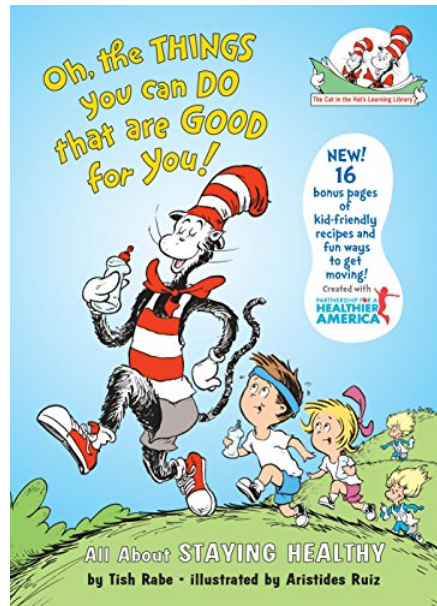


GVdWG [Free PDF File] Oh, The Things You Can Do That Are Good for You: All About Staying Healthy (Cat in the Hat's Learning Library)



CONTINUE ►

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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