

# Healthy Eating Booklist

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| <b><i>Baby Signs for Mealtime</i></b><br><b>by Acredolo, Linda</b>   | Board Book | \$6.99 | Age 6 mo-1 yr | ISBN: 0060090731 |
| Through baby signing that parents can teach to their children, youngsters can communicate when they want more, when something is too hot, or even to let everyone know the food is all gone!   |            |        |               |                  |
| <b><i>Eat</i></b><br><b>by Intrater, Roberta Grobel</b>  | Board Book | \$4.95 | Age 9 mo-2 yr | ISBN: 0439420067 |
| A group of babies enjoys some favorite foods—along with making as big as mess on their faces as possible while they eat.   |            |        |               |                  |
| <b><i>My Food/Mi Comida</i></b><br><b>by Emberley, Rebecca</b>   | Hardcover  | \$6.99 | Age 9 mo-2 yr | ISBN: 0316177180 |
| Labeled illustrations introduce various familiar foods and their names in English and Spanish.   |            |        |               |                  |
| <b><i>Tucking In!</i></b><br><b>by Stockham, Jess</b>  | Board Book | \$6.99 | Age 9 mo-2 yr | ISBN: 1846430461 |
| Animals and young children enjoy the same types of foods, including oats, oranges, and fish, in a book with pictures hidden beneath the flaps.   |            |        |               |                  |
| <b><i>Yum-Yum, Baby!</i></b><br>By Harwood, Beht   | Board Book | \$5.95 | Age 9 mo-2 yr | ISBN: 1592238033 |
| Rhyming text describes which meals of the day a baby is hungry for, while labeled illustrations introduce related words, such as banana, cup, and peas.  |            |        |               |                  |
| <b><i>The Carrot Seed</i></b><br><b>by Krauss, Ruth</b>  | Board Book | \$6.99 | Age 1-2       | ISBN: 0694004928 |
| A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed, and he eventually grows a large carrot.  |            |        |               |                  |
| <b><i>Crunch Munch</i></b><br><b>by London, Jonathan</b>   | Board Book | \$5.95 | Age 1-3       | ISBN: 0152166009 |
| Shows how different animals eat, from the nibble bibble of the chipmunk to the zap! zap! zap! of the frog, and reveals the tasty morsels that each animal loves, from the yummy ants for the aardvark to the green leaves for the giraffe. |            |        |               |                  |
| <b><i>Lunch</i></b><br><b>by Fleming, Denise</b>   | Board Book | \$7.99 | Age 1-3       | ISBN: 0805056963 |
| A sturdy board-book format follows a hungry little mouse as he munches his way through a variety of colorful fruits and vegetables.  |            |        |               |                  |
| <b><i>My Very First Book of Food</i></b><br><b>by Carle, Eric</b>  | Board Book | \$5.99 | Age 1-3       | ISBN: 0399247475 |
| A split-page board book provides a simple introduction to the foods animals eat as preschoolers are challenged to match up the image of the food with the animal presented.  |            |        |               |                  |
| <b><i>Bread, Bread, Bread</i></b><br><b>by Morris, Ann</b>   | Paperback  | \$6.99 | Age 2-4       | ISBN: 0688122752 |
| Celebrates the many different kinds of bread and how it may be enjoyed all over the world.   |            |        |               |                  |
| <b><i>Spriggles: Healthy &amp; Nutrition</i></b><br><b>by Gottlieb, Jeff</b>   | Paperback  | \$8.95 | Age 3-6       | ISBN: 1930439016 |
| Motivates children in the areas of nutrition, hygiene, and general well-being with animal rhymes such as “Eat a balanced meal, Seal”, “Limit the fat, Cat”, “Have a carrot, Parrot” and many more.   |            |        |               |                  |

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## Healthy Eating Booklist (continued)

