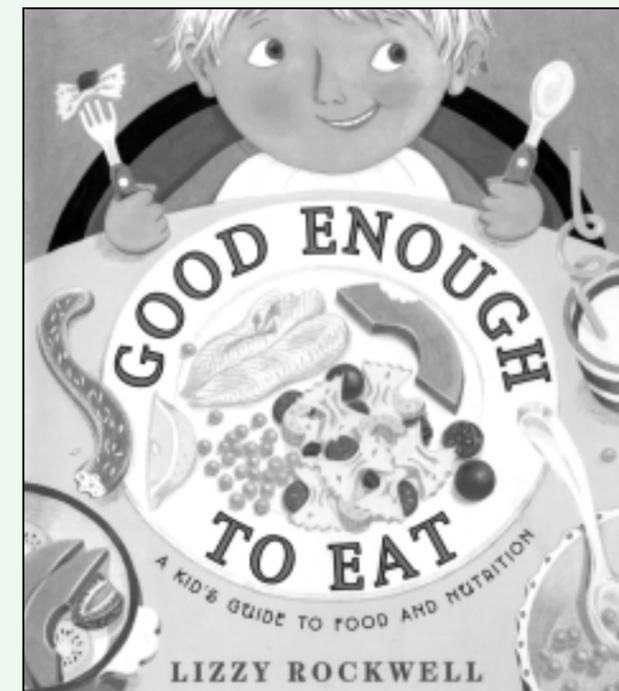


GOOD ENOUGH TO EAT

is the only guide to kids' nutrition written especially for kids!

As they read, kids will learn:

- How the body digests food
- All about nutrient groups: carbohydrates, protein, fat, water, and vitamins and minerals
- Which foods contain which nutrients and how much a kid needs each day
- What the Food Guide Pyramid is and how to use it
- How to cook several delicious, easy-to-make recipes



This guide contains activities that will help keep kids involved in learning about nutrition.



Lizzy Rockwell

Good Enough to Eat, Lizzy Rockwell's first book as both author and illustrator, reveals much about its talented creator. Lizzy's love of food, sense of fun, and interest in education are apparent from the very first page.

On any sunny day, you might find Lizzy and her two young sons out in their garden in Norwalk, Connecticut, picking vegetables for dinner. Later, you might find Lizzy inside whipping up a yummy, nutritional dish, such as "Full o' Beans Soup," a recipe she composed for *Good Enough to Eat*.

But most of the time, you'll find Lizzy in her studio, illustrating books for children. Lizzy first learned to draw in her parents' studio. She continued her artistic education at New York's School of Visual Arts. The first picture book Lizzy illustrated was a combined effort with her parents entitled *My Spring Robin*.

More recently, Lizzy and her mother, veteran author and illustrator Anne Rockwell, have paired their talents on a series of books: *Show & Tell Day*, *Halloween Day*, and the forthcoming books *Thanksgiving Day* and *Valentine's Day*. Written by Anne and illustrated by Lizzy, this series is set in cheerful Mrs. Madoff's classroom. According to Lizzy, each book conveys to children the all-important lesson that "you can be part of a group but still be yourself."

Lizzy's sons, Nicholas and Nigel, also play a role in her books—as occasional character models and certainly as real-life inspiration. It was their curiosity about the world around them that helped inspire Lizzy as she illustrated *A Nest Full of Eggs* by Priscilla Belz Jenkins and *On the Move* by Deborah Heiligman, two books in the Let's-Read-and-Find-Out Science series. And, Lizzy says, part of her inspiration to create *Good Enough to Eat* came from being a dedicated mother: "One of the most important things I want children to learn by reading *Good Enough to Eat* is to enjoy eating good food with family and friends." When's dinner?

