



## 5-2-1-Almost None Booklist

This is a list of children’s books on topics related to 5-2-1-Almost None. This list is not comprehensive of all children’s books on healthy eating and physical activity, but contains books that support healthy behaviors and are fun to read!

Title of Book/Author	Cover	Child’s Age Range	ISBN #
<b>Good for Me and You</b> <i>Mayer, Mercer</i>	Paperback	Age 5-6	0060539488
Little Critter learns that a healthy lifestyle includes a balanced diet and exercise			
<b>Get Up and Go!</b> <i>Carlson, Nancy L.</i>	Paperback	Age 5-6	0142410640
Text and illustrations encourage readers, regardless of shape or size, to turn off the television and play games, walk, dance, and engage in sports and other forms of exercise.			
<b>Oh the Things You Can Do That Are Good For You!</b> <i>Dr. Suess</i>	Hardcover	Age 5-8	0375810986
With the help of the staff and equipment at a Seussian spa, the Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!			
<b>Summer</b> <i>Low, Alice</i>	Hardcover	Age 5-8	0375812350
Oh, the wonderful things that summer brings—swimming at the beach, making sand castles, catching butterflies, eating watermelon, toasting marshmallows, watching fireworks!			
<b>Happy Feet, Healthy Food: Your Child’s Journal of Exercise and Health Eating</b> <i>Goodrow, Carol</i>	Hardcover	Age 6-16	1891369466
A combination of log book (to record exercise and diet) and a source book for games, activities and eating tips. Each week features bright color illustrations, lists of games and activities to try, advice on good foods, suggestions for packing snacks and lunches, and a log page to write about the activities of each day and the foods eaten.			



## Healthy Eating Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Yum-Yum Baby!</b> <i>Wood, A.J.</i>	Board Book	Age 9 mo–2 yr	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>Grandpa's Garden Lunch</b> <i>Caseley, Judith</i>	Hardcover	Age 9 mo–3 yr	0688088171
After helping Grandpa in the garden, Sarah and her grandparents enjoy a lunch made from home-grown vegetables.			
<b>Happy Healthy Monsters Eat Your Colors (Sesame Street)</b> <i>Albee, Sarah</i>	Board Book	Age 9 mo–3 yr	0794410057
Join Elmo and his buddies as they have lunch and teach kids about the importance of eating a variety of healthy "all-the-time foods" like fruits and vegetables every day, while limiting less nutritious "sometimes food" snacks. Kids can help their favorite Sesame Streets friends make healthy choices by placing the 10 reversible board food disks onto each character's lunch tray.			
<b>The Carrot Seed</b> <i>Krauss, Ruth</i>	Board Book	Age 1-2	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>Lunch</b> <i>Flemming, Denise</i>	Paperback	Age 1-4	0805046461
One hungry mouse peeks out of his hole and sniffs ... LUNCH! Children can guess what fruit or vegetable comes next as the voracious rodent munches his way through yellow corn, green peas, orange carrots, and the rest of the colors.			
<b>My Very First Book of Numbers</b> <i>Carle, Eric</i>	Board Book	Age 1-4	039924509X
Children can find the number of fruits in the bottom half of a page that matches the number of boxes and numerals in the top half.			
<b>Fruits and Vegetables / Frutas y Vegetales</b> <i>Rosa-Mendoza, Gladys</i>	Board Book	Age 1-6	1931398100
Introduces children to fruits and vegetables through beautiful illustrations.			
*Bilingual			

# Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Give Me My Yam</b> <i>Blake, Jan</i>	Paperback	Age 2-4	0763608734
<p>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.</p>			
<b>Growing Vegetable Soup</b> <i>Ehlert, Lois</i>	Board Book	Age 2-4	0152061762
<p>A father and child grow vegetables and then make them into a soup.</p>			
<b>Orange Pear Apple Bear</b> <i>Gravett, Emily</i>	Hardcover	Age 2-4	1416939997
<p>Explores concepts of color, shape, and food using only five simple words, as a bear juggles and plays.</p>			
<b>The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear</b> <i>Wood, Don</i>	Board Book	Age 2-4	0859536599
<p>Little Mouse worries that the big, hungry bear will take his freshly picked, ripe, red strawberry.</p>			
<b>Eating the Alphabet</b> <i>Ehlert, Lois</i>	Board Book	Age 2-5	015201036X
<p>An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.</p>			
<b>Market Day</b> <i>Ehlert, Lois</i>	Paperback	Age 2-6	0152168206
<p>On market day, a farm family experiences all the fun and excitement of going to and from the farmers' market.</p>			
<b>A Story about Raisins</b> <i>Adler, Karen</i>	Hardcover	Age 3-Up	0967977231
<p>Covers the history of how raisins were discovered and how they are produced. The book emphasizes nutrition and even has simple recipes for children to make. A CD is included with the book. The CD contains three songs and a narration of the story.</p>			
<b>Food For Thought</b> <i>Freyman, Saxton &amp; Elffers, Joost</i>	Paperback	Age 3-6	0439110181
<p>Shapes: Is that a carrot, or a triangle? Colors: Watch for peppers in every range of the rainbow. Numbers: A zero-to-ten zoo! ABCs: A full produce section of sculptures acts out the alphabet. And Opposites: You've never seen Up/Down and Big/Little like this before!</p>			

## Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Oliver's Fruit Salad</b> <i>French, Vivian</i>	Hardcover	Age 3-6	0531300870
<p>Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepares something very special in a big glass bowl.</p>			
<b>Oliver's Vegetables</b> <i>French, Vivian</i>	Hardcover	Age 3-6	0531094626
<p>While visiting his grandfather, who has a wonderful garden, Oliver learns to eat vegetables other than potatoes.</p>			
<b>An Island in Soup</b> <i>Levert, Mireille</i>	Paperback	Age 3-6	0888995059
<p>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. Soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious.</p>			
<b>Little Pea</b> <i>Rosenthal, Amy Krouse</i>	Hardcover	Age 3-6	081184658X
<p>Little Pea hates eating candy for dinner, but his parents will not let him have his spinach desert until he cleans his plate, in a story that many children can relate to!</p>			
<b>Little Yellow Pear Tomatoes</b> <i>Yumei, Demian Elaine</i>	Hardcover	Age 3-10	097401902X
<p>This exquisite offering examines the universal circle of life through the innocent eyes of a young girl, who marvels at all the energy and collaboration it takes to grow her yellow pear tomatoes. She sees that everyone and everything brings something essential to the little fruits she loves so much.</p>			
<b>Growing Vegetable Soup</b> <i>Elhert, Lois</i>	Paperback	Age 4-6	0152325808
<p>Together, a father and child share the joys of planting, watering, and watching seeds grow. And once their harvest of tomatoes, potatoes, cabbage, and corn is ready, they'll cook it up into the best soup ever!</p>			
<b>I Will Never Not Ever Eat a Tomato</b> <i>Child, Lauren</i>	Paperback	Age 4-6	0763621803
<p>A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter.</p>			

## Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Blueberries for Sal</b> <i>McCloskey, Robert</i>	Hardcover	Age 4-7	0670175919
<p>Kuplink, kuplank, kuplunk go the blueberries into the pail of a little girl named Sal who – try as she might – just can't seem to pick as fast as she eats. Sal and her mother set off in search of blueberries for the winter at the same time as a mother bear and her cub.</p>			
<b>Rabbit Food</b> <i>Gretz, Susan</i>	Paperback	Age 4-7	0763612936
<p>Uncle Bunny, who has been summoned to make sure that John joins his fellow rabbits in eating lots of vegetables, reveals a surprising dislike for carrots.</p>			
<b>Cherries and Cherry Pits</b> <i>Williams, Vera</i>	Paperback	Age 4-8	0688104789
<p>When Bidemmi starts to draw, her imagination takes off. Enter her world, look at her pictures, and watch her stories grow and grow. You will never forget her.</p>			
<b>Grey Lady and the Strawberry Snatcher</b> <i>Bang, Molly</i>	Paperback	Age 4-8	0689803818
<p>The strawberry snatcher tries to wrest the strawberries from the grey lady but as he follows her through shops and woods he discovers some delicious blackberries instead.</p>			
<b>The Red Lemon</b> <i>Staake, Bob</i>	Paperback	Age 4-8	0375835938
<p>Farmer McPhee finds a red lemon in his orchard and cries, "It's red as a stop sign! It's red as a rose! I can't have red lemons where yellow fruit grows! Imagine a world where lemonade's red?"</p>			
<b>Ten Apples Up On Top!</b> <i>Dr. Suess</i>	Board Book	Age 4-8	0679892478
<p>A lion, a dog, and a tiger are having a contest—can they get ten apples piled up on top of their heads? You better believe it! This first counting book works as a teaching tool as well as a funny story.</p>			
<b>The Trouble with Cauliflower</b> <i>Sutton, Jane</i>	Hardcover	Age 4-8	0803727070
<p>Sadie has made her best friend Mortimer a delicious stew . . . with cauliflower! Doesn't Sadie know that cauliflower causes extreme bad luck? Out of courtesy Mortimer eats the stew, and as he expects, has the worst day ever. But when Sadie tricks him into eating cauliflower again the next day, Mortimer has a day full of good luck (he even wins a free pizza!) and is forced to give up his silly superstitions . . . until he drinks lemonade, of course. Drinking lemonade always causes it to rain!</p>			

# Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Lunch at the Zoo</b> <i>Lee, Brenda Cartee</i>	Hardcover	Age 4-10	0972873201
<p>When little Bubba Baxter won't eat his breakfast because mom is serving healthy food, he takes off to the zoo, hoping to find what the animals eat to be much more appealing. Bubba soon finds out that the monkeys, zebras, and parrots eat nothing but apples, grains, and carrots and that the gorilla, though King of the Beasts, eats lots of fruit - no candy or sweets.</p>			
<b>Muncha! Muncha! Muncha!</b> <i>Fleming, Candace</i>	Hardcover	Age 5-6	0689831528
<p>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.</p>			
<b>The Carrot Seed</b> <i>Krauss, Ruth</i>	Board Book	Age 5-8	0694004928
<p>Despite everyone's dire predictions, a little boy has faith in the carrot seed he plants.</p>			
<b>The Fruit Flies Picnic</b> <i>Stefancin, Kathleen</i>	Hardcover	Age 5-8	978-0-7752533-1-5
<p>Join five playful fruit flies for an action-packed picnic filled with food for thought. Wet your appetite with mouth watering illustrations as these bug buddies gather a feast of fruits in all shapes and sizes.</p>			
<b>The Night Vegetable Eater</b> <i>Muscant, Elke</i>	Hardcover	Age 5-8	0396079237
<p>Rabbit and Fly attempt to identify the nocturnal muncher who is snacking on Rabbit's vegetable garden.</p>			
<b>No More Cookies</b> <i>Lewis, Paeony</i>	Paperback	Age 5-8	0439683327
<p>Florence and her toy monkey Arnold try to persuade her mother to let them eat more cookies. Includes a recipe for chocolate-covered bananas.</p>			
<b>Potluck</b> <i>Shelby, Anne</i>	Hardcover	Age 5-8	053107045X
<p>Alpha and Betty have a potluck and all their friends (Acton to Zelda) bring appropriate alphabetical food (asparagus soup to zucchini casserole).</p>			
<b>The Seasons of Arnold's Apple Tree</b> <i>Gibbons, Gail</i>	Paperback	Age 5-8	0152712453
<p>As the seasons pass, Arnold enjoys a variety of activities as a result of his apple tree. Includes a recipe for apple pie and a description of how an apple cider press works.</p>			

# Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>This Year's Garden</b> <i>Rylant, Cynthia</i>	Paperback	Age 5-8	0689711220
<p>Follows the seasons of the year as reflected in the growth, life, and death of the garden of a large rural family.</p>			
<b>The Victory Garden Vegetable Alphabet Book</b> <i>Pallotta, Jerry &amp; Thomson, Bob</i>	Paperback	Age 5-8	0881066850
<p>Describes a variety of terms, from A to Z, relating to vegetable gardening, beginning with asparagus and ending with zucchetto.</p>			
<b>Alexander and the Great Vegetable Feud</b> <i>Hawkins, Linda</i>	Hardcover	Age 5-10	097428064X
<p>When Alex goes to the kitchen for a snack, various foods clamor for his attention and explain their nutritional value.</p>			
<b>An Orange in January</b> <i>Aston, Dianna Hutts</i>	Paperback	Age 6-7	0803731469
<p>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.</p>			
<b>Vegetable Soup / The Fruit Bowl</b> <i>Warren, Dianne, Jones, Susan, Sorvang Lindman, Amy</i>	Paperback	Age 6-8	0965273601
<p>The Nutritional ABC's. A contest among the fruit.</p>			
<b>Picking Peas for Penny</b> <i>Medearis, Angela</i>	Hardcover	Age 6-9	0938349546
<p>A black girl describes the hard work and the rewards involved in growing up on a farm during the Depression of the 1930s.</p>			
<b>Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden</b> <i>Creasy, Rosalind</i>	Hardcover	Age 7-11	0871569191
<p>An introduction to organic gardening which explains how to grow a cornucopia of fruits and vegetables to unexpected colors, outline simple guidelines for planning, planting, caring for, and troubleshooting a rainbow garden. Also includes some special recipes.</p>			

## Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Celery Stalks till Midnight</b> <i>Howe, James</i>	Hardcover	Age 8-9	0689309872
Chester the cat is more than ever convinced that Bunnacula is a vampire when there is a harvest of white vegetables on the morning after the night that Bunnacula was probably wandering through the neighborhood.			
<b>Dinner from Dirt: Ten Meals Kids Can Grow and Cook</b> <i>Duffy, Catherine &amp; Scott, Emily</i>	Paperback	Age 8-10	0879058404
Provides instructions for planting and growing vegetables and includes recipes for cooking them. Discusses a salad garden, a spud garden, a soup garden, and others.			
<b>The Vegetables We Eat</b> <i>Gibbons, Gail</i>	Paperback	Age 9-12	0823421538
Glossy red peppers; lush, leafy greens; plump, orange pumpkins; and delectable little peas: vegetables come in many shapes, colors, and forms. Clear and informative text with plenty of illustrations, diagrams, and cross sections, this book provides a wealth of information about produce.			

