



Oh the Things You Can Do That Are Good for You! (Hardback)

By Tish Rabe

Random House Children's Books, United States, 2001. Hardback. Book Condition: New. Aristides Ruiz (illustrator). 231 x 168 mm. Language: English . Brand New Book. 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!.



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- **Doyle Schmeler**

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

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