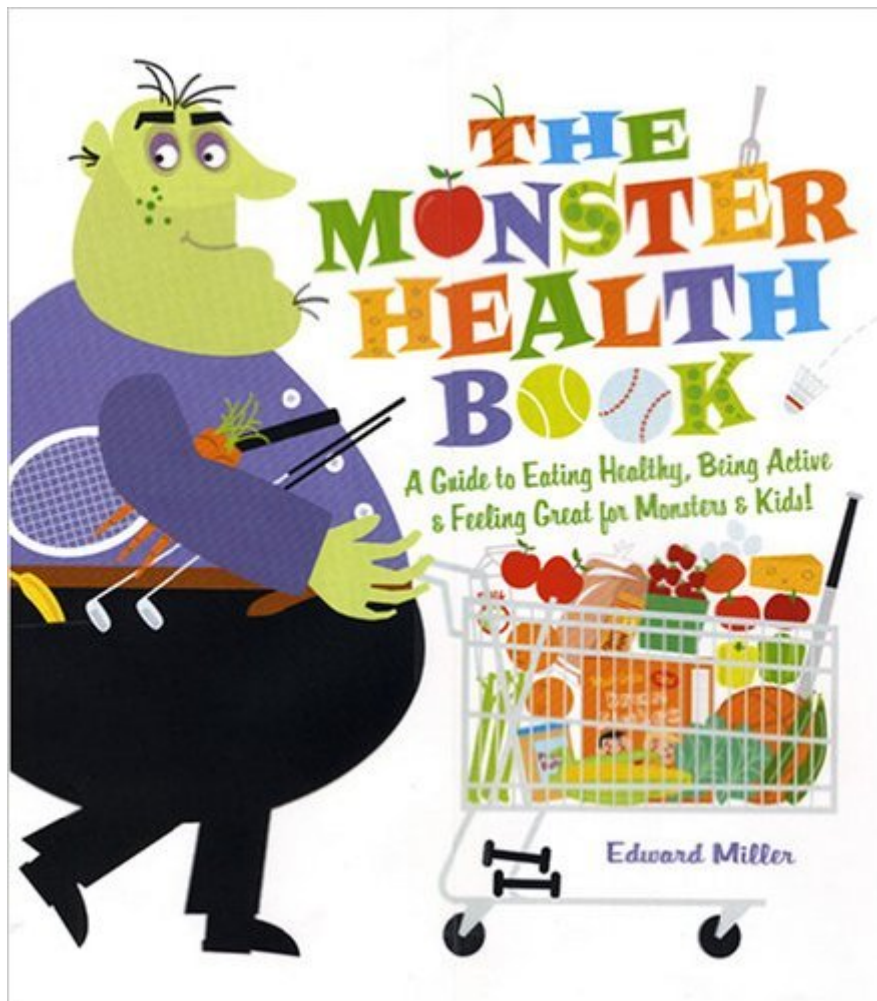


The book was found

# The Monster Health Book: A Guide To Eating Healthy, Being Active & Feeling Great For Monsters & Kids!



## Synopsis

Beginning with concise discussions of each of the food groups, along with the newly redesigned food pyramid, Ed Miller looks at all aspects of health and nutrition in this accessible and informative book. Fun facts about different foods are included throughout to keep the reading upbeat and clear distinctions are made between healthy and not-so-healthy meal choices. Readers will learn about nutrients, how to read foods labels and what it means to count calories. Readers will also learn how to develop healthy habits, such as making time for breakfast, tips for packing the best lunch, and the benefits of having a sit down (versus fast food) dinner. Overviews on food illnesses and disorders are included as are the importance of sleep and exercise. With Edward Miller's comprehensive writing and clear format, making healthy choices truly becomes easier.

## Book Information

Lexile Measure: 880L (What's this?)

