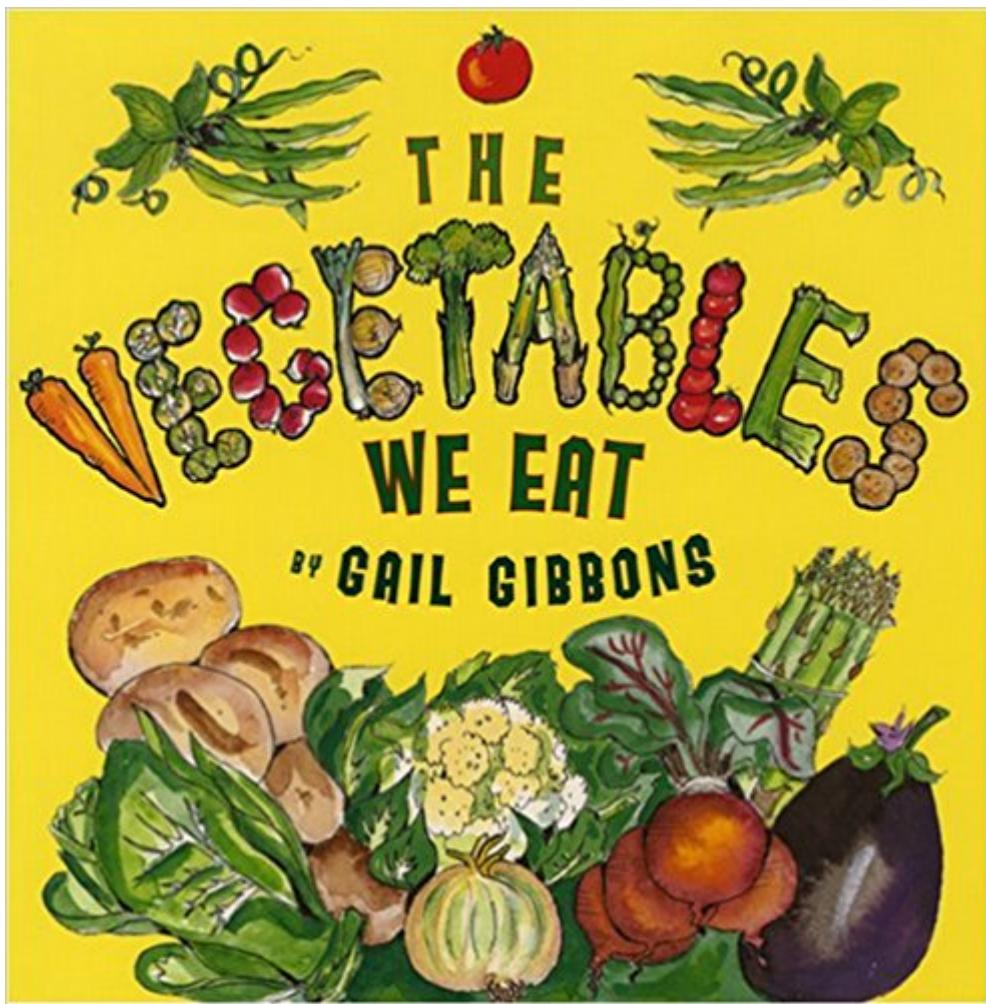


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# The Vegetables We Eat



## **Synopsis**

Nonfiction pro Gail Gibbons responds to the need for books on good nutrition with this accessible exploration of vegetables. Glossy red peppers; lush, leafy greens; plump, orange pumpkins; and delectable little peas: vegetables come in many shapes, colours, and forms. Using her signature combination of a clear and informative text, with plenty of illustrations, diagrams, and cross sections, this book provides a wealth of information about produce.

## **Book Information**

Lexile Measure: AD660L (What's this?)

