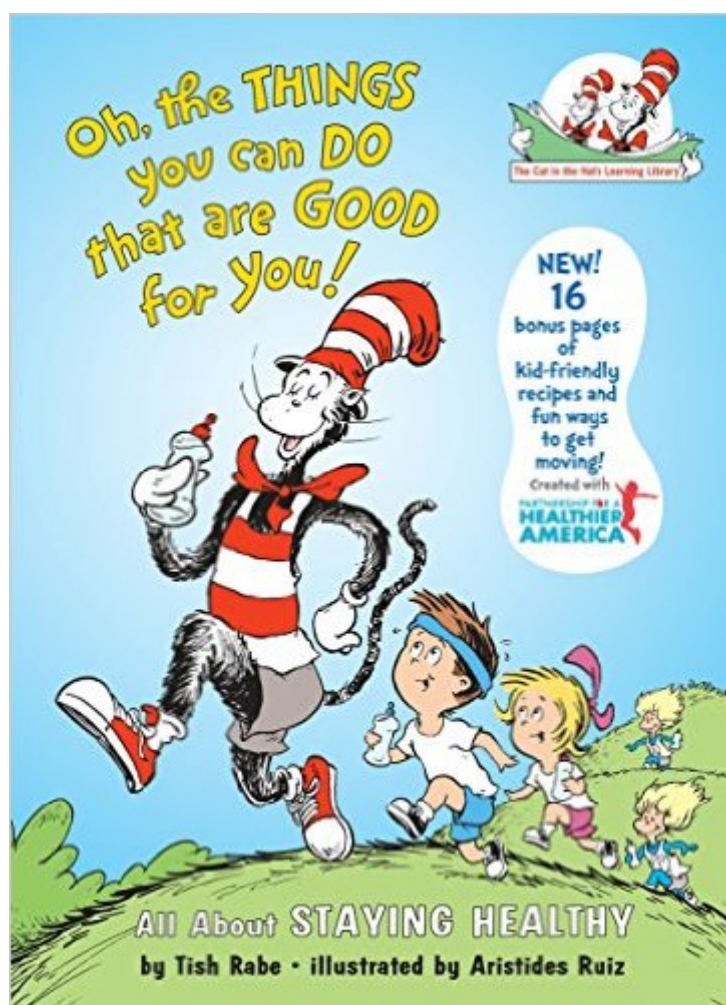


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# Oh, The Things You Can Do That Are Good For You: All About Staying Healthy (Cat In The Hat's Learning Library)



## Synopsis

The Cat in the Hat joins forces with the Partnership for a Healthier America! In this newly revised edition with 16 pages of bonus materials the Cat in the Hat takes young readers to a Seussian Spa where they learn the basics of healthy living. Updated with the assistance of the Partnership for a Healthier America, the Cat explains the importance of eating right (based on the latest USDA MyPlate recommendations); staying active; getting enough sleep; handwashing; brushing and flossing; wearing protective gear when playing sports--even the best way to sneeze when you don't have a tissue handy! The 16 pages of newly added backmatter include simple, fun suggestions for children to increase their activity throughout the day, plus 8 kid-friendly, healthy recipes for parents to prepare for their hungry broods. An ideal choice for supporting Common Core Standards and fans of the hit PBS Kids television show The Cat in the Hat Knows a Lot About That! this is a book that supports healthy bodies AND healthy minds!

## Book Information

Lexile Measure: 0730 (What's this?)

Series: Cat in the Hat's Learning Library

Hardcover: 64 pages

Publisher: Random House Books for Young Readers (July 24, 2001)

Language: English

ISBN-10: 0375810986

ISBN-13: 978-0375810985

Product Dimensions: 6.8 x 0.4 x 9.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (42 customer reviews)

Best Sellers Rank: #20,258 in Books (See Top 100 in Books) #27 in Books > Children's Books > Children's Cookbooks #167 in Books > Children's Books > Growing Up & Facts of Life > Health #527 in Books > Children's Books > Literature & Fiction > Chapter Books & Readers > Beginner Readers

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

This is one of the better books in The Cat in the Hat Learning Library series. The rhymes are reminiscent of the true Seussian style as are the characters in the book. The topics this book covers

are: exercise, germs, washing, food pyramid, drinking water, brushing your teeth, wearing helmets and getting enough sleep.

I like this book because it taught me all different things when i was littler. Like how to brush my teeth, floss, wash my hands, wash my hair, get exercise, how to deal with a cold, the right food to eat, and how its important at the end of the day to get your rest. This book taught me so much and im thankful for that. Alyssa Seifferly

In true Dr Seuss fashion (although this one isn't actually written by the good doctor), rhymes, giggles and fabulous illustrations abound in this book. Silly non-words aside, this book does a great job teaching nutrition, hygiene, and other healthy habits to the younger set (probably 2nd grade and under). My one complaint ~ this book, published in 2001 (?), uses the OLD "Food Pyramid"...you know, the one that suggests you eat up to 11 servings of grains in a day? Yeah, that one. The food pyramid has since evolved (several times over) and is now MyPlate, which encourages half your plate be fruits and vegetables, something the old pyramid neglected. But, it's easy enough to slip that info in while you're reading if you care to.

This book was a fun, educational, rhyming book. I read it to a group of children ages 4-5 and they all really enjoyed it. However, it does have a page about the food pyramid, which is no longer the standard for teaching nutrition. Other than that, it was great!

Compared to other Learning Library books (Inside your Outside, Oh Say Can you Seed) this more resembled the Cat in the Hat reading books (Green Eggs and Ham, There's a Wocket in my Pocket) in my opinion. My kids enjoyed having it read to them, but weren't as enamored by the "education" as with the previous Learning Library books I mentioned. To me it didn't seem very educational.

I bought this to review some of the concepts my students had been learning about in our Personal Health unit. It touched on so many things we'd learned about this year and/or will be learning. It's written in classic Suess style, using classic (albeit slightly altered) Suess characters. My students, and I, enjoyed this book. In the future, I think I'll use it at the beginning of the year to help introduce "Health" and some of the topics we'll be covering in K-2 Health.

The book is great and has wonderful healthy positive messages. My kids love it and ask to read it

over and over. The only disappointment is that it still has one page with the old food guide pyramid.

My kids (boys 8 and 5) still ask to hear this book at bedtime at least once every couple of weeks, so obviously the intended audience enjoys this. My own objections -- having read the thing aloud to said kids at least 100 times -- are largely aesthetic. The rhymes in this book are either strained It can travel five feet and blasts out with great power at speeds over one hundred miles an hour (or facile (the Garoo in Fadoo tell me true, they do - just like you!) to a degree that bugs me as a Seuss fan. To be fair, this problem turns up throughout the Learning Library series, not just in the volumes written by Tish Rabe. When you have to cover every health issue under the sun short of cancer and addiction (or every dinosaur or aspect of plant reproduction), it's probably pretty rough to hold a rhyme scheme and use words that kids can understand. Rabe does a respectable enough job at it that -- well, guess what the little Dinos want to hear again tonight?

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