Healthy Eating Booklist

Baby Signs for Mealtime by Acredolo, Linda **Board Book** \$6.99 ISBN: 0060090731 Age 6 mo-1 yr 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! Eat 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 as mess on their faces as possible while My Food/Mi Comida by Emberley, Rebecca \$6.99 Age 9 mo-2 yr ISBN: 0316177180 Hardcover Labeled illustrations introduce various familiar foods and their names in English and Spanish. Tucking In! \$6.99 by Stockham, Jess **Board Book** 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. Yum-Yum, Baby! **Board Book** \$5.95 Age 9 mo-2 yr ISBN: 1592238033 By Harwood, Beht 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. The Carrot Seed by Krauss, Ruth **Board Book** \$6.99 ISBN: 0694004928 Age I-2 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. Crunch Munch by London, Jonathan **Board Book** \$5.95 ISBN: 0152166009 Age I-3 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. Lunch \$7.99 by Fleming, Denise **Board Book** Age I-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. My Very First Book of Food by Carle, Eric **Board Book** \$5.99 Age I-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. Bread, Bread, Bread by Morris, Ann \$6.99 ISBN: 0688122752 **Paperback** Age 2-4 Celebrates the many different kinds of bread and how it may be enjoyed all over the world. Spriggles: Healthy & Nutrition by Gottlieb, Jeff Age 3-6 **Paperback** \$8.95 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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Bread Is for Eating							
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.							
Give Me My Yam	D l l.	¢2.00	A 2 4	ICDN I. 07/3/00734			
by Blake, Jan	Paperback	\$3.99	Age 2-4	ISBN: 0763608734			
When Jordan loses the yam he just of instead, in a repetitive story set on a		ne keeps asking	g to get it back, only	to get something else			
Growing Vegetable Soup by Ehlert, Lois	Board Book	\$ 6.95	Age 2-4	ISBN: 0152061762			
A father and child grow vegetables a	and then make ther	n into a soup.					
Orange Pear Apple Bear		·					
by Gravett, Emily	Hardcover	\$12.99	Age 2-4	ISBN: 1416939997			
Explores concepts of color, shape, a	nd food using only	five simple wor	ds, as a bear juggles	and plays.			
The Little Mouse, the Red Ripe	•	_	• .				
by Wood, Don	Board Book	\$6.99	Age 2-4	ISBN: 0859536599			
Little Mouse worries that the big, h	ıngry bear will take	his freshly pick	ced, ripe, red strawb	erry for himself.			
World Snacks: A Little Bit of So							
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.							
World Snacks: Chaat and Swee							
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.							
World Snacks: First Book of Su	shi						
by Sanger, Amy Wilson	Board Book	\$6.99	Age 2-4	ISBN: 1582460507			
Illustrations and rhyming text introd	uce a variety of Jap	anese foods.					
World Snacks: Hola Jalapeno							
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.							
World Snacks: Let's Nosh		4					
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.							
World Snacks: Mangia! Mangio							
by Sanger, Amy Wilson	Board Book	\$6.99	Age 2-4	ISBN: 1582461449			
The sixth book in the World Snacks risotto to sweet, cool gelato.	series pays tribute	to dishes from	the Italian table, fror	m hearty minestrone and			
World Snacks: Yum Yum Dim S		\$4.00	Ago 2.4	ISBN: 1592441092			
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.							
Eating the Alphabet by Ehlert, Lois	Board Book	\$6.95	Age 2-5	ISBN: 015201036X			
An alphabetical tour of the world of	fruits and vegetabl	es, from aprico	t and artichoke to ya	m and zucchini.			

