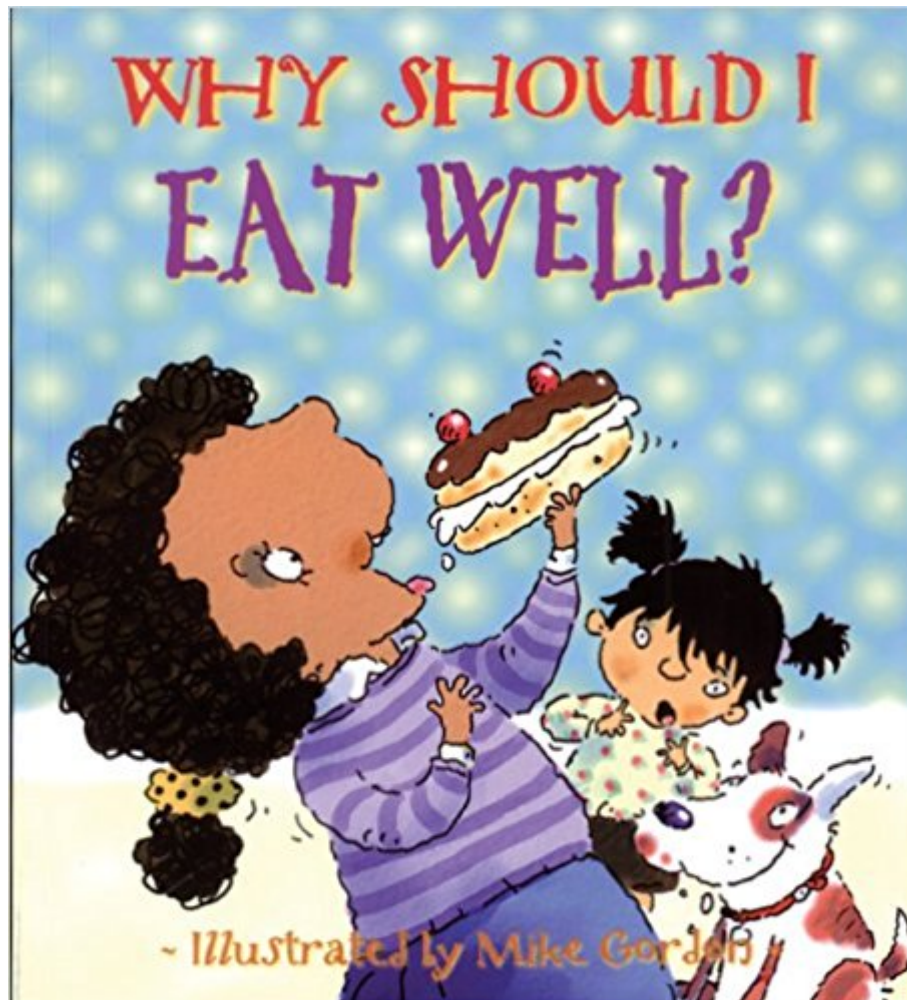




The book was found

Why Should I Eat Well? (Why Should I? Books)



Synopsis

Boys and girls discover the importance of eating sensibly and keeping to a balanced diet. They learn that good eating habits are important for health and fitness. Titles in the enlightening and entertaining *Why Should I?* series of picture storybooks answer questions that younger boys and girls are likely to ask about a wide range of topics. Part of every child's development consists of asking questions about themselves, their friends and neighbors, and their surroundings. *Why Should I?* books help them discover good answers. Kids will be attracted by the amusing color illustrations on every page, and parents and teachers will appreciate the note at the back of each book offering further suggestions on answering children's questions.

