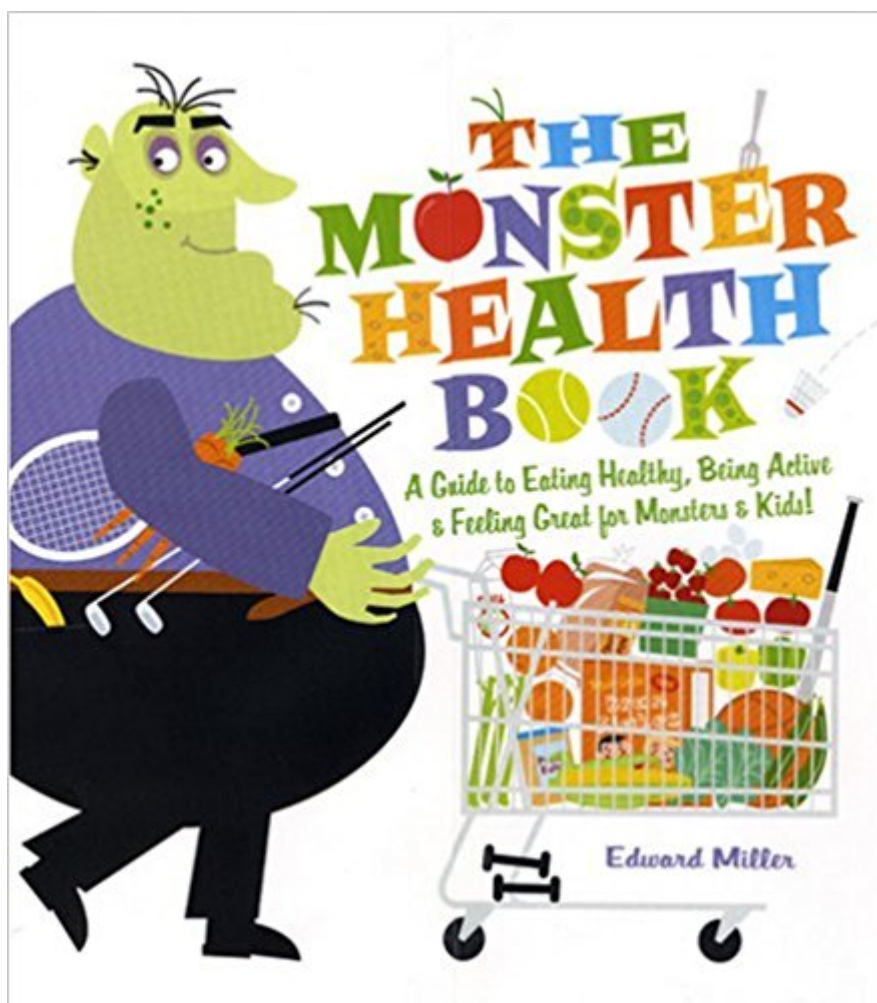


The book was found

# The Monster Health Book: A Guide To Eating Healthy, Being Active & Feeling Great For Monsters & Kids!



## Synopsis

Beginning with concise discussions of each of the food groups, along with the newly redesigned food pyramid, Ed Miller looks at all aspects of health and nutrition in this accessible and informative book. Fun facts about different foods are included throughout to keep the reading upbeat and clear distinctions are made between healthy and not-so-healthy meal choices. Readers will learn about nutrients, how to read foods labels and what it means to count calories. Readers will also learn how to develop healthy habits, such as making time for breakfast, tips for packing the best lunch, and the benefits of having a sit down (versus fast food) dinner. Overviews on food illnesses and disorders are included as are the importance of sleep and exercise. With Edward Miller's comprehensive writing and clear format, making healthy choices truly becomes easier.

## Book Information

Lexile Measure: 880L (What's this?)

Paperback: 40 pages

Publisher: Holiday House; Reprint edition (January 2, 2008)

Language: English

ISBN-10: 0823421392

ISBN-13: 978-0823421398

Product Dimensions: 9.9 x 0.1 x 10 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 2.2 out of 5 stars 43 customer reviews

Best Sellers Rank: #140,919 in Books (See Top 100 in Books) #29 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #40 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #62 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition

Age Range: 7 - 9 years

Grade Level: 2 - 4

## Customer Reviews

Grade 2-5 "Featuring a friendly, rotund, green monster determined to make healthy choices, this book presents basic information about food, exercise, and health. Each topic is introduced in one or two paragraphs; additional facts appear in boxes, sidebars, lists, and diagrams. For example, the section on The 5 Food Groups contains interesting tidbits such as During the Middle Ages, onions were so valuable that people paid their rent with them and It takes around 550 peanuts to make a