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| <b><i>Bread Is for Eating</i></b><br>by Gershator, David   | Paperback  | \$8.99  | Age 2-4 | ISBN: 0805057986 |
| Mamita explains how bread is created in a song sung in both English and Spanish.   |            |         |         |                  |
| <b><i>Give Me My Yam</i></b><br>by Blake, Jan  | Paperback  | \$3.99  | Age 2-4 | ISBN: 0763608734 |
| When Jordan loses the yam he just dug up in the river, he keeps asking to get it back, only to get something else instead, in a repetitive story set on a Caribbean island.    |            |         |         |                  |
| <b><i>Growing Vegetable Soup</i></b><br>by Ehlert, Lois  | Board Book | \$ 6.95 | Age 2-4 | ISBN: 0152061762 |
| A father and child grow vegetables and then make them into a soup.   |            |         |         |                  |
| <b><i>Orange Pear Apple Bear</i></b><br>by Gravett, Emily  | Hardcover  | \$12.99 | Age 2-4 | ISBN: 1416939997 |
| Explores concepts of color, shape, and food using only five simple words, as a bear juggles and plays.   |            |         |         |                  |
| <b><i>The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear</i></b><br>by Wood, Don   | Board Book | \$6.99  | Age 2-4 | ISBN: 0859536599 |
| Little Mouse worries that the big, hungry bear will take his freshly picked, ripe, red strawberry for himself.   |            |         |         |                  |
| <b><i>World Snacks: A Little Bit of Soul Food</i></b><br>by Sanger, Amy Wilson   | Board Book | \$6.99  | Age 2-4 | ISBN: 1582461090 |
| Easy-to-read rhyming text introduces a variety of soul food dishes, including grits, fried chicken, collard greens, yams, and sweet tea.                                       |            |         |         |                  |
| <b><i>World Snacks: Chaat and Sweets</i></b><br>by Sanger, Amy Wilson  | Board Book | \$6.99  | Age 2-4 | ISBN: 1582461937 |
| Through the author's trademark collage art, introduces toddlers to the Indian finger foods known as chaat, including phel puri, tandoori chicken, and sweet coconut cham-cham. |            |         |         |                  |
| <b><i>World Snacks: First Book of Sushi</i></b><br>by Sanger, Amy Wilson   | Board Book | \$6.99  | Age 2-4 | ISBN: 1582460507 |
| Illustrations and rhyming text introduce a variety of Japanese foods.  |            |         |         |                  |
| <b><i>World Snacks: Hola Jalapeno</i></b><br>by Sanger, Amy Wilson   | Board Book | \$6.99  | Age 2-4 | ISBN: 1582460728 |
| Illustrations and rhyming text, sprinkled with some Spanish words, introduce a variety of Mexican foods.   |            |         |         |                  |
| <b><i>World Snacks: Let's Nosh</i></b><br>by Sanger, Amy Wilson  | Board Book | \$6.99  | Age 2-4 | ISBN: 1582460817 |
| Illustrations and rhyming text introduce the variety of Jewish foods, from gefilte fish to challah bread, chicken soup to matzoh.  |            |         |         |                  |
| <b><i>World Snacks: Mangia! Mangia!</i></b><br>by Sanger, Amy Wilson   | Board Book | \$6.99  | Age 2-4 | ISBN: 1582461449 |
| The sixth book in the World Snacks series pays tribute to dishes from the Italian table, from hearty minestrone and risotto to sweet, cool gelato.                             |            |         |         |                  |
| <b><i>World Snacks: Yum Yum Dim Sum</i></b><br>by Sanger, Amy Wilson   | Board Book | \$6.99  | Age 2-4 | ISBN: 1582461082 |
| Easy-to-read rhyming text introduces children to the varied Chinese foods called dim sum, which means a little bit of heart.   |            |         |         |                  |
| <b><i>Eating the Alphabet</i></b><br>by Ehlert, Lois   | Board Book | \$6.95  | Age 2-5 | ISBN: 015201036X |
| An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.  |            |         |         |                  |

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## Healthy Eating Booklist (continued)

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| <b><i>Market Day</i></b><br>by Ehlert, Lois  | Paperback | \$6.95            | Age 2-6 | ISBN: 0152168206 |
| On market day, a farm family experiences all the fun and excitement of going to and from the farmers' market.  |           |                   |         |                  |
| <b><i>The Little Red Hen (Hen Makes a Pizza)</i></b><br>by Sturges, Philemon   | Paperback | \$6.99            | Age 2-6 | ISBN: 0142301892 |
| In this version of the traditional tale, the duck, the dog, and the cat refuse to help the Little Red Hen make a pizza but do get to participate when the time comes to eat it.  |           |                   |         |                  |
| <b><i>An Island in Soup</i></b><br>by Levert, Mireille   | Paperback | Need to buy used. | Age 3-6 | ISBN: 0888995059 |
| Staring at the fish soup he doesn't want to eat, Victor imagines that he is on an island of overgrown celery where he conquers a fierce pepper dragon only to be barraged by a wealth of terrifying ingredients, and soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious. |           |                   |         |                  |
| <b><i>Feast for 10</i></b><br>by Falwell, Cathryn  | Paperback | \$6.95            | Age 3-6 | ISBN: 0395720818 |
| Numbers from one to ten are used to tell how members of a family shop and work together to prepare a meal.   |           |                   |         |                  |
| <b><i>Grover's Guide to Good Eating</i></b><br>by Kleinberg, Naomi   | Hardcover | \$6.99            | Age 3-6 | ISBN: 037584063X |
| Little ones can join their host Grover and his assistant Elmo in the Good Eats Cafe where they will learn all about good nutrition and healthy eating!   |           |                   |         |                  |
| <b><i>Little Pea</i></b><br>by Rosenthal, Amy Krouse   | Hardcover | \$14.99           | Age 3-6 | ISBN: 081184658X |
| Little Pea hates eating candy for dinner, but his parents will not let him have his spinach dessert until he cleans his plate, in a story that many children can relate to!  |           |                   |         |                  |
| <b><i>Good for Me and You</i></b><br>by Mayer, Mercer  | Paperback | \$3.99            | Age 5-6 | ISBN: 0060539488 |
| Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.  |           |                   |         |                  |
| <b><i>Muncha! Muncha! Muncha!</i></b><br>by Fleming, Candace   | Hardcover | \$17.99           | Age 5-6 | ISBN: 0689831528 |
| After planting the garden he has dreamed of for years, Mr. McGreely tries to find a way to keep some persistent bunnies from eating all his vegetables.  |           |                   |         |                  |
| <b><i>Two Eggs, Please</i></b><br>by Weeks, Sarah  | Paperback | \$7.99            | Age 5-7 | ISBN: 141692714X |
| A harried waitress at the local diner tries to keep up with an abundance of orders from demanding patrons—all of whom want eggs, in a lively introduction to similarities and differences.   |           |                   |         |                  |
| <b><i>An Orange in January</i></b><br>by Aston, Dianna Hutts   | Hardcover | \$16.99           | Age 6-7 | ISBN: 0803731469 |
| An orange begins its life as a blossom where bees feast on the nectar, and reaches the end of its journey, bursting with the seasons inside it, in the hands of a child.   |           |                   |         |                  |

