose Weight, Feel Great and Reflect God's Glory (1 Cor 6:19-20) (Biblical)(Weight loss for Christians) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet Baby Touch and Feel: Happy Birthday (Baby Touch & Feel) Cookbook :Healthy Mediterranean Gourmet: Mediteranean Recipes For Everyday Cooking: Eat Healthy Gourmet Food Eat, Drink, And Be Healthy - Harvard Medical School Guide To Healthy Eating DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart) Eat & Explore Ohio Cookbook & Travel Guide (Eat & Explore State Cookbook) Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D.

