



## Books that connect to Nutrition

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- **The Berenstain Bears and Too Much Junk Food** by Stan & Jan Berenstain (Ages 4-8)  
The Berenstain Bear kids are not taking advantage of all of the wonderful healthy foods in Bear County. With the help of Dr. Grizzly's slide show on how the body works, the Bear family makes a healthful adjustment to their diet and fitness habits.
- **Enormous Turnips** by Alexei Tolstoy (Ages 5-7)  
A great tie-in to farm themes, a farmer plants a turnip that grows to an enormous size. He has to enlist the help of others to pull it out of the ground.
- **Good Enough to Eat: A Kid's Guide to Food and Nutrition** by Lizzy Rockwell (Ages 4-9)  
This book shows the importance of eating a balanced diet, the process of digestion, nutrients and their functions, all in a kid-friendly way. Plus, find a handful of nutritious recipes at the end.
- **Hola! Jalapeno (World Snacks) (Spanish and English Edition)** by Amy Wilson Sanger (Ages 3-6)  
Fun rhymes and vibrant colors engage the student and also teach basic English and Spanish words together. Students can explore many traditionally Hispanic foods and open the door for discussions on cultures around eating.
- **I will never not eat a tomato** by Lauren Child (Ages 4-8)  
An imaginative tale of a fussy eater whose preconceptions of food are changed through the use of adjectives and pseudonyms for her common dinner food.
- **Spriggles Motivational Books for Children: Health & Nutrition** by Jeff and Martha Gottlieb (Ages 3-8)  
Fun rhymes teach the importance of balancing meals and build animal vocabulary, "Eat a balanced meal, Seal". It also touches on good hygiene, "Take a bath, Giraffe".
- **Tops and Bottoms** by Janet Stevens (Ages 4-8)  
An energetic tale which teaches students about different vegetables; some of which grow above ground, others grow underground. A sly rabbit uses his knowledge of how plants grow to outwit a lazy bear.
- **The Very Hungry Caterpillar** by Eric Carle (Ages 1-6)  
A baby caterpillar eats through an incredible variety and quantity of foods before turning into a beautiful butterfly.

- **We Like To Eat Well** by Elyse April (Ages 4-8)  
Cheerful rhymes remind parents and children to eat fresh and whole foods. Based on the USDA food groups, it promotes a wide variety and a proper balance of healthy foods, including different ways to eat them.
- **World Snacks** (Various) by Amy Wilson Sanger (Ages 3-6)  
A series of books that explores the food of various cultures through rhythm and illustrations engaging to a child.