## Limit Screen time Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Fix-It</b> <i>McPhail, David</i>	Paperback	Age 2-5	0140547525
Emma wants to watch television early one morning, but the set won't work. How her parents try to fix it—and how Emma finds consolation in a book instead. Even when the television is fixed, Emma is too busy reading her book to watch it.			
<b>Mouse TV</b> <i>Novak, Matt</i>	Paperback	Age 3-6	0531070999
What to watch on TV is always a dilemma in the Mouse family—everybody wants to watch something different. When the TV breaks, the mice are thrown into a tailspin wherein they discover the joys of new-found games and exploring, dancing and dressing up, even bedtime stories. And best of all, there are no commercials!			
<b>Berenstain Bears &amp; Too Much TV</b> <i>Berenstain, Stan &amp; Jan</i>	Paperback	Age 4-7	0808531689
When Mama Bear decides her family spends too much time in front of the TV, she bans it for a week. Then the Bear family finds other ways to have fun and keep busy, so they watch less when TV is allowed again – and they don't even miss it. * Available in Spanish (Los Osos Berenstain y Demasida Television)			
<b>Berenstain Bears &amp; The Trouble with Commercials</b> <i>Berenstain, Stan &amp; Jan</i>	Paperback	Age 4-7	0060573872
Brother and Sister Bear are not greedy children, but all the toys and candy on TV look so great! Mama Bear has to find a way to teach her cubs that they can't believe everything they see ... before that pile of unused toys gets any bigger.			
<b>The Best Way to Play</b> <i>Cosby, Bill</i>	Paperback	Age 4-8	0590956175
Little Bill and his friends, avid fans of the television show "Space Explorers," clamor to get the video game version, but they find that they have more fun using their imagination while playing outside.			
<b>Mama Rex and T—Turn off the TV</b> <i>Vail, Rachel</i>	Hardcover	Age 4-8	0613951042
It's a rainy Saturday morning and T plans to watch TV all day long. Then suddenly, lightning flashes, thunder crashes, and the room goes dark. The apartment has no power, and that means no TV for T! Now T's day will be dull, dull, dull--or so he thinks. Mama Rex has a plan to fill T's no-TV morning with rainy-day adventures. What will Mama Rex and T do to lighten up their day in the dark?			

## Healthy Eating Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Library Lil</b> <i>Williams, Suzanne</i>	Paperback	Age 4-8	0140568379
<p>A formidable librarian makes readers not only out of the once resistant residents of her small town, but out of a tough-talking, television-watching motorcycle gang as well.</p>			
<b>When the TV Broke</b> <i>Ziefert, Harriet</i>	Paperback	Age 4-8	0140365400
<p>When the television breaks, Jeffrey is forced to find fun and imaginative ways to entertain himself.</p>			
<b>Aunt Chip and the Great Triple Creek Dam Affair</b> <i>Polacco, Patricia</i>	Hardcover	Age 4-9	0399229434
<p>Aunt Chip saves the town of Triple Creek, where everyone has forgotten how to read because of the invasion of television.</p>			
<b>The Wretched Stone</b> <i>Van Allsburg, Chris</i>	Hardcover	Age 6-9	0395533074
<p>In a story recounted through the daily log of Captain Allan Hope, the sailors aboard the Rita Anne become mesmerized and transformed by a mysterious glowing rock, and only music and books can restore them to normal. Children can discover what the "stone" really is.</p>			
<b>The Great TV Turnoff</b> <i>Lewis, Beverly</i>	Paperback	Age 7-10	1556619898
<p>It's "TV Turn-Off Week" all across America and Eric Hagel decides that the Cul-de-sac Kids, and their parents too, won't watch a speck of TV for the entire week. All the kids agree, but what about the grown-ups? Can Eric and his friends convince the adults to go along with the plan? Will it be a never-to-be-forgotten no-TV week, or will the folks on Blossom Hill Lane be tempted by the tube?</p>			
<b>The Problem with Pulcifer</b> <i>Heide, Florence Parry</i>	Hardcover	Age 8-11	0397320027
<p>Pulcifer's preference for books is considered a grave problem by the television-addicted world around him.</p>			



## Healthy Activity Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Row, Row, Row Your Boat</b> <i>Kubler, Annie</i>	Board Book	Age 9 mo–2 yr	0859536580
In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.			
<b>On the Go!</b> <i>Stockham, Jess</i>	Board Book	Age 9 mo–2 yr	1846430496
Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.			
<b>Head, Shoulders, Knees and Toes</b> <i>Kubler, Anne</i>	Board Book	Age 9 mo–2 yr	0859537284
An illustrated version of the song which identifies parts of the body.			
<b>Eyes, Nose, Fingers, and Toes</b> <i>Hindley, Judy</i>	Board Book	Age 9 mo–2 yr	0763623830
A group of toddlers demonstrate all the fun things that they can do with their eyes, ears, mouths, hands, legs, feet – and everything in between.			
<b>Wiggle Waggle</b> <i>London, Jonathan</i>	Board Book	Age 9 mo–2 yr	0152165886
Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll, bumble roll of a bear.			
<b>Bear About Town</b> <i>Blackstone, Stella</i>	Board Book	Age 1-3	1841483737
The big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.			

