



Good Enough to Eat: A Kid's Guide to Food and Nutrition

By Lizzy Rockwell

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Good Enough to Eat is one of a kind: the only guide to kids' nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies.

In this book, you will learn:

- all about the nutrient groups—carbohydrates, protein, fat, water, vitamins, and minerals
- each nutrient's function
- which foods contain which nutrients
- how much of each nutrient a kid needs each day
- how the body digests food
- all about calories

Good Enough to Eat includes kid-friendly recipes such as Alphabread and Full o' Beans Soup, and even shows kids how to test their food for fat. Perfect for parents, educators, librarians, and doctors trying to explain healthy eating to kids!

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Editorial Review

From Publishers Weekly

Rockwell (illustrator of *My Spring Robin*; *On Show and Tell Day*) serves up a simple but often bland introduction to nutrition. Watercolor and colored-pencil illustrations offer close-up views of a variety of foods and introduce a cast of smiling, wide-eyed kids whose comments (presented in balloons) supplement the facts in the text. The compositions are cheerful and sometimes playful, as when a boy dressed in a skeleton costume delivers a message about the value of calcium in building and "repairing" bones. The palette, unfortunately, is muted or shadowy, so that the pictured foods never look very appetizing. The author discusses such basics as the importance of eating a balanced diet, the process of digestion, sources of various vitamins and minerals, etc. She concludes with a handful of nutritious, carefully written, kid-friendly recipes. The only other hands-on aspect of the volume is a vaguely outlined experiment "to find out where fat is hiding," which entails rubbing foods (no specific varieties are suggested) on a piece of paper and examining it for grease stains the following day. Given the book's targeted audience, Rockwell has perhaps gone too far in streamlining her information; those above the beginning-reader level may well find the tone of both the art and the text (with the exception of the recipes) somewhat babyish. Ages 5-9.

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From School Library Journal

Kindergarten-Grade 3-This picture book about healthy eating begins at the beginning: food is necessary for one's well-being and it tastes good, too. Six categories of nutrients are introduced: carbohydrates, protein, fat, water, vitamins, and minerals. Digestion is described, as is the Food Guide Pyramid. Five recipes are given at the end. The large, square format invites readers in, beginning with a bright watercolor scene of a hungry family: the dog is howling, the baby is crying in her high chair, the cranky boy is bringing in the bread, and the mother and father are doing what they can to get everyone fed. This double-page spread says much more than the four lines of descriptive text. Every bit of information is illustrated with a large or small picture, sometimes accompanied by labels or dialogue balloons. Pictures of healthy food are everywhere, prepared by and eaten with great enjoyment by a variety of people. There's an amazing amount of information packed into this inviting, clear, and valuable book.

Carolyn Jenks, First Parish Unitarian Church, Portland, ME

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From [Booklist](#)

Ages 5⁺-9. Which foods contain protein, and why does my body need it? What about B complex vitamins? Why must I drink a lot of water? The bright, cheerful pictures focus on preschoolers preparing and eating foods and using them to grow, breathe, move, stay warm, and fight germs. Everyone will appreciate the clear, detailed presentation of facts about the various nutrients and the foods they are in. There's a food guide pyramid, a page of healthy fun recipes for adults and kids to cook together, and playful pages that show kids dressed up as astronauts, skeletons, clowns, and pirates demonstrating the importance of vitamins and minerals: the foods that contain them and how the body uses them. The endpapers illustrate the main food groups, with individual dishes and facts about how many servings you need a day of each group, from fruits and dairy products to fats, oils, and sweets. The audience for this book will be adult caregivers as much as the children they feed, and if older kids can get past the preschool cast, this could be a valuable classroom tool for teaching about health and nutrition. *Hazel Rochman*

Users Review

From reader reviews:

Bruce Benedict:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the actual Mall. How about open or maybe read a book entitled Good Enough to Eat: A Kid's Guide to Food and Nutrition? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have other opinion?

Richard Kitterman:

Here thing why this particular Good Enough to Eat: A Kid's Guide to Food and Nutrition are different and reliable to be yours. First of all examining a book is good but it really depends in the content than it which is the content is as yummy as food or not. Good Enough to Eat: A Kid's Guide to Food and Nutrition giving you information deeper including different ways, you can find any book out there but there is no book that similar with Good Enough to Eat: A Kid's Guide to Food and Nutrition. It gives you thrill studying journey, its open up your own eyes about the thing this happened in the world which is might be can be happened around you. It is possible to bring everywhere like in playground, café, or even in your technique home by train. In case you are having difficulties in bringing the printed book maybe the form of Good Enough to Eat: A Kid's Guide to Food and Nutrition in e-book can be your substitute.

Charles Howell:

In this period of time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you is Good Enough to Eat: A Kid's Guide to Food and Nutrition this e-book consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The language styles that writer require to explain it is easy to understand. The particular writer made some analysis when he makes this book. That's why this book suited all of you.

Brittany Gonzalez:

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