

Our Community Garden by Barbara Pollak

Audrey and her friends each have a plot in a community garden where they raise their favorite vegetables. After the harvest, the children make dishes from their produce and the community gathers for a feast.

Peppa Pig and the Vegetable Garden by Candlewick Press

Peppa and her brother, George, love to help Granny and Grandpa Pig in the garden. Soon they discover that everything grows from seeds and that even an apple has seeds inside!

Plant a Little Seed by Bonnie Christensen

Readers follow two children who plant seeds in their community garden, tend the seeds, and watch the plants grow until they can be harvested.

Plants Feed Me* by Lizzy Rockwell

An easy-to-read text describes the parts of plants that humans eat such as leaves of the cabbage, carrot roots, and walnuts within a shell.

Rainbow Stew by Cathryn Falwell

On a rainy summer day, three children and their grandpa pick vegetables from his garden and then cook them and make his famous Rainbow Stew. A recipe is included.

To Market To Market* by Nikki McClure

A child visits the stalls at a farm market to purchase certain foods. Where the food is grown and how it is produced are shown for each item.

Tops and Bottoms by Janet Stevens

This is a great story to share with children about a gardening partnership between a hare and a bear that has a mischievous twist at the end.

Up, Down and Around by Katherine Ayers

Two children help a man with a garden that produces a variety of edible plants, such as corn that grows up, onions that grow down, and tomato vines that twine all around. A nice companion to *Tops and Bottoms* above.

The Vegetables We Eat* by Gail Gibbons

Gibbons explains the eight groups of vegetables and discusses how they are planted and how they get to stores. How to plant and tend one's own vegetable garden is included. Also by the same author, **The Fruits We Eat**.

We're Going to the Farmers' Market by Stefan Page

A board book for young toddlers showing children going to local farms, filling baskets with fresh fruits and vegetables, and then heading home for a feast.

*A nonfiction book

Visit your public library to find the books on this list and other great titles to read to your children. Reading to your child every day helps them grow a healthy brain.

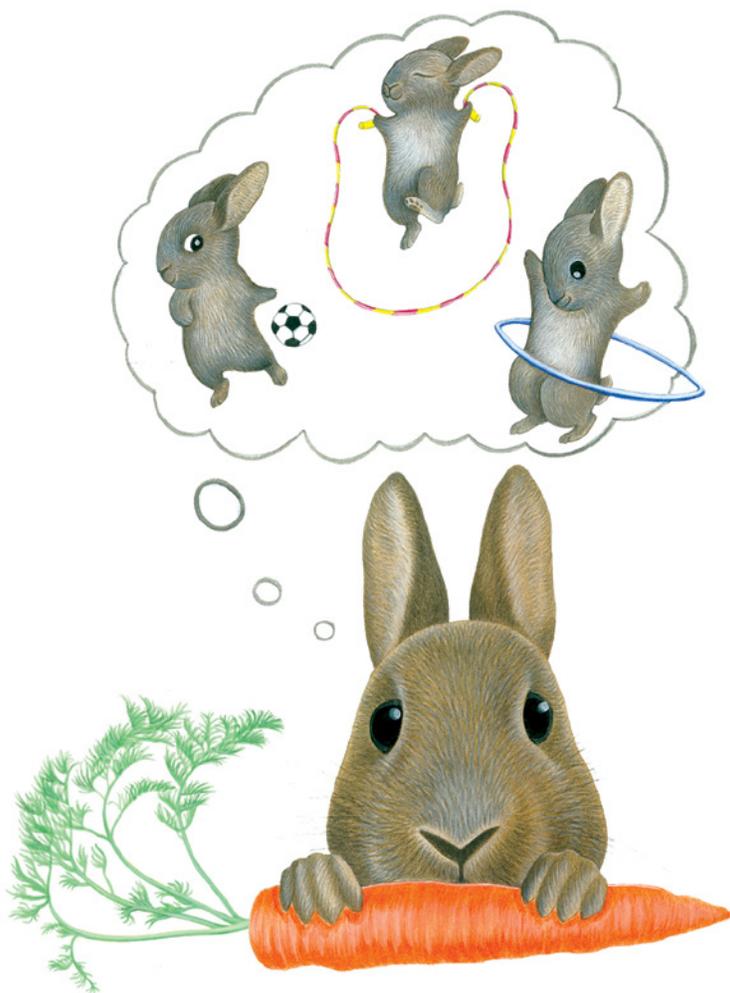
Illustration by Lindsay Barrett George

2018 Office of Commonwealth Libraries. Pennsylvania Department of Education. This project is made possible by a grant from the Institute of Museum and Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries.

For more copies of this brochure, email spannebake@pa.gov.