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# Healthy Eating Booklist (continued)

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|--|-----------|-----------------------------------|----------|------------------|
| <b><i>Blueberries for Sal</i></b><br>by McCloskey, Robert  | Paperback | \$7.99                            | Age 6-7  | ISBN: 014050169X |
| Little Bear and Sal both go berrying with their mothers, but after sitting down to rest, they each end up following the other one's mother.  |           |                                   |          |                  |
| <b><i>I Will Never Not Ever Eat a Tomato</i></b><br>by Child, Lauren   | Paperback | \$6.99                            | Age 6-7  | ISBN: 0763621803 |
| Fussy eater Lola makes it perfectly clear that she will not eat anything she doesn't want until her brother shows her that carrots are really orange twiglets from Jupiter and mashed potatoes are actually Mount Fuji cloud fluff.      |           |                                   |          |                  |
| <b><i>The Edible Pyramid</i></b><br>by Leedy, Loreen   | Paperback | \$6.95                            | Age 6-7  | ISBN: 0823420752 |
| Animal characters learn about good eating every day in a restaurant called The Edible Pyramid, where the waiter offers the foods grouped in sections of the Food Guide Pyramid and customers learn how many servings they need each day. |           |                                   |          |                  |
| <b><i>The Seven Silly Eaters</i></b><br>by Hoberman, Mary Ann  | Paperback | \$7.00                            | Age 6-7  | ISBN: 0152024409 |
| Seven fussy eaters find a way to surprise their mother.  |           |                                   |          |                  |
| <b><i>How to Make an Apple Pie and See the World</i></b><br>by Priceman, Marjorie  | Paperback | \$6.99                            | Age 6-8  | ISBN: 0679880836 |
| Since the market is closed, the reader is led around the world to gather the ingredients for making an apple pie.  |           |                                   |          |                  |
| <b><i>The Sweet Tooth</i></b><br>by Platini, Margie  | Hardcover | <sup>08/08 07/09</sup><br>\$16.95 | Age 6-8  | ISBN: 0689851596 |
| Stewart's loud, obnoxious sweet tooth constantly gets him into trouble, until Stewart uses a healthy diet to take control of the situation.  |           |                                   |          |                  |
| <b><i>Cloudy With a Chance of Meatballs</i></b><br>by Barrett, Judi  | Paperback | \$6.99                            | Age 7-10 | ISBN: 0689707495 |
| Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers—until the weather takes a turn for the worse.   |           |                                   |          |                  |
| <b><i>Gregory, the Terrible Eater</i></b><br>by Sharmat, Mitchell  | Paperback | \$4.99                            | Age 7-8  | ISBN: 0590433504 |
| Mother Goat, alarmed by Gregory's bizarre dietary preferences—he prefers toast and scrambled eggs to shoe boxes and tin cans—consults Dr. Ram, who devises an appetizing transitional diet for little Gregory.                           |           |                                   |          |                  |
| <b><i>Sun Bread</i></b><br>by Kleven, Elisa  | Paperback | \$6.99                            | Age 7-8  | ISBN: 0142400734 |
| During the dreary winter, a baker decides to bring warmth to her town by baking bread as golden and glorious as the sun itself.  |           |                                   |          |                  |
| <b><i>Everybody Cooks Rice</i></b><br>by Dooley, Norah   | Paperback | \$6.95                            | Age 7-9  | ISBN: 0876145918 |
| A child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at the different households visited.                                    |           |                                   |          |                  |
| <b><i>Good Enough to Eat</i></b><br>by Rockwell, Lizzy   | Paperback | \$6.99                            | Age 7-9  | ISBN: 0064451747 |
| Describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each.  |           |                                   |          |                  |
| <b><i>Why Do People Eat?</i></b><br>by Needham, Kate   | Paperback | \$4.99                            | Age 7-9  | ISBN: 0794516238 |
| Using simple text and illustrations, explains why people need food, where food comes from, and how the body uses it.   |           |                                   |          |                  |