



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

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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Linda Spaulding:

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