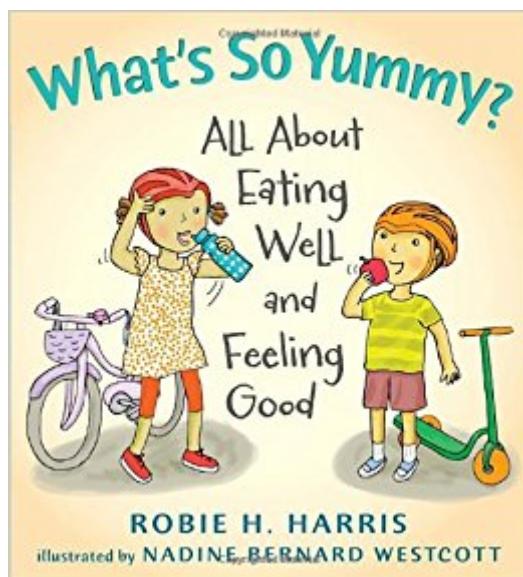


The book was found

# What's So Yummy?: All About Eating Well And Feeling Good (Let's Talk About You And Me)



## **Synopsis**

Acclaimed New York Times best-selling author Robie H. Harris introduces preschoolers to the pleasures of eating healthy, being active, and feeling good. Gus, Nellie, and baby Jake can't wait to go on a picnic! In the morning the family heads to their community garden, then to the farmer's market and the grocery store to gather vegetables, fruit, meat, and other fresh and delicious foods. Readers follow them through the day as they go home to prepare, cook, and pack up the goodies, then cap their day by eating a yummy meal in the park and flying a kite together. Funny, accessible, family-filled illustrations; conversations between Gus and Nellie; and matter-of-fact text combine to show young children how food fuels our bodies and help them see how healthy eating and drinking, and being active, can make them feel their best for a day full of fun.

## **Book Information**

Lexile Measure: AD770L (What's this?)

Series: Let's Talk about You and Me

Hardcover: 40 pages

Publisher: Candlewick (September 23, 2014)

Language: English

ISBN-10: 0763636320

ISBN-13: 978-0763636326

Product Dimensions: 10 x 0.4 x 10.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #142,996 in Books (See Top 100 in Books) #30 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #41 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #63 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition

Age Range: 2 - 5 years

Grade Level: Preschool - Kindergarten

## **Customer Reviews**

The fourth installment in Harris and Westcott's Let's Talk About You and Me series lives up to its predecessors' achievements in its plain talk about health. ... Never shaming and always empowering, the book champions healthy choices as key to good living. An informational title that

seems good for you without being a pill to swallow.â "Kirkus ReviewsJoined in all of the public settings with a multicultural background cast, smiles abound within and around the family unit, equating the act of making good food choices with family togetherness and fun. This genial positivism, along with the wide variety of featured foods (smartly labeled to provide new things to point out during repeat readings) makes for a fine resource for promoting a healthy lifestyle.â "School Library JournalThe sound text makes clear that not every family or person eats the same kind of food, and it even ventures into the issue of food allergies. Including a wide variety of people in the backgrounds, Westcottâ ™s digital line-and-wash illustrations are clearly delineated, cheerful, and appealing. ... [T]his picture book will be a useful addition to school and public library collections.â "BooklistEnthusiastic. [R]eaders may ... take the cue to try some new foodsâ "Publishers Weekly

Robie H. Harris is the trusted and highly acclaimed author of numerous books for children, including Itâ ™s Perfectly Normal, Itâ ™s So Amazing!, and Itâ ™s NOT the Stork!, essential guides for children on bodies, babies, families, and health. She is also the author of the first three books in the Letâ ™s Talk About YOU and ME series. She lives in New York City. Nadine Bernard Westcott is the illustrator of more than a hundred books, including the first three books in the Letâ ™s Talk About YOU and ME series. She lives in Massachusetts.

Helps a picky eater!

Loved the idea of this book. Illustrations are great but too much reading and a bit long for preschooler attention.

It's so great for the kids to read. They asked questions and are excited about eating healthy.

Robie is the best children's book author on the planet.

Looks like a fun book

This book goes on and on and on. Was looking for something to make the same point more concisely.

WHAT'S SO YUMMY is a non-fiction picture book meant to educate children about nutrition, food choices, and healthy eating habits. As is typical of non-fic educational story books, there are more words than one sees in a typical fiction picture book, and the focus is on relaying information to the child reader in a way which engages the reader, holds his or her attention, and hopes to encourage awareness of the author's messages in the hope of impacting the child's future behaviors. The research and presentation of food and nutrition facts are sound, and the information is shared in both text and word bubble format, allowing the illustrations to become integrated into the material presented in an engaging way. Directives are given to the child reader with specific actions they should take (ways in which to exercise and move our bodies, to have quiet time, to think about what we choose to eat and drink, and to avoid poor choices. The illustrations are pleasant and graphically appealing, especially the faces of the "characters" that illustrate the page points. Children should find this book interesting and engaging, though I recommend it as an adult read-aloud, whether to one child or to many. I have taught my students with picture books regularly from elementary school ages through eighth grade, and experience tells me that whereas a child might not get through the entirety of this picture book on one's own, it would make a wonderful group read-aloud with lots of opportunity for thought, ideas, and discussion with the children. A great addition to any school or public library, and a good gift or addition to home libraries for parents who may have issues attempting to keep their children on the path of healthy eating.

It is a good book that teaches kids what foods are good as well as drinking plenty of water, daily exercise and playing is also important while also saying some sugary foods are good once and a while but not all the time. I thought it was a great book for my 7 1/2 year old to do a book report on! We both enjoyed it.

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