OTHER BOOKS ILLUSTRATED BY LIZZY ROCKWELL INCLUDE:

Show & Tell Day

Trade ISBN 0-06-027300-3 • \$14.95
Library ISBN 0-06-027301-1 • \$14.89

Halloween Day

Trade ISBN 0-06-027567-7 • \$15.95
Trophy ISBN 0-06-443589-X • \$5.95

Thanksgiving Day

Trade ISBN 0-06-027795-5 • \$14.95
Library ISBN 0-06-028388-2 • \$14.89

On the Move

Trophy ISBN 0-06-445155-0 • \$4.95
Library ISBN 0-06-024742-8 • \$14.89

A Nest Full of Eggs

Trophy ISBN 0-06-445127-5 • \$4.95
Trade ISBN 0-06-023441-5 • \$14.95
Library ISBN 0-06-023442-3 • \$14.89

 HarperCollinsChildren'sBooks
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New York, NY 10022

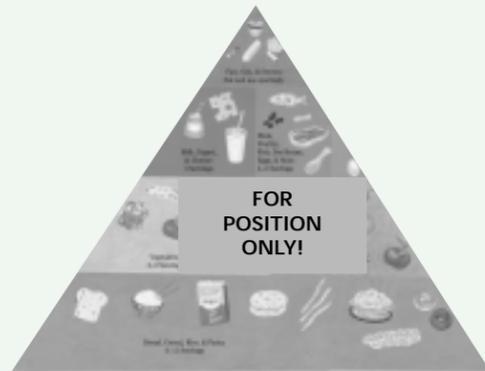


ISBN 0-06-028282-7

FUN WITH THE FOOD GUIDE PYRAMID

Materials needed: Paper plates, poster paper, crayons or markers

- Ask children to draw a favorite family meal on one of the paper plates with crayons or markers.
- Ask them to see how their meal measures up to the Food Guide Pyramid shown in *Good Enough to Eat*. How many servings of which nutrients are they getting in their meal? Use the back of the plate to record the nutritional value of the meal: for example, 2 servings of protein, 1 serving of carbohydrates, and 1 serving of vegetables. (Note: pay attention to serving sizes.) Front and back endpapers are also a good art resource for this activity.
- Instruct children to use the Food Guide Pyramid to plan a nutritional meal of their own. Then have them draw the meal on a paper plate. Hang up a large paper rectangle along a wall or long bulletin board to represent a banquet table. Staple or tape all the nutritious meals to the table. Optional: have children design self-portraits or faces of imaginary guests to be placed around the banquet table.
- An alternate activity for older children is asking them to keep a log of everything they eat over the course of one day or one week and have them determine how their everyday eating habits measure up to the Food Guide Pyramid. In what areas might they improve?

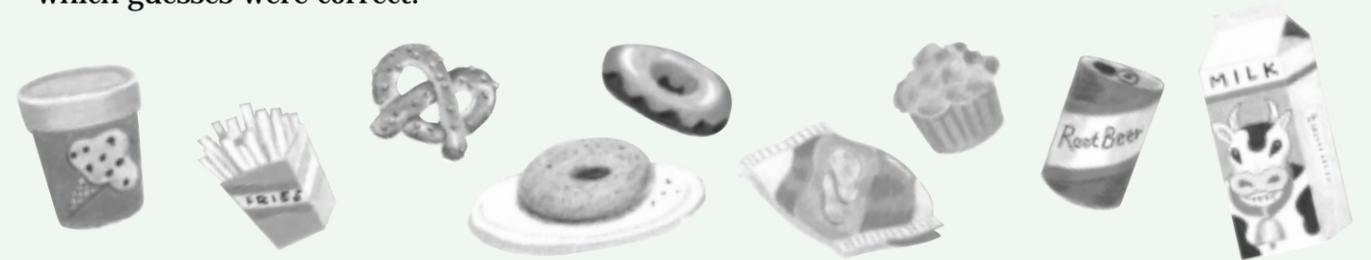


READING FOOD LABELS

Materials needed: Packaging from any of the following food pairs:

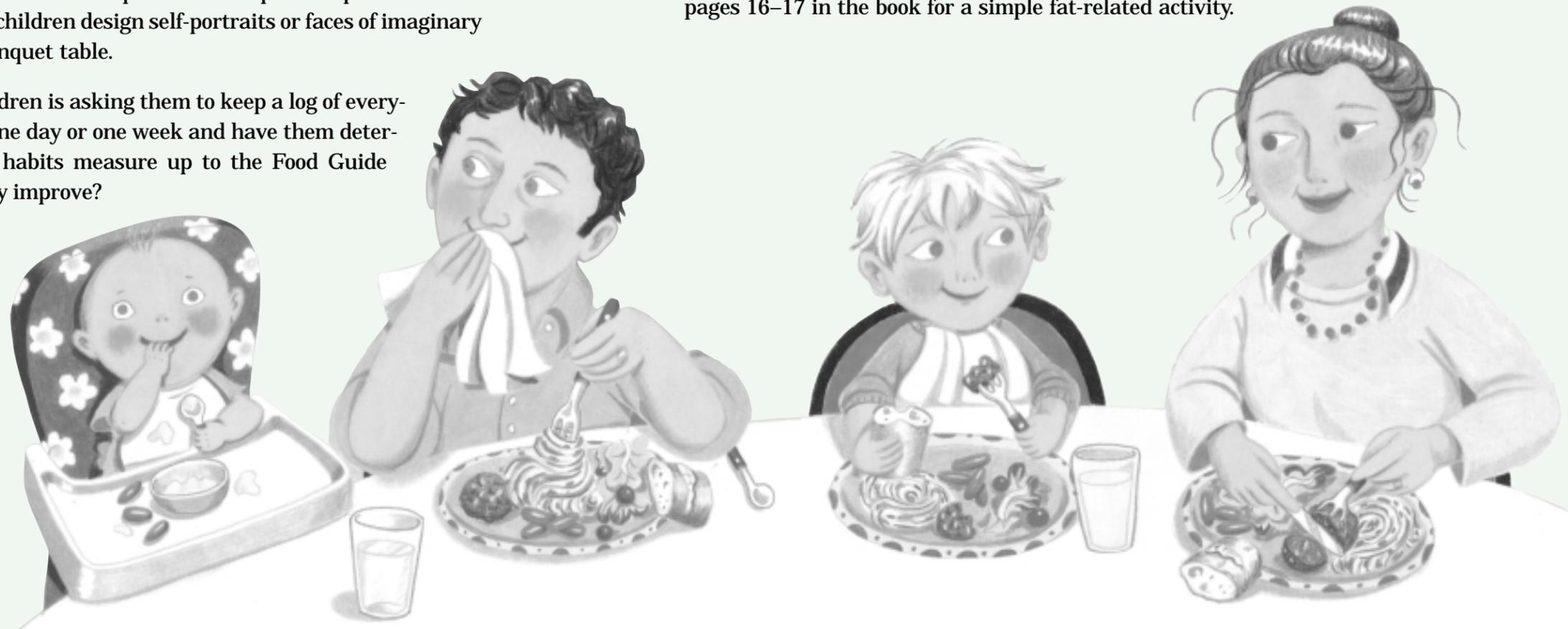
**bagel / doughnut • whole milk / skim milk,
pretzels / potato chips • ice cream / frozen yogurt**

- Show children the paired food items and ask them to guess what nutrients might be provided by each food. Which do they think is more nutritional? Then read and compare labels to see which guesses were correct.



- Pick a food label and point out the terms *saturated fats* and *unsaturated fats*. Saturated fats are a factor in heart disease. Unsaturated fats are not. Identify saturated fats as those that are solid at room temperature, such as meat fat, butter, and hydrogenated oil. Unsaturated fats, like olive oil and safflower oil, are liquid at room temperature. The body needs some fat to burn for heat and energy, but eating more fat than you need results in extra body fat. See pages 16–17 in the book for a simple fat-related activity.

Today I ate:
breakfast
 2 bowls of Wheatos
 1 glass of orange juice
snack
 1 blueberry muffin
 1 glass of milk
lunch
 1 cheeseburger
 french fries
 1 glass of Root Beer
dinner
 spaghetti & meatballs
 1 glass of milk
 1 slice of bread
 carrots
 salad



REMEMBER: MARCH IS NATIONAL NUTRITION MONTH!

Gonna eat this stuff, so many things you can do with all of these foods. RB. Looks good enough to eat! High Protein Recipes Low Carb High Protein Diet Plan High Carb Meals High Protein Lunch Ideas Foods High In Protein 30 Day Low Carb Diet High Protein Chicken Recipes High Carb Foods Healthy Low Carb Meals. 30 Satisfying High Protein, Low Carb Recipes - not all Poon suitable. Some suitable for phase 1 and 2. RB. Looks good enough to eat!Â Be prepared to eat healthy for the week by making your meals in advance! These Meal Prep Baked Lime Chicken Bowls are not just healthy but also delicious! Chicken breasts are cubed and marinated in a chili-lime marinade and then baked and paired with quinoa and green beans for make-ahead healthy meals!