# Healthy Activity Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Feet are Not for Kicking</b> <i>Verdick, Elizabeth</i>	Board Book	Age 1-3	1575421585
<p>Helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.</p>			
<b>I Went Walking</b> <i>Williams, Sue</i>	Board Book	Age 1-3	0152056262
<p>During the course of a walk, a young boy identifies animals of different colors.</p>			
<b>Skippyjon Jones Shape Up</b> <i>Schachner, Judy</i>	Board Book	Age 1-3	0525479579
<p>Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.</p>			
<b>Curious George Rides a Bike</b> <i>Rey, H.A.</i>	Paperback	Age 1-4	0395174449
<p>George helps a little boy with his paper route and gets into all sorts of trouble.</p>			
<b>Come Play with Elmo!</b> <i>Allen, Constance</i>	Board Book	Age 1-4	0794407781
<p>All the friends on Sesame Street know that exercise is a great way to keep their bodies healthy! This fun board book features four fun novelties that show exercise can—and should be fun. Kids can make the wheel turn on Elmo's big wheel, slide a ball across the page, move Zoe's arms, and help them all play tag. Simple exercise tips throughout help kids apply what they've learned in their own lives.</p>			
<b>From Head to Toe</b> <i>Carle, Eric</i>	Hardcover	Age 1-4	0064435962
<p>An interactive story that invites kids to imitate animal movements. Watching giraffes bend their necks or monkeys wave their arms is fun, but nothing could be better than joining in. From their heads down to their toes, kids will be wriggling, jiggling, and giggling as they try to keep up with these animals!</p> <p>*Available in Spanish (De la Cabeza a Los Pies)</p>			
<b>From Head to Toe, De la Cabeza a Los Pies</b> (Spanish Edition) <i>Carle, Eric</i>	Hardcover	Age 1-4	0060513020
<p>Una diversidad de animales conocidos, representados a través de collages llenos de color, invita a los pequeños a imitar sus travesuras moviendo la cabeza y las caderas, dando palmadas y golpes en el suelo o simplemente moviendo los dedos del pie. Los movimientos sugeridos en este libro han sido cuidadosamente escogidos de manera que sirvan como ejercicios para cada una de las partes. . .</p>			

# Healthy Activity Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Move!</b> <i>Jenkins, Steve</i>	Hardcover	Age 1-4	061864637X
Animals move! Follow them as they swing, dance, float, leap, and slide from page to page, then learn why these animals move the way they do. Move! is a playful introduction to motion in the animal kingdom that invites young readers to guess some of the unusual ways that animals get around.			
<b>The Barnyard Dance</b> <i>Boynton, Sandra</i>	Board Book	Age 2-4	1563054426
Everybody sing along—because it's time to do-si-do in the barnyard with a high-spirited animal crew! Features lively rhyming text and a die-cut cover that reveals the wacky characters inside. Guaranteed to get kids and adults stomping their feet.			
<b>Get Moving with Grover</b> <i>Tabby, Abigail</i>	Hardcover	Age 2-4	0375830464
Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.			
<b>Jumping Day</b> <i>Esbensen, Barbara Juster</i>	Paperback	Age 2-4	1563978539
The pleasures of jumping, running, skipping, and hopping are celebrated as a little girl starts her day, goes to school, and comes home to play.			
<b>Doing the Animal Bop</b> <i>Ormerod, Jan</i>	Paperback	Age 2-4	0764178997
Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.			
<b>I'm as Quick as a Cricket</b> <i>Wood, Audrey</i>	Board Book	Age 2-4	0859536645
A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino, and gentle as a lamb.			
<b>Duck on a Bike</b> <i>Shannon, David</i>	Hardcover	Age 2-4	0439050235
A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.			
<b>From Head to Toe</b> <i>Carle, Eric</i>	Paperback	Age 2-6	0064435962
Encourages the reader to exercise by following the movements of various animals.			
* Available in Spanish (De La Cabeza a Los Pies)			

# Healthy Activity Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Froggy Learns to Swim</b> <i>London, Jonathan</i>	Paperback	Age 3-6	0140553126
Froggy is afraid of the water until his mother, along with his flippers, snorkel, and mask, help him learn to swim.			
<b>Children's Book of Yoga: Games and Exercises Mimic Plants and Animals and Objects</b> <i>Luby, Thia</i>	Hardcover	Age 3-12	1574160036
A unique and original new program of yoga especially designed to appeal to children, this book presents six complete, entertaining yoga workouts for children ages three to 12. The exercises and games are based on imitation of animals, natural forms, and interesting manmade objects chosen because of their natural appeal to a child's imagination.			
<b>Hop Jump</b> <i>Walsh, Ellen Stoll</i>	Paperback	Age 4-6	015201375X
Bored with just hopping and jumping, a frog discovers dancing.			
<b>My Amazing Body</b> <i>Thomas, Pat &amp; Harker, Leslie</i>	Paperback	Age 4-7	0764121197
Many aspects of health and physical fitness are explained in a way that younger children can readily understand. This lively picture book explores the importance of a good diet and plenty of exercise, and encourages kids to make positive decisions about caring for themselves.			
<b>Good Sports: Rhymes about Running, Jumping, Throwing, and More</b> <i>Prelutsky, Jack &amp; Raschka, Chris</i>	Hardcover	Age 4-8	0375837000
Exhilarating, all-new, kid-friendly rhymes capture the range of emotions, from winning to losing to the sheer joy of participating, that children experience as they discover the games of their choice.			
<b>Sally Jean the Bicycle Queen</b> <i>Best, Carl</i>	Hardcover	Age 4-8	0374363862
When Sally Jean outgrows her beloved bicycle, Flash, she experiments with various ideas for acquiring a new, bigger one.			
<b>Froggy Plays Soccer</b> <i>London, Jonathan</i>	Paperback	Age 5-6	0140568093
Although Froggy is very excited when his Dream Team plays for the city soccer championship, he makes a mistake on the field that almost costs the team the game.			

