

Healthy Eating Booklist

<i>Baby Signs for Mealtime</i> by Acredolo, Linda	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!				
<i>Eat</i> by Intrater, Roberta Grobel	Board Book	\$4.95	Age 9 mo-2 yr	ISBN: 0439420067
A group of babies enjoys some favorite foods—along with making as big a mess on their faces as possible while they eat.				
<i>My Food/Mi Comida</i> by Emberley, Rebecca	Hardcover	\$6.99	Age 9 mo-2 yr	ISBN: 0316177180
Labeled illustrations introduce various familiar foods and their names in English and Spanish.				
<i>Tucking In!</i> by Stockham, Jess	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.				
<i>Yum-Yum, Baby!</i> Not Available	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.				
<i>The Carrot Seed</i> by Krauss, Ruth	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.				
<i>Crunch Munch</i> by London, Jonathan	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.				
<i>Lunch</i> by Fleming, Denise	Board Book	\$6.95	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.				
<i>My Very First Book of Food</i> by Carle, Eric	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.				
<i>Bread, Bread, Bread</i> by Morris, Ann	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.				

(continued on other side)

Healthy Eating Booklist (continued)

<i>Bread Is for Eating</i> by Gershator, David	Paperback	\$7.95	Age 2-4	ISBN: 0805057986
Mamita explains how bread is created in a song sung in both English and Spanish.				
<i>Give Me My Yam</i> 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.				
<i>Growing Vegetable Soup</i> by Ehlert, Lois	Board Book	\$10.95	Age 2-4	ISBN: 0152061762
A father and child grow vegetables and then make them into a soup.				
<i>Orange Pear Apple Bear</i> 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.				
<i>The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear</i> 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.				
<i>World Snacks: A Little Bit of Soul Food</i> by Sanger, Amy Wilson	Board Book	\$6.95	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.				
<i>World Snacks: Chaat and Sweets</i> by Sanger, Amy Wilson	Board Book	\$6.95	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.				
<i>World Snacks: First Book of Sushi</i> by Sanger, Amy Wilson	Board Book	\$6.95	Age 2-4	ISBN: 1582460507
Illustrations and rhyming text introduce a variety of Japanese foods.				
<i>World Snacks: Hola Jalapeno</i> by Sanger, Amy Wilson	Board Book	\$6.95	Age 2-4	ISBN: 1582460728
Illustrations and rhyming text, sprinkled with some Spanish words, introduce a variety of Mexican foods.				
<i>World Snacks: Let's Nosh</i> by Sanger, Amy Wilson	Board Book	\$6.95	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.				
<i>World Snacks: Mangia! Mangia!</i> by Sanger, Amy Wilson	Board Book	\$6.95	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.				
<i>World Snacks: Yum Yum Dim Sum</i> by Sanger, Amy Wilson	Board Book	\$6.95	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.				
<i>Eating the Alphabet</i> 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.				

(continued on next page)

Healthy Eating Booklist (continued)

<i>Market Day</i> by Ehlert, Lois	Paperback	\$7.00	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.				
<i>The Little Red Hen (Hen Makes a Pizza)</i> 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.				
<i>An Island in Soup</i> by Levert, Mireille	Paperback	\$5.95	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.				
<i>Feast for 10</i> 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.				
<i>Grover's Guide to Good Eating</i> 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!				
<i>Little Pea</i> by Rosenthal, Amy Krouse	Hardcover	\$12.95	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!				
<i>Good for Me and You</i> by Mayer, Mercer	Paperback	\$3.99	Age 5-6	ISBN: 0060539488
Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.				
<i>Muncha! Muncha! Muncha!</i> 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.				
<i>Two Eggs, Please</i> by Weeks, Sarah	Paperback	\$6.99	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.				
<i>An Orange in January</i> 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.				

(continued on other side)

Healthy Eating Booklist (continued)

<i>Blueberries for Sal</i> 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.				
<i>I Will Never Not Ever Eat a Tomato</i> 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.				
<i>The Edible Pyramid</i> 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.				
<i>The Seven Silly Eaters</i> by Hoberman, Mary Ann	Paperback	\$7.00	Age 6-7	ISBN: 0152024409
Seven fussy eaters find a way to surprise their mother.				
<i>How to Make an Apple Pie and See the World</i> 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.				
<i>The Sweet Tooth</i> by Platini, Margie	Hardcover	\$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.				
<i>Cloudy With a Chance of Meatballs</i> 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.				
<i>Gregory, the Terrible Eater</i> 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.				
<i>Sun Bread</i> 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.				
<i>Everybody Cooks Rice</i> 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.				
<i>Good Enough to Eat</i> by Rockwell, Lizzy	Hardcover	\$16.99	Age 7-9	ISBN: 0060274344
Describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each.				
<i>Why Do People Eat?</i> 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.				