



Why Should I Eat Well? (Why Should I? Books)

Claire Llewellyn

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Boys and girls discover the importance of eating sensibly and keeping to a balanced diet. They learn that good eating habits are important for health and fitness. Titles in the enlightening and entertaining *Why Should I?* series of picture storybooks answer questions that younger boys and girls are likely to ask about a wide range of topics. Part of every child's development consists of asking questions about themselves, their friends and neighbors, and their surroundings. *Why Should I?* books help them discover good answers. Kids will be attracted by the amusing color illustrations on every page, and parents and teachers will appreciate the note at the back of each book offering further suggestions on answering children's questions.

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