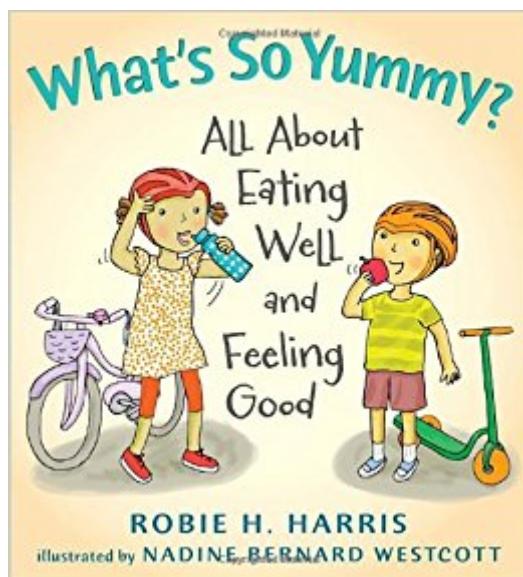


The book was found

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. *•Kirkus Reviews* Joined 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. *•School Library Journal* The 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, Westcott'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. *•Booklist* Enthusiastic. [R]eaders may ... take the cue to try some new foods. *•Publishers Weekly*

Robie H. Harris is the trusted and highly acclaimed author of numerous books for children, including *It's Perfectly Normal*, *It's So Amazing!*, and *It'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 *Let'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 *Let'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.

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

What's So Yummy?: All About Eating Well and Feeling Good (Let's Talk about You and Me) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Let's Talk about Epilepsy (Let's Talk Library) Let's Talk About Epilepsy (The Let's Talk Library) Let's Talk about Head Lice (Let's Talk Library) Let's Talk About Your Handicap: How to improve your Handicap in the sport of Polo (Let's Talk Polo) (Volume 2) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge

Eating Cure Series Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) How to Talk Dirty: Make Him Explode Whispering These 173 Dirty Talk Examples that Will Rock His World & Have Him on His Knees Begging You for Sex (Improve & Spice Up Your Sex Life - Dirty Talk) The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great Let's Talk Polo...: For the Polo Player...things you need to know. Written by the most famous and well respected female polo player in the world, Sunny Hale (Volume 1) Your Wellbeing Blueprint: Feeling Good And Doing Well At Work Feeling Good: The Science of Well-Being Small Talk Made EASY!: How to Talk To Anyone Effortlessly and Talk with Confidence and Ease! Conversation: The Gentle Art Of Hearing & Being Heard - HowTo "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) Spanish All Talk Complete Language Course (16 Hour/16 Cds): Learn to Understand and Speak Spanish with Linguaphone Language Programs (All Talk) Spanish All Talk Basic Language Course (4 Hour/4 Cds): Learn to Understand and Speak Spanish with Linguaphone Language Programs (All Talk) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)