Paperback: 40 pages

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

Language: English

ISBN-10: 0823421392

ISBN-13: 978-0823421398

Product Dimensions: 10 x 0.2 x 10 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 2.2 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #95,036 in Books (See Top 100 in Books) [#20 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) [#26 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) [#50 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

Age Range: 7 - 9 years

Grade Level: 2 - 4

## Customer Reviews

For months I'd been trying to educate my 8-year old daughter about the foods she eats and to explain why some foods are healthier than others. She was more annoyed by my restrictions than interested in my rationale. I decided to go online to search for a book that might make the subject more fun and relevant. After an exhaustive search for something age-appropriate, I came upon this book and bought it. Well, she absolutely loves it. The layout and progression of the content is perfect

for her age group and the colors and graphics hold her interest. She told me she "loves" the book and is eager to read more of it each night. And she's retaining the information. I found her reading the nutrition label of a cereal box this morning and tonight, without a word from me, she decided to have only one cookie instead of two. I recommend this book for all parents who are hoping to communicate the value of good eating to their children. Although the reading level is listed as age 4-8, I think this book is most appropriate for 2nd through 5th graders.

If the inaccurate information regarding diabetes written in this children's book is any indication of the care taken to explain nutrition and healthy eating habits, I would not recommend this book. Children will love the colors and funny pictures however, they may also have friends who have juvenile diabetes and this book has misinformation and possibly a dangerous explanation of the cause of this disease.

I appreciate what the author is trying to do, however they need to do more research and be more specific in regards to diabetes. There are two types and it is not specified that this book is referring to type 2 because type 1 is an autoimmune disease that cannot be prevented no matter how healthy a lifestyle you lead. I do not need any more people telling my child that if he would just lose weight he would be cured when he is already in the lowest percentile on his weight for his height. So in reality he is skinnier than most kids and eats healthier as well.

I don't plan on buying this book, the Diabetes description needs to be fixed. This book will further confuse people with the disease rather than correctly educate! IT saddens me that this wasn't checked! Type one is not caused nor determined by what you eat! YOUR PANCREAS DIES! IT will no longer produce the insulin! PLEASE fix this BOOK!

A simple review of the JDRF's explanations of diabetes would have clued in the author that his information in the diabetes section of this book is wildly incorrect. From the JDRF website: "Diabetes is a group of metabolic diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced, resulting in high blood sugar levels over a prolonged period. There are several different types of diabetes, but the most common forms are type 1 and type 2 diabetes. Both impact glucose levels, and if left untreated, can cause many complications." "Type 1 diabetes (T1D) can occur at any age, but is most commonly diagnosed from infancy to late 30s. If a person is diagnosed with type 1 diabetes, their pancreas produces little to no

insulin, and the body's immune system destroys the insulin-producing cells in the pancreas. Those diagnosed with type 1 diabetes must inject insulin several times every day or continually infuse insulin through a pump, as well as manage their diet and exercise habits." "Type 2 diabetes (T2D) typically develops after age 40, but has recently begun to appear with more frequency in children. If a person is diagnosed with type 2 diabetes, their pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments, including diet control, exercise, self-monitoring of blood glucose, and in some cases, oral drugs or insulin." "I won't be recommending this book to ANYONE unless the publisher fixes that information, and more.

This book is inaccurate and should be rewritten. Apparently the Editor, Publisher, nor the Writer know anything about Diabetes! A person does not get Type 1 from being lazy and not eating right!

Having a child that is a type 1 diabetic this book offends me. My child is not overweight and did not get diabetes from being unhealthy. Shame on this author!

The book has it all wrong when it comes to Diabetes. Type 1 diabetes is an autoimmune disease. Type 2 is totally different. Type 1 is not from being fat and or lazy! Needs rewritten!!

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Talk about You and Me) The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Public Health 101: Healthy People-Healthy Populations (Essential Public Health) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Monsters, Inc. Little Golden Book (Disney/Pixar Monsters, Inc.) Feeling Good: The Science of Well-Being Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) M Is for Monster (Disney/Pixar Monsters, Inc.) (Little Golden Book) Minecraft®: Arena Of The Monsters (An Unofficial Minecraft Novel) (Monster Series Book 6)

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