12-ounce jar of peanut butter. Other subjects include food nutrients, counting calories and understanding food labels, tips for making healthy lunches and snacks, the benefits of getting enough sleep and exercise, and ways to improve self-esteem. Miller's retro-style illustrations fill the pages with color, shapes, and humorous details, and silly jokes are tucked everywhere. An impressive list of Web sites provides additional resources. This lively, visually appealing book about a critical but potentially dry subject belongs in children's hands.â "Lee Bock, Glenbrook Elementary School, Pulaski, WI Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Gr. 2-4. Miller, who illustrated Barbara Seuling's *From Head to Toe* (2002), contributes both words and pictures in another book about kids and their bodies, which focuses on healthy lifestyle choices. Opening spreads introduce the basic food groups, followed by pages about the day's early meals (breakfast, lunch, and snack), with menu suggestions for each. Later sections touch on physical and mental health: exercise, sleep, moods, and things to avoid (drugs and alcohol). The text is sometimes confusingly brief, and children will need adults to expand on such subjects as eating disorders and steroids, as well as on some sophisticated vocabulary (for example, "monounsaturated fat," which isn't defined). The jumbled format, with brief text boxes and bright pictures created from simple shapes, is cheerful, but it makes for a sometimes confusing, disjointed presentation. Even so, the goofy, lime green monster, shown learning alongside his young human friends, will draw some interest, and in an age of childhood obesity, this overview offers teachers and parents useful passages to start discussions about healthy habits. Gillian Engberg Copyright Â© American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

We have been talking a lot lately with my 7 year old daughter about eating healthy. She is a book worm and loves to read, so I wanted a book on this topic for her. I found this one and based on the 2 other reviews figured I'd give it a try. The book is large (maybe 8-9" square) paperback picture book style with lots of color and illustrations. It packs a lot of information in on a wide variety of topics, from the food groups, to exercise, nutritional labels, even drugs and smoking. It contains a lot of fun facts my daughter has really enjoyed 'Mom, is a watermelon REALLY a berry!'. This book would be suitable for reading to a Kindergartener, as well as older kids up to age 8 or 9, who can read it on their own. My daughter has just devoured this book - I've found her reading it for hours over the past few days since we received it. A big hit, I'm so glad I got it! Now instead of my feeling

like I'm lecturing them on health, she loves to tell us things! Highly Recommended!

great book

I liked this book. Simple to understand and yet it taught a lot of things about eating right and being healthy. Worth owning!

Too technical for young kids

Not only is this book funny, cute, and educational. It's also well priced too! I purchased this book even though I have a 11 month old baby... just knowing she has a great educational book about eating healthy (to read once she's older) is very important to me. I'm so impressed with this book, I'm going to order one today for a friend as a gift (she has 3 kids all under the age of 5).

The info is there but way too many colors, shapes, etc... Very busy, makes you dizzy! Bad font style, size & color as well. Unless your child is a genius, minimum age: 9

If the inaccurate information regarding diabetes written in this children's book is any indication of the care taken to explain nutrition and healthy eating habits, I would not recommend this book. Children will love the colors and funny pictures however, they may also have friends who have juvenile diabetes and this book has misinformation and possibly a dangerous explanation of the cause of this disease.

I bought this for my 8 year old grandson who was showing interests in nutrition and reading the labels on items in his pantry. It looks to be a fun, attention holding, guide to children's nutrition.

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The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids! Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ...

Eating Cookbook, Loss weight Fast, Eat thin) Retirement: How to Retire Active and Healthy Without Feeling Old and Bored (retirement gift book) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Nate the Great Collected Stories: Volume 1: Nate the Great; Nate the Great Goes Undercover; Nate the Great and the Halloween Hunt; Nate the Great and the Monster Mess Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Goodnight, Swampy the Little Monster: (Children's book about the Little Monster Who Gets Ready for Bed, Bedtime Story, Rhyming Books, Picture Books, Ages 3-5, Preschool Books, Kids Book) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys â€” Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Books for kids: My Invisible Monster: a space flight (Fantasy story about Billy and his invisible monster ) The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great Fifty Shades of Grain: The naked truth about eating bread and feeling great Monsters, Inc. Little Golden Book (Disney/Pixar Monsters, Inc.)

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