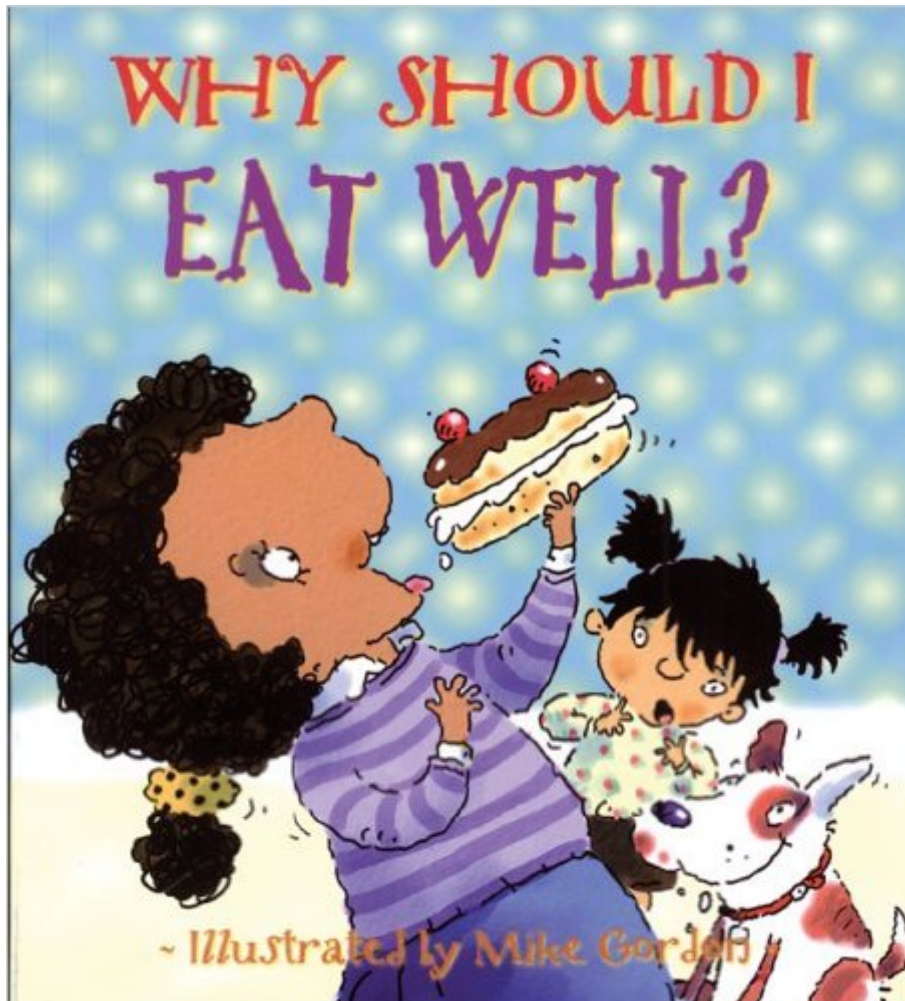


The book was found

# 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: 3.6 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #29,574 in Books (See Top 100 in Books) #19 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diet & Nutrition](#) #46 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 4 - 8 years

Grade Level: [Preschool - 3](#)

## Customer Reviews

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...

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