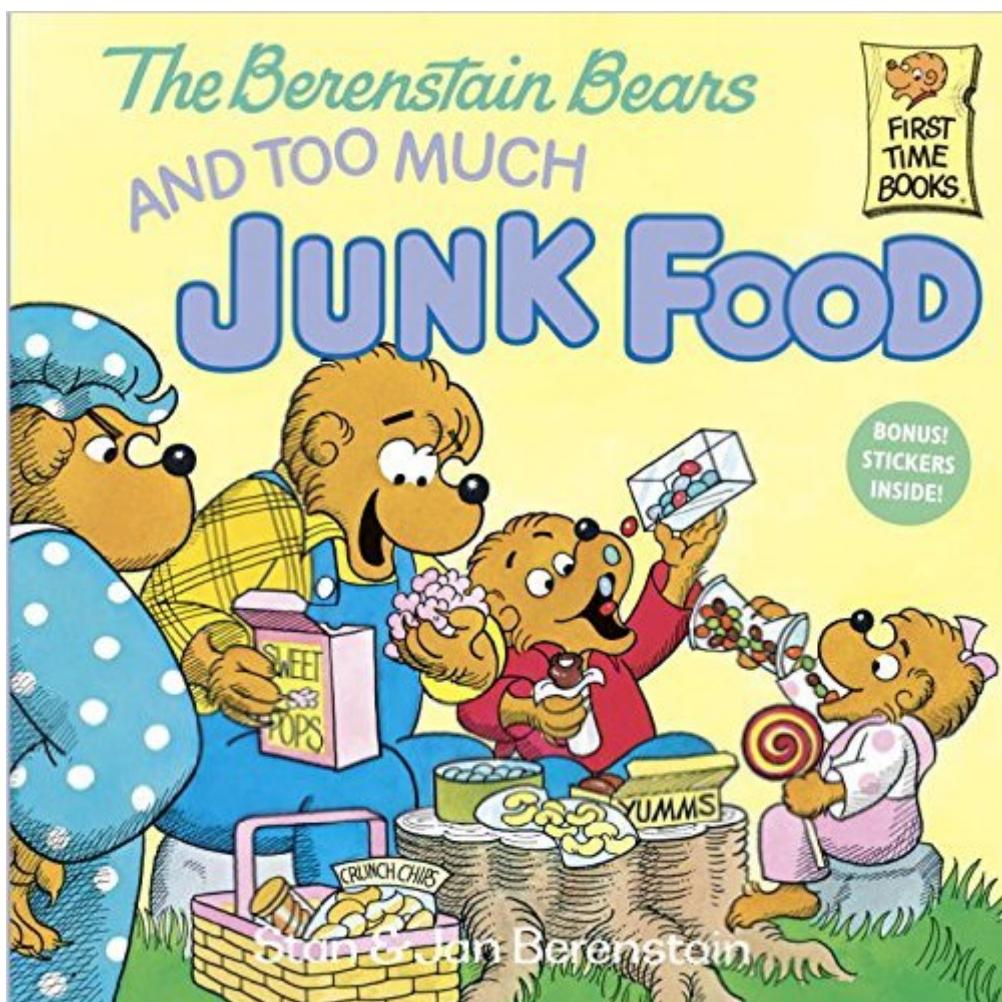


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# The Berenstain Bears And Too Much Junk Food



## **Synopsis**

Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. Papa, Brother, and Sister are eating way too much junk food, and it's up to Mama and Dr. Grizzly to help them understand the importance of nutritious foods and exercise. This beloved story is a perfect way to teach children about the importance of healthy eating and staying active. Includes over 50 bonus stickers!

## **Book Information**

Lexile Measure: AD690L (What's this?)

Paperback: 32 pages

Publisher: Random House Books; 1st edition (March 12, 1985)

Language: English

ISBN-10: 0394872177

ISBN-13: 978-0394872179

Product Dimensions: 8 x 0.1 x 8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (149 customer reviews)

Best Sellers Rank: #4,136 in Books (See Top 100 in Books) #39 in Books > Children's Books > Animals > Bears #45 in Books > Children's Books > Growing Up & Facts of Life > Health #342 in Books > Children's Books > Humor

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## **Customer Reviews**

The book not only stresses eating healthy foods, but why our bodies need healthy foods. Book also gives a brief description of the body's different systems, digestive, skeletal, etc. Book finishes with the importance of exercise. Book stresses this lifestyle for children as well as adults.

The world lost a real gem of a writer when Stan Berenstain passed on November 29. Together, Berenstain and his wife, Jan, and eventually their two sons, created books featuring lovable but flawed characters who tackle just about every real issue that faces families. This book is no exception. Most people, especially kids, have a tendency to overindulge when it comes to junk food. This book shows that eating healthy is a lifelong pursuit (Papa Bear has the same troubles that the kids have). It's not intended as a primer on nutrition or exercise habits, but rather as a fictional story

intended to promote conversations among families about healthy lifestyles. And for what it is, it's wonderful.

I am a bit disappointed. I wish this book focused a bit more on being healthy than getting chubby. We want to encourage healthy eating habits for health reasons- not eating disorders. I don't think that teaching little kids they will get fat is really the way we want to go- to instill at such an early age. I will use this book with my preschoolers, but I will 'edit' it a bit to focus more on good health and energy rather than getting cubby.

For some reason, my daughter (2.5 years old) absolutely loves the Berenstain Bears. She has plenty of fancier children's books--hardcover, with artsier illustrations, pop-up 3-D art, embedded puppets etc. But the ones that she goes back to time and again are those in the Berenstain Bears series. They are relatable (which I guess it's their intention), and refer to many situations and objects that she encounters everyday. She loves all the characters and each illustration is always full of so much detail that we can spend hours describing and talking about all the big and little figures on each page. Her favorites so far are this one on Junk Food and the one about the Bedtime Battle. I am super glad that these are so affordable, because I'll definitely buy many more for her. Although they have suffered the wear-and-tear of daily use (literally pages falling apart), I can replace them easily if necessary.

This series was my favorite as a kid and I enjoy reading these stories to my daughter. This story talks about the role of food in your body and even has "x-rays" of a bear skeleton and digestive system with the food pyramid. It also stresses the importance of exercise.

I used to read this one as a child and I felt that it helped me learn about proper nutrition. I just got to read it to my daughter tonight and she has been asking questions about what is good for her to eat or not!

My daughter couldn't afford to buy my grand kids books and they love reading. I am not able to do a lot of "extra spending" either but want the children to love books like I do and have the opportunity to have some. I was so glad to find these and at such a wonderful price. I was able to get the kids each several books of their own and they were so glad to get them to! Go Nanny!!! I will be buying some more for them too!!

The information this book provides is pretty amazing for children. I've only purchased one book for my small storage I have for my iPad, but this in my mind is worth every penny. As a masters student in health promotion, we talked a lot about nutrition and exercise, and this is a great overview on teaching kids the why not just because we say so. My son loves the Bernstein bears, but this one is to purchase I assure you moms out there. No dislikes here except for maybe more information on proper exercise habits, but that's the beauty of parenting I suppose. I get to teach that and why. Great read and highly recommend!

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