Paperback: 32 pages

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

Language: English

ISBN-10: 0823421538

ISBN-13: 978-0823421534

Product Dimensions: 10 x 0.1 x 10 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 44 customer reviews

Best Sellers Rank: #29,505 in Books (See Top 100 in Books) #12 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #14 in Books > Children's Books > Education & Reference > Science Studies > Nature > Flowers & Plants #44 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## **Customer Reviews**

With so much national concern about child obesity and nutrition, this accessible, inviting introduction to vegetables, aimed at the picture-book crowd, is certainly timely. Following the tried-and-true formula found in her previous titles, Gibbons matches concise, simple text with bright, cheerful watercolor-and-ink artwork, and she adds more information in text boxes placed within the pictures. The facts range from the most basic ("It is good for us to eat vegetables. They are nutritious.") to the more advanced, such as a definition of hydroponics. Gibbons' survey is visually inclusive; the pictures show families of all shades enjoying vegetables in different ways. And the scenes in the garden, and then on the farm and at the supermarket, show both small- and large-scale production. A final page adds more interesting veggie trivia. For complementary titles about vegetables and how

they're grown, pair this with George Ancona's *Harvest* (2001) and Deborah Kogan Ray's *Lily's Garden* (2002), as well as the books featured in "From Seed to Harvest," in the November 2006 issue of *Book Links* magazine. Engberg, Gillian --This text refers to the Hardcover edition.

"A clear, informative introduction to eight groups of vegetables....A simple, effective approach to the topic." (School Library Journal ) --School Library Journal

This is an awesome book that can grow with your child and teach a variety of important facts about some of the foods they see and eat. There is a lot of information that can be used in a lot of ways, at different comprehension levels. I ordered this book, and its companion book "The Fruits We Eat" for primary school lesson plans. One look through this book and my mind was whirling with all the different activities and learning approaches possible. It is bright and colorful, with pictures and information to keep your interest, at any age! I LOVE THEM BOTH!

I love the format. I love the variety of veggies she includes as well as the different places you can get veggies (store, farmer's market, rooftop garden, farm, fresh/cans). My first graders loved this book!!

Bought this for a practice lesson plan, I loved this book. It was so cute and had a lot of information on the kinds of vegetables. The lesson plan was great and I think this book pulled it together.

I love this, as I'm a healthy eating freak. My son is a bit young for it I'm afraid. But I know our preschool (I work at a school) uses this for some basic agriculture/horticulture lessons and it works great. I love books that describe food and where it comes from to our children. I think it's a very valuable and far-too-overlooked component in our US culture's minimal food education efforts.

My preschoolers loved looking at the illustrations. It was very helpful during our healthy food activities.

The subject matter is geared for a younger child, but I found the book to be written for an older reader. It doesn't quite fit the need I was looking to fill.

I like the concept, but when trying to teach my kids to identify the various vegetables, the pictures

are often hard to guess at.

Great book! Very informative for kids! Highly recommend! 

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Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Lucky Peach Presents Power Vegetables!: Turbocharged Recipes for Vegetables with Guts Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes Aquaponics: Simple Guide to Growing Vegetables Using Aquaponics (Aquaponics, aquaponic gardening, aquaponic systems, organic vegetables, vegetable gardening, hydroponics) The Vegetables We Eat I Love to Eat Fruits and Vegetables Eat Your Vegetables, Drink... (My Health (Paperback)) I Love to Eat Fruits and Vegetables (English Chinese Bilingual Collection) I Love to Eat Fruits and Vegetables: English Japanese Bilingual Edition (English Japanese Bilingual Collection) (Japanese Edition) I Love to Eat Fruits and Vegetables (English Korean Bilingual Collection) I Love to Eat Fruits and Vegetables (Korean English Bilingual Collection) I Love to Eat Fruits and Vegetables (english russian children's books, bilingual russian books): russian bilingual books, russian kids books, russian ... Bilingual Collection) (Russian Edition) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Raw, Eat Well: 400 Raw, Vegan and Gluten-Free Recipes Low-Fodmap and Vegan: What to Eat When You Can't Eat Anything Where the Locals Eat: Birmingham (Where the Locals Eat: A Guide to the Best Restaurants in America) Eat To Live Bible: 70 Top Eat To Live Diet Recipes (BONUS: Diet Diary & Workout Journal)

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