Book Information

Series: *Why Should I? Books*

Paperback: 32 pages

Publisher: Barron's Educational Series (September 1, 2005)

Language: English

ISBN-10: 0764132172

ISBN-13: 978-0764132179

Product Dimensions: 0.2 x 7.2 x 8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #46,772 in Books (See Top 100 in Books) #21 in *Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition* #74 in *Books > Children's Books > Growing Up & Facts of Life > Health > Diseases*

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

[back cover] *WHY SHOULD I?* Part of children's development is asking questions and learning about themselves. With amusing pictures and simple text, this book shows them the importance of eating sensibly and explains the meaning of a balanced diet. This book contains notes for parents and teachers to help them use this book most effectively. **TITLES IN THE SERIES** *WHY SHOULD I Protect Nature? WHY SHOULD I Recycle? WHY SHOULD I Save Energy? WHY SHOULD I Save Water? WHY SHOULD I Eat Well? WHY SHOULD I Help? WHY SHOULD I Listen? WHY SHOULD I Share?*

Mike Gordon illustrates the Robin Hill School series and has an extensive and varied background in illustration and design. He lives with his family in Santa Barbara, California.

I teach preschool and my center got this book for our "Healthy Bodies" unit and I was disgusted and surprised by this book. It's an eating-disorder waiting to happen. It was a missed opportunity: "Why should I eat well?" could have been answered with so many body-positive answers (to help our bodies grow healthy and strong, for example). Instead, this book is full of "fatty"-this and "fatty"-that."fatty burgers, fatty french fries, fatty potato chips...sweet, fatty doughnuts," all the while it shows the girl getting bigger and bigger until her pants are splitting, even though the girl really doesn't look like that in the book (the pictures of her with the new girl show her as an averaged sized child)--it's the imagination that eating those foods make you bigger and uglier and your clothes will split. Each page shows/imagines her getting bigger and bigger and uglier and uglier. It's shaming.It continues on to say you'll get pimples and your teeth will decay (not could or might--WILL--as if these foods are the only thing responsible for pimples). It goes on to say that you'll catch every cough and cold (and apparently lose your clothes and be embarrassed).It goes even further and places the girl at the top of a burger/pizza/fries mountain (exaggeration much?) stuffing her face with all the foods at one time and draws the conclusion that clearly she's eating LIKE that (binge eating) and imagines that she'll, "gain weight...won't be fit and -- who knows? --you might even get sick" At this point one of my students was like, "what happened to her? What's wrong with her? Why does she look like that?" And SCARING the kids. Cause that's a great tactic. Shaming a scaring kids...and placing values/morals on food ("good and bad" foods), instead of talking about how our bodies need variety or the value of having variety or talking about having foods in moderation or having foods "sometimes," we're just going to scare the kids with the pictures and place values on them. As if fat people can't be fit. Or as if only fat people get sick. Or if someone is thin, they must be healthy. Garbage.Here's my sum-up. This book is garbage. It promotes fat-phobic narratives, it is NOT body-positive. It contains rhetoric that you'd find in the world of eating disorders. While it wasn't my money that purchased this book, I'm ashamed that it was even read once to my preschoolers. I wish I could take the time to make a more formal, well-written review, but I don't want to waste anymore time on this book. Don't buy it.

I bought this book for my preschool class for a unit on healthy eating. It had entertaining pictures and an age appropriate story.

Great for my Preschool class.

If you want to teach "healthy" eating by scare tactics, then this is the book for you. Personally, scare tactics never work on me they just irritate me into refusing to give in. The lessons taught in this book are based on a story of what would happen to this little girl if she eats unhealthy foods - pimples, weight gain, splitting clothes, etc.. I liken it to the well-meaning parents who tell their preschoolers things like "You don't want to be a BABY anymore, you want to be a BIG KID - so let's get out of diapers (or whatever the undesirable activity is)" Then the child turns around and taunts other kids for that situation. I literally threw this book in the trash. I should have returned it.

This book is great for teaching my class about why we should eat healthy foods. This is an ongoing theme in my class so I am always looking for new and varied books to teach this concept.

I work with preschool children and part of my job is to teach them proper nutrition. After reading this book to 5 separate preschool classes, I have to say that it appeals to young children and keeps their attention. It was a great springboard to talking about foods that are healthy and foods that we should only eat "sometimes."

good

Good incentive to try to eat healthy foods!

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