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Market Day				
by Ehlert, Lois	Paperback	\$6.95	Age 2-6	ISBN: 0152168206
On market day, a farm family experi	ences all the fur	n and excitement of g	oing to and from	the farmers' market.
The Little Red Hen (Hen Make by Sturges, Philemon	es a Pizza) Paperback	\$6.99	Age 2-6	ISBN: 0142301892
In this version of the traditional tale, but do get to participate when the t			e to help the Litt	le Red Hen make a pizza
An Island in Soup by Levert, Mireille	Paperback	Need to buy used.	Age 3-6	ISBN: 088899505
Staring at the fish soup he doesn't w he conquers a fierce pepper dragon unexpectedly discovers that the drea	only to be barr	aged by a wealth of t		
Feast for 10 by Falwell, Cathryn	Paperback	\$6.95	Age 3-6	ISBN: 0395720818
Numbers from one to ten are used	to tell how mer	mbers of a family shop	p and work toge	ther to prepare a meal.
Grover's Guide to Good Eating by Kleinberg, Naomi	Hardcover	\$6.99	Age 3-6	ISBN: 037584063X
Little ones can join their host Grove good nutrition and healthy eating!	r and his assista	nt Elmo in the Good	Eats Cafe where	they will learn all about
Little Pea by Rosenthal, Amy Krouse	Hardcover	\$14.99	Age 3-6	ISBN: 081184658X
Little Pea hates eating candy for dinr plate, in a story that many children of		ents will not let him ha	ave his spinach de	essert until he cleans his
Good for Me and You by Mayer, Mercer	Paperback	\$3.99	Age 5-6	ISBN: 0060539488
Little Critter learns that a healthy life	estyle includes a	balanced diet and ex	ercise.	
Muncha! Muncha! Muncha! by Fleming, Candace	Hardcover	\$17.99	Age 5-6	ISBN: 0689831528
After planting the garden he has dre bunnies from eating all his vegetable		ars, Mr. McGreely trie	es to find a way to	o keep some persistent
Two Eggs, Please by Weeks, Sarah	Paperback	\$7.99	Age 5-7	ISBN: 141692714X
A harried waitress at the local diner whom want eggs, in a lively introduc			of orders from d	emanding patrons—all of
An Orange in January by Aston, Dianna Hutts	Hardcover	\$16.99	Age 6-7	ISBN: 0803731469
An orange begins its life as a blosson with the seasons inside it, in the han		east on the nectar, and	d reaches the end	d of its journey, bursting

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Blueberries for Sal				
by McCloskey, Robert	Paperback	\$7.99	Age 6-7	ISBN: 014050169X
Little Bear and Sal both go berryin the other one's mother.	g with their mother	s, but after sitting	g down to rest, the	each end up following
I Will Never Not Ever Eat a T	omato			
by Child, Lauren	Paperback	\$6.99	Age 6-7	ISBN: 0763621803
Fussy eater Lola makes it perfectly her that carrots are really orange t				
The Edible Pyramid				
by Leedy, Loreen	Paperback	\$6.95	Age 6-7	ISBN: 0823420752
Animal characters learn about goo offers the foods grouped in section need each day.	d eating every day ins of the Food Guid	n a restaurant ca e Pyramid and cu	lled The Edible Pyra Istomers learn how	amid, where the waiter many servings they
The Seven Silly Eaters				
by Hoberman, Mary Ann	Paperback	\$7.00	Age 6-7	ISBN: 0152024409
Seven fussy eaters find a way to su	rprise their mother	·		
How to Make an Apple Pie a	nd See the World	1		
by Priceman, Marjorie	Paperback	\$6.99	Age 6-8	ISBN: 0679880836
Since the market is closed, the rea	der is led around th	e world to gathe	r the ingredients fo	r making an apple pie.
The Sweet Tooth	(08/08 07/09		
by Platini, Margie	Hardcover	\$16.95	Age 6-8	ISBN: 0689851596
Stewart's loud, obnoxious sweet to control of the situation.	ooth constantly gets	him into trouble	e, until Stewart uses	a healthy diet to take
Cloudy With a Chance of Me	atballs			
by Barrett, Judi	Paperback	\$6.99	Age 7-10	ISBN: 0689707495
Life is delicious in the town of Che storms of hamburgers—until the v			nd juice, snows mas	hed potatoes, and blows
Gregory, the Terrible Eater				
by Sharmat, Mitchell	Paperback	\$4.99	Age 7-8	ISBN: 0590433504
Mother Goat, alarmed by Gregory boxes and tin cans—consults Dr. F				
Sun Bread				
by Kleven, Elisa	Paperback	\$6.99	Age 7-8	ISBN: 0142400734
During the dreary winter, a baker the sun itself.	decides to bring wa	rmth to her tow	n by baking bread a	s golden and glorious as
Everybody Cooks Rice				
by Dooley, Norah	Paperback	\$6.95	Age 7-9	ISBN: 0876145918
A child is sent to find a younger bro the many different ways rice is prep				res through encountering
Good Enough to Eat				
by Rockwell, Lizzy	Paperback	\$6.99	Age 7-9	ISBN: 0064451747
Describes the six categories of nut provide each.	rients needed for go	ood health, how	they work in the bo	ody, and what foods
Why Do People Eat?				
by Needham, Kate	Paperback	\$4.99	Age 7-9	ISBN: 0794516238
Using simple text and illustrations, uses it.	explains why peopl	e need food, wh	ere food comes fro	m, and how the body