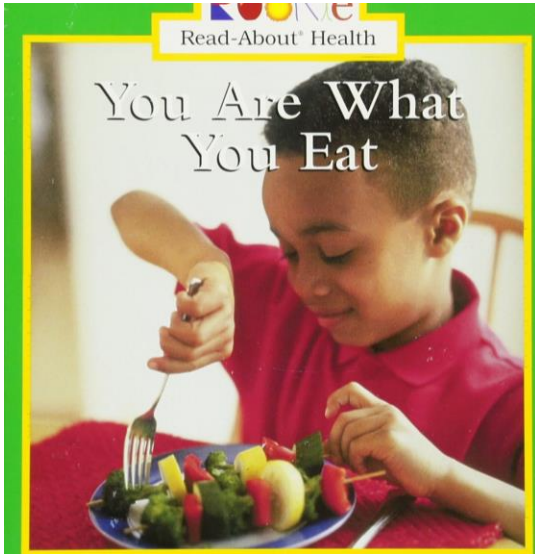


## Discussion Guide for Families



### **You Are What You Eat**

*Author:* Sharon Gordon

**Themes:** Environment and Sustainability

**Book Brief:** This book teaches children about the importance of nutrition, healthy eating habits, and the food pyramid. It encourages making good food choices and practicing healthy habits to maintain overall well-being, with easy-to-understand facts and vibrant illustrations.

## READ ALOUD

### **Before Reading: Build Background**

- Ask your child “What do you think is the most important thing we can do to stay healthy? Can you name some healthy foods or activities that help our bodies feel strong?”

### **While Reading: Make Connections**

- Why do you think the book focuses on different parts of our bodies, like our heart, muscles, and bones?
- What are some examples of healthy habits mentioned in the book that we can do every day?
- How do the pictures and information in the book help you understand the importance of eating healthy and exercising?

### **After Reading: Ask Questions**

- What is one thing you learned from the book that you will try to do to stay healthier? How will it help your body?

## RELATED ACTIVITIES

### **If your child enjoyed this book, consider:**

- Encourage them to talk about it during other conversations.
- Check out RIF’s [Sustainable Futures](#) center to learn more about sustainability with related books and resources.