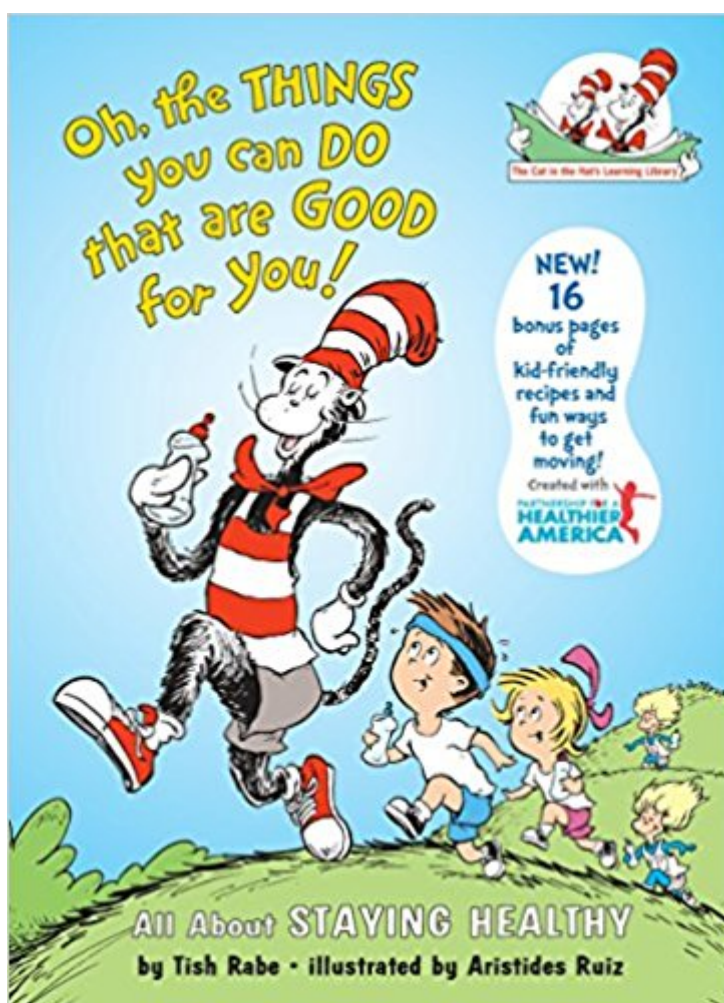


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# Oh, The Things You Can Do That Are Good For You: All About Staying Healthy (Cat In The Hat's Learning Library)



## Synopsis

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!

## Book Information

Lexile Measure: 0590 (What's this?)

Series: Cat in the Hat's Learning Library

Hardcover: 64 pages

Publisher: Random House Books for Young Readers (July 24, 2001)

Language: English

ISBN-10: 0375810986

ISBN-13: 978-0375810985

Product Dimensions: 6.8 x 0.3 x 9.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 55 customer reviews

Best Sellers Rank: #16,726 in Books (See Top 100 in Books) #6 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #6 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #16 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

"Contains one of Dr. Seuss's solid-gold morals, the joy of letting one's imagination rip."--"The New York Times." "From the Hardcover edition." --This text refers to the Library Binding edition.

With the help of the staff and equipment at a Seussian spa, the Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!

Compared to other Learning Library books (Inside your Outside, Oh Say Can you Seed) this more resembled the Cat in the Hat reading books (Green Eggs and Ham, There's a Wocket in my Pocket) in my opinion. My kids enjoyed having it read to them, but weren't as enamored by the "education" as with the previous Learning Library books I mentioned. To me it didn't seem very educational.

Cute, educational, and sends the right message! Paired with the book about our bodies and how they work it is a perfect lesson that is very entertaining!

Excellent book for introducing health to elementary school aged children. There are lots of free online lessons that go along with the book as well!

This book was a fun, educational, rhyming book. I read it to a group of children ages 4-5 and they all really enjoyed it. However, it does have a page about the food pyramid, which is no longer the standard for teaching nutrition. Other than that, it was great!

Fun book! I am a school nurse read this book to kindergarten class and acted it out with props. The children loved it

Another good Cat in the Hat book. The only reason I gave it 4 stars is that a repeat read has not been requested by our 4 year old, who much prefers the "Inside Your Outside" book she received at the same time.

present

My students like the book.

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Oh, the Places on Earth! A Cat in the Hat's Learning Library Collection (Cat in the Hat Knows a Lot About That!: Cat in the Hat's Learning Library) Oh, The Things You Can Do That Are Good for You: All About Staying Healthy (Cat in the Hat's Learning Library) Cats: Cat Breeding for beginners - Cat

Breeding 101 - Cat Breeds and Types, Cat Breeding, Training, Whelping (Cat people Books - Cat Breeds - Cat Lovers Books) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) The Complete Cat Care Guide For the New Cat Owner: Basic Details On Caring for Cats And Kittens Including Information On Cat Breeds, Cat Diet, Cat ... Possible Care and Keep Him Happy And Healthy Oh Say Can You Say Di-no-saur?: All About Dinosaurs (Cat in the Hat's Learning Library) Oh Say Can You Say What's the Weather Today?: All About Weather (Cat in the Hat's Learning Library) Oh Say Can You Seed?: All About Flowering Plants (Cat in the Hat's Learning Library) Safari, So Good!: All About African Wildlife (Cat in the Hat's Learning Library) Oh, the Things They Invented!: All About Great Inventors (Cat in the Hat's Learning Library) I Can Name 50 Trees Today!: All About Trees (Cat in the Hat's Learning Library) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.2 (Photo book) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.3 (Photo book 1) Pete the Cat Audio CD Pack : Includes 3 Audio CDs : Pete the Cat and His Four Groovy Buttons CD / Pete the Cat: I Love My White Shoes CD / Pete the Cat: Rocking in My School Shoes CD (Pete the Cat Audio CDs) Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) Would You Rather Be a Pollywog: All About Pond Life (Cat in the Hat's Learning Library) Ice Is Nice!: All About the North and South Poles (Cat in the Hat's Learning Library) On Beyond Bugs: All About Insects (Cat in the Hat's Learning Library) Wish for a Fish: All About Sea Creatures (Cat in the Hat's Learning Library) Hark! A Shark!: All About Sharks (Cat in the Hat's Learning Library)

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