# Healthy Activity Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Puddles</b> <i>London, Jonathan</i>	Paperback	Age 5-6	0140561757
<p>When the rain stops falling and the skies clear up, it's time to put on boots and go outside to play in the puddles.</p>			
<b>Animal Exercises</b> <i>Ross, Mandy</i>	Paperback	Age 5-6	1846430445
<p>A collection of poems describes how familiar animals stay in shape.</p>			
<b>Get Moving: Tips on Exercise</b> <i>Feeney, Kathy</i>	Paperback	Age 5-8	073684449X
<p>Informational book clearly defines fitness and muscle strength and introduces the reasons for exercise.</p>			
<b>I Love Yoga</b> <i>Chryssicas, Mary Kaye</i>	Hardcover	Age 5-8	0756614007
<p>Presents young readers with simple instructions for the practice of yoga, discussing how to relax, focus, and have fun through basic poses explained in step-by-step sequences.</p>			
<b>The Busy Body Book: A Kid's Guide to Fitness</b> <i>Rockwell, Lizzy</i>	Hardcover	Age 5-9	0375822038
<p>Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go.</p>			
<b>Being Active</b> <i>Salzmann, Mary Elizabeth</i>	Hardcover	Age 6-7	1591975506
<p>Explains in simple language the importance of regular physical activity.</p>			
<b>The Busy Body Book</b> <i>Rockwell, Lizzy</i>	Paperback	Age 6-8	0553113747
<p>Exploring all the many moves, twists, and turns a human body can do, this book is designed to encourage kids to move around, use their bodies, and learn the importance of staying active and fit.</p>			

## Healthy Activity Booklist, *con't.*



Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Anna Banana</b> <i>Cole, Joanna</i>	Paperback	Age 6-9	0688088090
An illustrated collection of jump rope rhymes according to the type of jumping they are meant to accompany.			
<b>Why Do We Need to Be Active?</b> <i>Royston, Angela</i>	Paperback	Age 8-12	1403476144
Explains why the human body needs exercise. Uses cause and effect sequential text structures and diagrams to help readers practice the concepts they are learning and put them into context. *Available in Spanish			
<b>Exercising for Good Health</b> <i>Winnish Grey, Shirley</i>	Hardcover	Age 9-Up	1592960812
Explains the role of exercising in order to maintain a healthy body. Photographs and sidebars further describe more complex issues and concepts.			
<b>Fit Kids: Smarter Kids</b> <i>Galloway, Jeff</i>	Paperback	Age Young Adult - Adult	1841261939
Motivation and practical information about blending exercise and healthy eating naturally into today's busy lifestyle. It is a guide for parents, teachers, youth leaders and anyone who wants to enhance the life of a child by introducing him or her to enjoyable exercise.			



## Limit Sugary Beverages Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Oliver's Milkshake</b> <i>French, Vivian</i>	Hardcover	Age 3-6	0531303047
<p>Auntie Jen takes Oliver to a farm, buys the special ingredients she needs, and makes him a yummy scrummy fruity frothy icy nicy tip top tasty dreamy creamy milk shake.</p>			
<b>Mr. Sugar came to Town / La Visita del Sr. Azucar</b> <i>Rohmer, Harriet, Gomez, Cruz</i>	Hardcover	Age 5-8	0892390603
<p>Mr. Sugar tries to use his truck of sweet goodies to lure children away from Grandma Lupe's delicious tamales.                      *Bilingual</p>			
<b>What's for Lunch? Milk</b> <i>Llewellyn, Claire</i>	Hardcover	Age 6-Up	0516262211
<p>Milk explains the processes involved in producing milk, tracing it from its origins at the dairy farm to the finished product at the store.</p>			

# General Healthy Eating Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Baby Sign for Mealtime</b> <i>Acredolo, Linda</i>	Board Book	Age 6 mo–1 y	0060090731
<p>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!</p>			
<b>My Food / Mi Comida</b> <i>Emberley, Rebecca</i>	Hardcover	Age 9 mo–2 y	0316177189
<p>Labeled illustrations introduce various familiar foods and their names in English and Spanish.</p>			
<b>Eat</b> <i>Intrater, Roberta Grobel</i>	Board Book	Age 9 mo–2 y	0439420067
<p>A group of babies enjoys some favorite foods – along with making a big mess on their faces when they eat.</p>			
<b>Tucking In!</b> <i>Stockham, Jess</i>	Board Book	Age 9 mo–2 y	1846430461
<p>Animals and young children enjoy the same types of food, including oats, oranges, and fish, in a book with pictures hidden beneath the flaps.</p>			
<b>Baby Food</b> <i>Miller, Margaret</i>	Board Book	Age 1-2	0689831900
<p>Hey, baby! Look at these babies having fun with food!</p>			
<b>Crunch Munch</b> <i>London, Jonathan</i>	Board Book	Age 1-3	0152166009
<p>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.</p>			
<b>My Very First Book of Food</b> <i>Carle, Eric</i>	Board Book	Age 1-3	0399247475
<p>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.</p>			

