

# GOOD ENOUGH TO EAT

A KID'S GUIDE TO FOOD AND NUTRITION

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**B**abies cry when they're hungry.  
Dogs bark and howl. When you feel hungry,  
your stomach grumbles, your legs feel weak.  
You don't cry or howl, but sometimes you feel cranky.





In the nick of time your dinner is ready. It looks good, it smells good, it tastes good.



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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!



"There's an amazing amount of information packed into this inviting, clear, and valuable book."

—*School Library Journal*

"Everyone will appreciate the clear, detailed presentation of facts about the various nutrients and the foods they are in. . . . A valuable classroom tool for teaching about health and nutrition."

—*ALA Booklist*

