



Oh, the Things You Can Do That are Good for You! : All About Staying Healthy

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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!

- [Ogden Corp. V. Luria Steel & Trading Corp. U.S. Supreme Court Transcript of Record with Supporting Pleadings](#)
- [Offshore Structures : Design/Fabrication Interface](#)
- [A.O.G. Fitness : The Key to Ultimate Fitness](#)
- [Offizier - Kartograph - Politiker \(1775-1851\) : Lebenserinnerungen und kleinere Schriften](#)
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