# General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Let's Eat / Vamos A Comer: Chubby Board Books in English and Spanish</b> <i>Benjamin, Alan</i>	Board Book Spanish Language Edition	Age 1-4	0671769278
<p>Featuring simple, colorful illustrations of fruits and vegetables, simple meals, and familiar kitchen utensils, this bilingual book introduces words in English and Spanish. From cup (taza) to ice cream (helado) and carrot (zanahoria), young children will have fun using these words during every meal.</p> <p>*Bilingual</p>			
<b>Very Hungry Caterpillar, The</b> <i>Carle, Eric</i>	Board Book	Age 1-4	0399226907
<p>Follows the progress of a hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days.</p> <p>*Available in Spanish (La Oruga Muy Hambrienta)</p>			
<b>World Snacks: Chaat and Sweets</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	1582461937
<p>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.</p>			
<b>World Snacks: First Book of Sushi</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	1582460507
<p>Illustrations and rhyming text introduces a variety of Japanese foods.</p>			
<b>World Snacks: Hola Jalapeno</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	1582460728
<p>Illustrations and rhyming text , sprinkled with some Spanish words, introduce a variety of Mexican foods.</p>			
<b>World Snacks: Let's Nosh</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	1582460817
<p>Illustrations and rhyming text introduces a variety of Jewish foods, from gefilte fish to challah bread, chicken soup to matzoh.</p>			

## General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>World Snacks: Mangia! Mangia!</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	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>World Snacks: Yum Yum Dim Sum</b> <i>Sanger, Amy Wilson</i>	Board Book	Age 2-4	1582461082
Easy-to-read rhyming text introduces children to the varied Chinese foods called dim sum, which means a little bit of heart.			
<b>When I'm Hungry</b> <i>Howard, Jane</i>	Hardcover	Age 2-4	0525449833
A child imagines eating like a variety of animals, catching food or eating it off the trees, but decides that using a plate and glass is best.			
<b>The Little Red Hen (Hen Makes a Pizza)</b> <i>Sturges, Philemon</i>	Paperback	Age 2-6	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>Grover's Guide to Good Eating</b> <i>Kleinberg, Naomi</i>	Hardcover	Age 3-6	037584063X
Little ones can join their host Grover and his assistant Elmo in the Good Eats Café where they will learn all about good nutrition and healthy eating!			
<b>Fast Food</b> <i>Freyman, Saxton &amp; Elffers, Joost</i>	Hardcover	Age 3-6	043911019X
Kids everywhere will thrill over the array of transportation methods on display, from enormous rockets and grand ocean liners to the simplest mechanism of all: your feet.			
<b>Feast for 10</b> <i>Falwell, Cathryn</i>	Paperback	Age 3-6	0395720818
Numbers from one to ten are used to tell how members of a family shop and work together to prepare a meal.			

## General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Treasure Hunt with the Munch Crunch Bunch</b> <i>Wolterman, Jan, Hemmelgarn, Melinda, &amp; Wolterman, J.W</i>	Paperback	Age 3-8	0978954203
<p>Story/activity book designed to entertain, educate, and empower young children to make healthy food choices through use of 45 fun food friends' foodle (food riddle) cards. The innovative foodle cards take children on a healthy foods treasure hunt through the produce section of their local grocery store and/or farmers' market. Also included is the action-packed Munch Crunch Bunch board game.</p>			
<b>Yoko</b> <i>Wells, Rosemary</i>	Hardcover	Age 4-6	0786803959
<p>When Yoko brings sushi to school for lunch, her classmates make fun of what she eats—until one of them tries it for himself.            * Available in Spanish</p>			
<b>The Berenstain Bears &amp; Too Much Junk Food</b> <i>Berenstain, Stan &amp; Jan</i>	Paperback	Age 4-7	0812437470
<p>Mama Bear lays down the law when she notices that Papa and the other cubs are getting too chubby. With the help of Dr. Grizzly's slide show on how the body works, the Bear Family makes a healthful adjustment in their diet and fitness habits.            *Available in Spanish (Los Osos Berenstain y Demasiada Comida Chatarra)</p>			
<b>Why Do I Eat?</b> <i>Wright, Rachel</i>	Paperback	Age 4-7	0689715889
<p>Describes how different kinds of food provide needed nutritional fuel for the human body and how the process of digestion works.</p>			
<b>Bread and Jam for Frances</b> <i>Hoban, Russell</i>	Hardcover	Age 4-8	0060223596
<p>Frances decides that bread and jam are all she wants to eat, and her understanding parents grant her wish at breakfast, lunch, dinner, and even snack time. Can there ever be too much bread and jam?</p>			
<b>Eating Fractions</b> <i>McMillan, Bruce</i>	Hardcover	Age 4-8	0590437704
<p>Food is cut into halves, quarters, and thirds to illustrate how parts make a whole. Simple recipes included.</p>			

