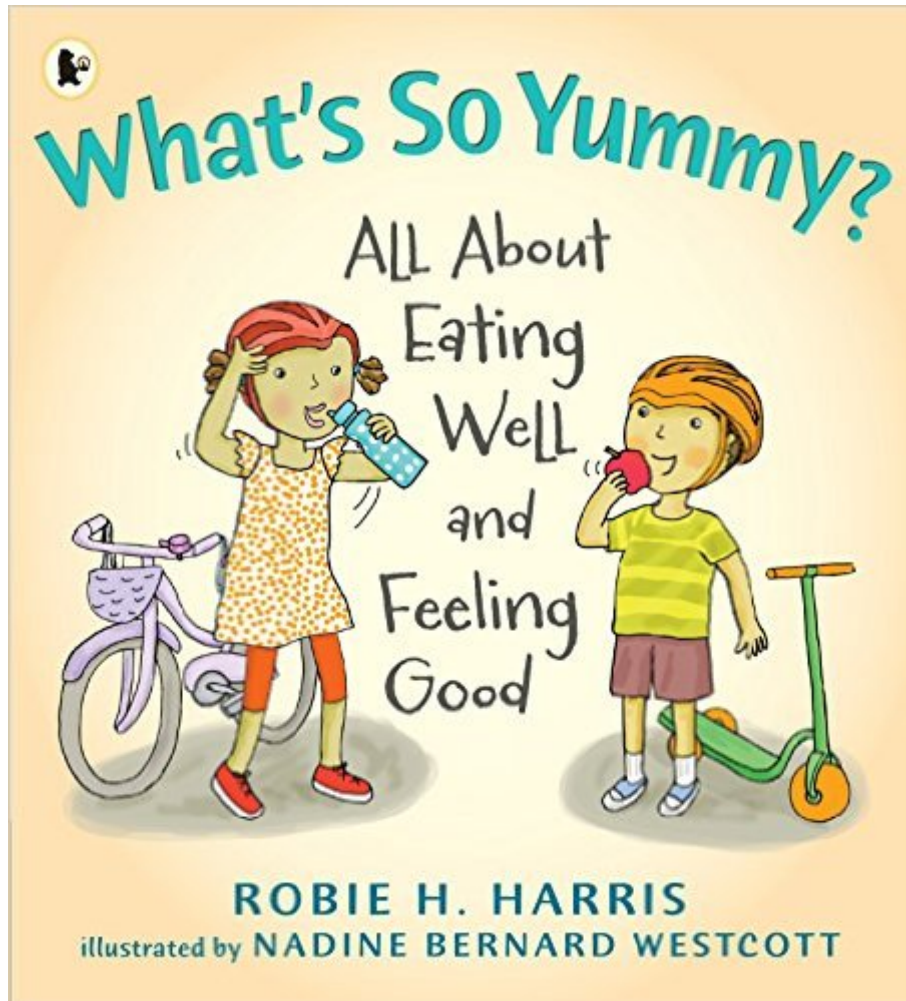


The book was found

# What's So Yummy?: All About Eating Well And Feeling Good



## Synopsis

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 supermarket 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. The book ends with the family eating a yummy meal in the park and flying a kite together. Funny, accessible, family-filled illustrations, conversations between Gus and Nellie and a 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

Paperback: 40 pages

Publisher: Walker Books Ltd (November 6, 2014)

Language: English

ISBN-10: 1406358037

ISBN-13: 978-1406358032

Product Dimensions: 9.8 x 0.2 x 10.8 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,250,961 in Books (See Top 100 in Books) #152 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #226 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #347 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

## Customer Reviews

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.

This book is one in a series of books written to assist parents in answering questions raised by young children. I feel the story does an excellent job showing children the importance of making healthy food choices. The family in the story uses a garden, farmer's market and grocery store to purchase the food for a picnic. The information written is perfect for a child in preschool to maybe first grade. The author also discusses food allergies. The two that are examples are peanuts and gluten. There are alternatives given within the text which would assist the reader to answer other questions that may arise. This is a perfect story to initiate a discussion about healthy food choices. You and your child could do some meal planning together and maybe the grocery shopping for the items you need after reading this book.\*I received this for review - all opinions are my own\*

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

Helps a picky eater!

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