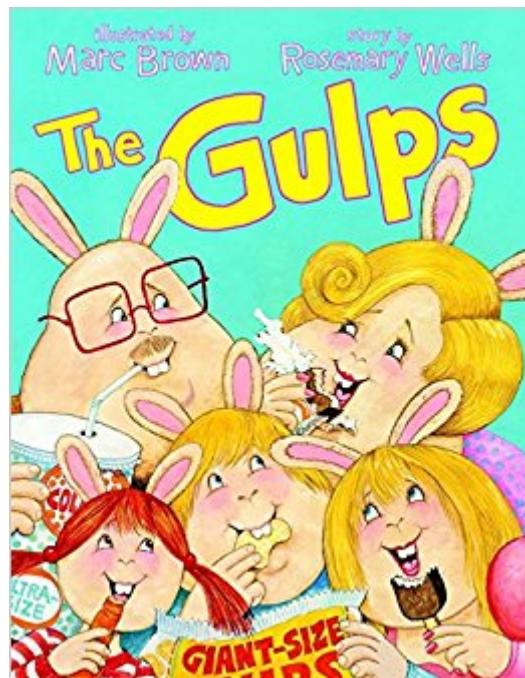


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# The Gulps



## **Synopsis**

With their trademark wit and wisdom, Rosemary Wells and Marc Brown present a groundbreaking?and side-splittingly slapstick!?story which introduces the importance of healthy habits. When a fast-food fanatic family of bunnies set out vacation, they pack their RV full of TVs, Jiffy Chips, and Winky Twinks. But when the weighed-down vehicle wheezes to a halt in the middle of nowhere, Farmer Spratt saves the day by showing the Gulps the value of a fresh, home-cooked meal and the lasting benefits of physical activity. The Gulps' transformation is sure to inspire a generation of super-sized kids?and parents?to turn over a new leaf!

## **Book Information**

Hardcover: 40 pages

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Language: English

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Product Dimensions: 9.4 x 0.4 x 12.1 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.2 out of 5 stars 43 customer reviews

Best Sellers Rank: #866,638 in Books (See Top 100 in Books) #28 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Weight #838 inÂ Books > Children's Books > Animals > Rabbits #14712 inÂ Books > Children's Books > Humor

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## **Customer Reviews**

PreSchool-Grade 2Â¢â ¬â •A paean to healthful eating and physical fitness. Sadly, too many youngsters resemble the overweight Gulps, who are undeniably human, despite Brown's signature bunny ears. The family is headed for a theme park in their RV filled with televisions and junk food. When the vehicle breaks down, the youngest child recognizes that it is overloaded. The only trim person in the family, Dawn enjoys vegetables and is in heaven when a neighborly man, Farmer Spratt, invites them into his home. However, the others are miserable; their bodies prevent them from doing even the simplest tasks. While these couch potatoes welcome an outing to a county fair with deep-fried treats, the reality of their physical condition hits home. A dance platform and a wagon collapse under their weight, and the waterslide must close after they get stuck. Redemption

for the Gulps comes in the form of exercise and sensible eating with vacation plans switched to a hike up "Mount Dauntless." Brown's busily patterned cartoons in confectionery colors with cotton-candy clouds humorously depict the rotund characters in this tongue-in-cheek tale. For group sharing where obvious parallels could prove hurtful to an overweight child, consider Bernard Waber's equally humorous and more subtle *Fast Food! Gulp! Gulp!* (Houghton, 2001).<sup>1</sup> •Gloria Koster, West School, New Canaan, CT Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

The Gulp family's Dizzyworld vacation takes a detour when their overburdened RV stops and won't budge. The supersized junk-food junkies--Papa, Mama, Brother, and Sister--are baffled, though slim little sister Dawn, who prefers salads to shakes, declares, "This family's too fat to roll!" Only Dawn appreciates the salad supper offered by kindly Farmer Spratt, but after getting stuck on the county-fair waterslide and experiencing a few similar difficulties, the Gulps realize that they have to get fit to get rolling again. The characters are rabbits humorously outfitted like humans, and the scenes are stuffed with playful details to catch the eye. Wells' message, though couched in silliness and humor, is still obvious; the story may even make some kids feel self-conscious. But in the end, there's no teasing going on; the focus is squarely on the limitations overweight people may experience and the benefits of nutritional eating and activity. A cautionary yet supportive book that highlights an important issue. Shelle RosenfeldCopyright © American Library Association. All rights reserved

OMG I love this book! I've purchased this book numerous times and given it as a gift and it's always a bit hit! This is about a overweight family that finally changes their eating habits and loses weight. It's so cute and funny!

I like this story. I also think that this book deserves a much better rating. This family is very likable and i love the illustrations.

I teach health and nutrition to children from Pre K to 5th grade. This is one of the only books I have found that teaches kids the importance of eating well and exercising! They love it and I always get requests to read it again and again! Very cleverly written.

This is an excellent book to help reinforce the importance of eating healthy and being physically

active everyday. My students love this book and ask for it to be read often.

I'm not sure why the few "bad" reviewers here felt the need to be so offended by this book. My children and I have loved this book since we first checked it (and then re-checked REPEATEDLY) out of our local library! We finally decided to buy our own copy so they could read it whenever they wanted. The reviewers who felt offended or put-off by the way the message was presented should perhaps put themselves in their children's shoes (the same children they grudgingly admitted really liked the book!) and see it for what it is meant to be: a way to reach kids with the message of the benefits of a healthy lifestyle. This book in no way made my children look at themselves in a negative light, and we are by no means vegetarians! We enjoy a variety of foods (some not as healthy as others), and do our best to maintain a healthy lifestyle. Kudos to the author and illustrator for creating a fun book that is loved by many!

This book was shared during our Safety/Wellness day at the end of school. One of our 16 stations was The Gulps. The book was quite entertaining yet got the point across about overeating and the effects of this unhealthy lifestyle. A great read aloud for kindergarten and first grade students. This book provides the means for a very touchy subject.

My kids love this book! I bought it years ago, and we completely wore it out. So we had to buy it again here. It teaches the reasons it is beneficial to have a healthy lifestyle in a fun and kid friendly way. They think it is funny, and they seem to be more motivated to stay away from the junk food when we read it which is beneficial. I love the illustrations and the way it is written as well. Mark brown is the illustrator, you can see the similarities to his Arthur books.

We received this book as a gift. For some reason, my five year old loves it, so I guess it should have one star. But I am absolutely disgusted by it. This book was absolutely ridiculous. If you are not just a vegan, but a self-righteous, ignorant, rude, obnoxious vegan who believes that everyone else in the world who doesn't pledge to eat the same way you do is going to H-E-Double Hockey Sticks... you might like this book. It is highly offensive and has my (rather thin) five year old telling me she is getting fat and can only eat healthy things from now on. They go to the extreme with this family who is so fat that their RV won't even move with them in it. Seriously?! How could you be so cruel to someone who just has a different lifestyle than you do? The last time I checked we can all make our own choices. And I'm pretty sure their choice of eating fast food or food from a can doesn't affect

you. I am all for teaching my children how to eat healthy and exercise, but this book just crosses a line for me. I would much rather support someone like Sesame Street who teaches healthy choices that don't control your whole life or teach you to degrade someone else. I don't think that obesity shouldn't be addressed, but this was the completely wrong way to do it.

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The Gulps

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