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Don't Call Me Fatso



Synopsis

Unhappy with herself and the reactions of others to her, overweight Rita gains more control over her life as she realizes the advantages of exercise and healthy eating habits.

Book Information

Library Binding: 31 pages

Publisher: Heinemann Library; 2nd Printing edition (April 1980)

Language: English

ISBN-10: 0817213503

ISBN-13: 978-0817213503

Product Dimensions: 0.2 x 7.8 x 9.2 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 3.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #3,775,716 in Books (See Top 100 in Books) #101 in [Books > Children's Books > Growing Up & Facts of Life > Health > Weight](#)

Customer Reviews

This book teaches that overweight kids can work with their parents to change their exercise habits and make smarter eating choices. You know - to be healthier for life. Nowadays, if kids unhealthily deviate from healthy body norms, we re-enforce their body shapes so that no feelings get hurt. Being teased as a vehicle for losing weight is never justified, but telling kids that being overweight is ok is dangerous and irresponsible, especially when the parents are making the eating decisions for their own children. This book gently teaches kids to eat well and change habits within their control for all the right reasons in a way that will pave the way for healthier lives. Too bad that a book that teaches kids to take care of themselves and explore active hobbies isn't welcome to a new generation of kids.

This book does everything wrong. Rita goes on a diet because she doesn't want to be made fun of. The book is not about healthy eating habits and exercise, and it is ALSO not about overcoming being belittled. It is about changing yourself for the express purpose that you fit in better.

Parents - this is the kind of book you might want to read alone before handing it to your 6-year-old. It is based on values you might not want to instill.

Often teachers will refer students who are being teased because of their perceived "fatness" by

other students. I have used this book and it generates good discussion. Barbara Phillips is very educated about this subject.

DO NOT BUY THIS BOOK! It is outdated and insensitive!

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