



What's So Yummy?: All About Eating Well and Feeling Good (Let's Talk about You and Me)

Robie Harris

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Acclaimed *New York Times* best-selling author Robie H. Harris introduces preschoolers to the pleasures of eating healthy, being active, and feeling good.

Gus, Nellie, and baby Jake can't wait to go on a picnic! In the morning the family heads to their community garden, then to the farmer's market and the grocery store to gather vegetables, fruit, meat, and other fresh and delicious foods. Readers follow them through the day as they go home to prepare, cook, and pack up the goodies, then cap their day by eating a yummy meal in the park and flying a kite together. Funny, accessible, family-filled illustrations; conversations between Gus and Nellie; and matter-of-fact text combine to show young children how food fuels our bodies — and help them see how healthy eating and drinking, and being active, can make them feel their best for a day full of fun.

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