## General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Showdown at the Food Pyramid</b> <i>Barron, Rex</i>	Hardcover	Age 4-8	0399237151
When snack foods take over the food pyramid and make it collapse, members of the various food groups have to work together using the Great Food Guide to rebuild it.			
<b>Pancakes, Pancakes!</b> <i>Carle, Eric</i>	Board Book	Age 4-8	0689871481
By cutting and grinding the wheat for flour, Jack starts from scratch to help make his breakfast pancake.			
<b>Two Eggs, Please</b> <i>Weeks, Sarah</i>	Paperback	Age 5-7	141692714X
A harried waitress at the local diner tried 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>Eat Healthy, Feel Great</b> <i>Sears, Williams, Sears, Martha, Watts Kelly, Christie, Andiani, Renee</i>	Hardcover	Age 5-8	0316787086
Gives kids the tools to make their own wise food choices. Quick and easy recipes that kids can make with adult supervision are also included.			
<b>Eating Well</b> <i>Mitchell, Melanie</i>	Hardcover	Age 5-8	082252449X
Informational book can help your child learn to make healthy eating choices each and every day.			
<b>Feast for 10</b> <i>Falwell, Cathryn</i>	Hardcover	Age 5-8	0395620376
A counting book that features an African-American family shopping for food, preparing dinner, and sitting down to eat.			
<b>Gregory, the Terrible Eater</b> <i>Sharmat, Mitchell</i>	Hardcover	Age 5-8	0027822508
A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice.			

## General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>Mrs. Piglets Bulk Buy</b> <i>Rayner, Mary</i>	Hardcover /Paperback	Age 5-8	0689707711
<p>The piglets are delighted when Mrs. Pig stocks up on ketchup, their favorite food, until they realize it's all they will be eating.</p>			
<b>Gobble and Gulp</b> <i>Cosgrove, Stephen</i>	Hardcover	Age 5-8	0394874579
<p>Twin Whimsies Blossom and Sprout, under a spell from the Switch Witch, ignore the foods that are good for them and stuff themselves with sweet desserts.</p>			
<b>What Food is This?</b> <i>Hausher, Rosemary</i>	Paperback	Age 5-8	0590465848
<p>Different child presents each of 18 foods representing the 4 food groups.</p>			
<b>Good Enough to Eat: A Kid's Guide to Good and Nutrition</b> <i>Rockwell, Lizzy</i>	Hardcover	Age 5-9	0060274344
<p>Describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each.</p>			
<b>Alexander and the Great Food Fight</b> <i>Hawkins, Linda</i>	Hardcover	Age 5-10	1563118203
<p>Teaches nutritional and health concepts in a fun and animated way. Alexander's afternoon snacking choice becomes a heated argument between some feisty fruit... all trying to convince Alexander why they are the best for his young growing body.</p>			
<b>The Seven Silly Eaters</b> <i>Hoberman, Mary Ann</i>	Paperback	Age 6-7	0152024409
<p>Seven fussy eaters find a way to surprise their mother.</p>			
<b>The Edible Pyramid</b> <i>Leedy, Loreen</i>	Paperback	Age 6-7	0823420752
<p>Animal characters learn about good eating every day in a restaurant called The Edible Pyramid, where the waiter offers the food grouped in sections of the Food Guide Pyramid and customers learn how many servings they need each day.</p>			

## General Healthy Eating Booklist, *con't.*

Title of Book/Author	Cover	Child's Age Range	ISBN #
<b>The Sweet Tooth</b> <i>Platini, Margie</i>	Hardcover	Age 6-8	0689851596
Stewart's loud, obnoxious sweet tooth constantly get him into trouble, until Stewart uses a healthy diet to take control of the situation.			
<b>Peanut Butter, Apples Butter, Cinnamon Toast: Food Riddles for You to Guess</b> <i>Palacios, Argentina</i>	Hardcover	Age 6-8	0817235841
Riddles in rhyme describe foods such as spaghetti, popcorn, apples, and carrots.			
<b>Cloudy With a Chance of Meatballs</b> <i>Barrett, Judi</i>	Paperback	Age 7-8	0689707495
Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mash potatoes, and blows storms of hamburgers – until the weather takes a turn for the worse.			
<b>Why Do People Eat?</b> <i>Needham, Kate</i>	Paperback	Age 7-9	0794516238
Using simple text and illustrations, explains why people need food, where food comes from, and how the body uses it.			
<b>This the Way We Eat Our Lunch</b> <i>Baer, Edith</i>	Hardcover	Age 8-9	0590468871
Relates in rhyme what children eat in countries around the world.			
<b>Chew on This</b> <i>Schlosser, Eric &amp; Wilson, Charles</i>	Paperback	Age 12	0618593942
Unwrap the fast-food industry to bring you a behind-the-scenes look at a business that both feeds and feeds off the young. Find out what really goes on at your favorite restaurants—and what lurks between those sesame seed buns.			