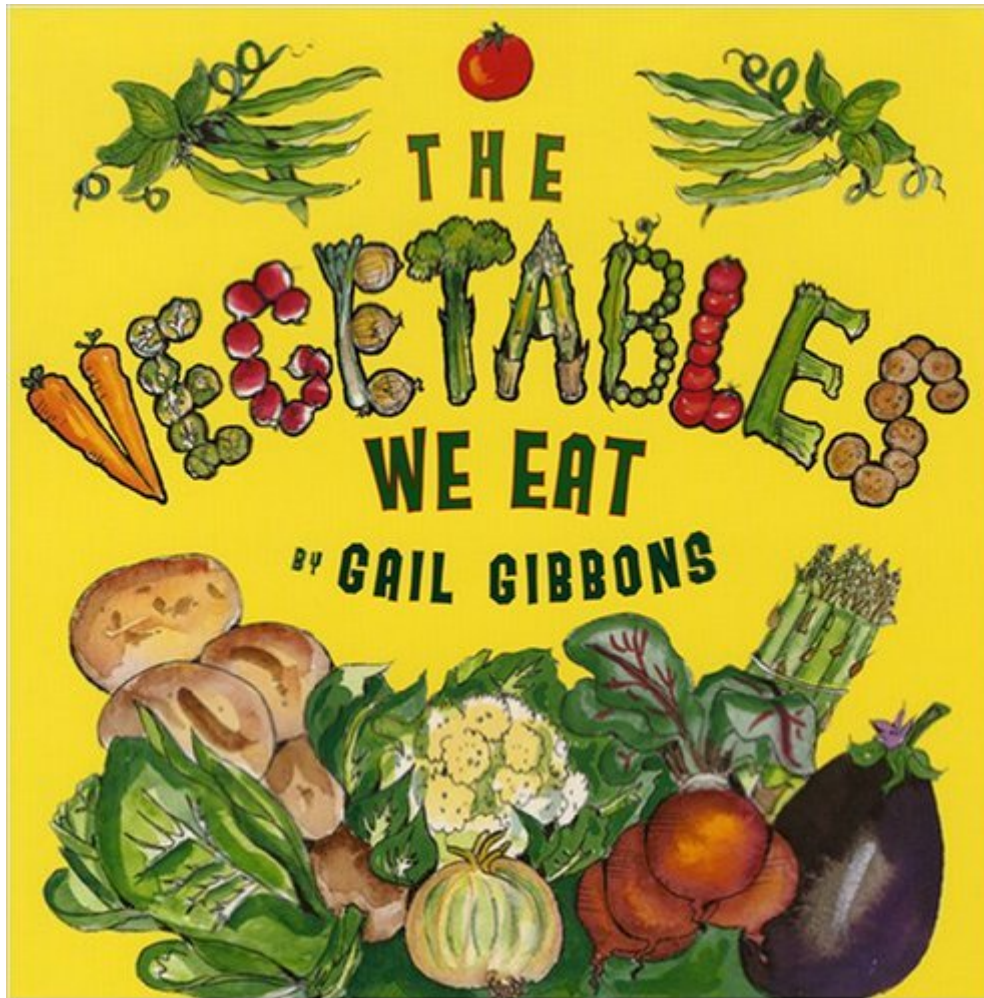


The book was found

# The Vegetables We Eat



## Synopsis

Who knew there were so many different kinds of vegetables? From glossy red peppers to lush, leafy greens to plump orange pumpkins, vegetables are explored in depth in this fascinating picture book that clearly explains the many vegetable varieties, how they are grown, and why they are so good for us to eat.

## Book Information

Lexile Measure: AD660L (What's this?)

Paperback: 32 pages

Publisher: Holiday House; Reprint edition (January 1, 2008)

Language: English

ISBN-10: 0823421538

ISBN-13: 978-0823421534

Product Dimensions: 0.2 x 9.8 x 10 inches

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

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #24,585 in Books (See Top 100 in Books) #9 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #17 in [Books > Children's Books > Education & Reference > Science Studies > Nature > Flowers & Plants](#) #442 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

Is big agricultural, otherwise known as "corporate farming" ([...] paying people like Gail Gibbons to write children's books? I do NOT recommend *The Vegetables We Eat* by Gail Gibbons. It is extremely entrenched in unintuitive, mediocre gardening techniques as well as several pages dedicated to big agriculture, soybeans and corn are big featured "vegetables" (corn is a grain) and how it takes big trucks to carry the vegetables many miles away from where they were grown and the large refrigerators that are required to store the food--not in a critical way, but as "the way it is". The vegetables that are in the book are typical of what you will find at a big box store; iceberg lettuce being the FEATURED leafy vegetable. If you are in education, a garden teacher or a parent, I highly recommend REMOVING this book from your book lists.

From reading the description and reviews I really thought the book explained why vegetables are good for you, with actual nutritional information (in a kid-friendly format). It doesn't. It also represents corn, which is a grain, as a vegetable and has a whole page dedicated to soybean. My family doesn't eat either for many reasons. I do like the explanation of TYPES of vegetable families; root, leafy, etc. It includes seeding, planting and harvesting as well. From a nutrition standpoint I just can't read it to my son promoting (in my opinion/research) caustic foods.

A very good breakdown of the types and categories of veggies. A bit over the head of my 3 year old who (ironically) loves vegetables. If the book had narrative about "how to grow veggies" and such, it would be better for his age and interest. But, as it stands, it's a cool book for a kid somewhere over 3 or 4. I learned a lot from it. Who knew a "fruit" was a category of vegetable? Not !!

Leaf, root and stem are three of the eight groups of vegetables and here are details about these groups, from how they're planted and harvested to the basics of tending a home vegetable garden and making use of produce. Drawings accompany facts and add lively embellishments to the story of everyday vegetables and their importance in diet.

I learned more about vegetables in five minutes of browsing this book than I had learned in fifty years. Did you know that some vegetables are perennials? (...grow many seasons without having to be replanted). Did you know that botanists group vegetables according to the part of the vegetable that is eaten? Fascinating book.

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 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.

This book has beautiful illustration. I got it for my 9 year old niece as an easter gift along with some seeds and starter pots. I think it was age appropriate for a 9 year old. I thought it might get her interested in eating veggies.

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