Healthy Bodies

Books about Physical Activity, Healthy Food & Growing Food



Pennsylvania Libraries: Learning Starts Here

Books about Physical Activity, Healthy Food & Growing Food

Physical Activity and Movement

ABC Yoga by Christiane Engel

Children and animals demonstrate 26 common yoga poses for toddlers and preschoolers using an alphabetic approach.

The Busy Body Book: A Kid's Guide to Fitness* by Lizzy Rockwell

This is a fun introduction to the human body, how it functions and its need for exercise.

Clap Your Hands by Lorinda Bryan Cauley

This rhyming story encourages children to roar like a lion, spin in a circle, and perform other playful activities.

Dancing Feet by Lindsey Craig

A rhyming text asks children to guess animals' movements, and encourages them to join in!

Everyone Can Learn to Ride a Bicycle by Chris Raschka

A father teaches his daughter how to ride a bicycle.

From Head to Toe by Eric Carle

This encourages children to exercise from top to bottom by following the movements of various animals.

Get Moving!* by Mari Schuh

A simple nonfiction text showing children that exercise can be easy and fun and should be done daily.

Get Up and Go! by Nancy Carlson

Lively animals offer playful encouragement and show the joys and woes of exercise.

Good Morning Yoga* by Mariam Gates

A pose-by-pose demonstration of morning yoga stretches for children when they wake up. Also, **Good Night Yoga** by the same author.

Hop Hop Jump by Lauren Thompson

Four children at a summer camp invite preschoolers to move their bodies in this energetic rhyming text.

I Am Yoga by Susan Verde

A young girl practices 17 different standard yoga poses and imagines how she is part of a larger world.

Little Yoga by Rebecca Whitford

Toddlers will enjoy moving along with Yoga Baby in nine simple yoga exercises.

Miss Fox's Class Shapes Up by Eileen Spinelli

Miss Fox teaches her students healthy habits, and then they compete in Field Day and win!

Mitchell Goes Bowling by Hallie Durand

Mitchell enjoys knocking things down, so his father takes him bowling to release some of that energy. This is a nice book about a father/son relationship.

Move Your Body!: My Exercise Tips* by Gina Bellisario

On her class's field day, Natalie shows her classmates how to do aerobic, anaerobic and stretching exercises.

My Amazing Body: A First Look at Health and Fitness*

by Pat Thomas

A lively picture book that explores the importance of a good diet, healthy exercise and sleep, but also mentions how even healthy people get sick sometimes.

My First Swim Class by Alyssa Satin Capucilli

This early reader book explains what it is like to be in a swimming class for the first time.

Oh, The Things You Can Do That Are Good For You!: All About Staying Healthy* by Tish Rabe

Children can visit a Seussian spa where the Cat in the Hat explains the basics of healthy living.

See How We Move!: A First Book of Health and Well-Being*

by Scot Richie

Five children belonging to the swimming team The Flying Sharks, compete in a school meet, and while training, pass along useful health information.

Shake My Sillies Out by Raffi

This classic song is depicted in a picture book showing animals and campers in the woods one evening shaking their sillies, clapping their crazies, and yawning their sleepies out.

Spunky Little Monkey by Bill Martin Jr.

Based loosely on the children's clapping game "Down Down Baby," this book is designed to get young children moving and shaking.

Stretch by Doreen Cronin

An energetic text urges children to move with phrases such as "Can you stretch to the ceiling? Can you stretch to the floor? You can stretch with a whisper, you can stretch with a roar!"

Wallie Exercises by Steve Ettinger

Learn important fitness concepts while following Wallie on his hilarious journey to get in shape.

We're Going on a Bear Hunt by Helen Oxenbury and Michael Rosen

Brave bear hunters go through grass, a river, mud and other obstacles before the inevitable encounter with a bear forces a fast retreat.

Wiggle by Doreen Cronin

A story in rhyme encourages young listeners to wiggle along with the story.

Yoga Frog* by Nora Carpenter

Yoga Frog demonstrates 19 different yoga poses and a fold-out poster at the end of the book shows readers how to do each.

You Are a Lion! by Taeun Yoo

This is a good choice for introducing yoga into storytime programs by demonstrating seven simple poses.

Healthy Food

1 Big Salad by Juana Medina

The author creates a concept book combining math and art by turning photographs of salad veggies into animals.

Alligator Arrived with Apples by Crescent Dragonwagon

From Alligator's apples to Zebra's zucchini, a multitude of alphabetical animals and foods celebrate Thanksgiving with a grand feast.

The Alphabet Book ABC's of Healthy Food by Steven Brusvale

Children can learn their ABC's by identifying the healthy food depicted in the colorful photographed pages.

Animal Supermarket by Giovanna Zoboli

With an emphasis on fresh fruits and veggies, animals go to the supermarket to get their favorite foods. Polar bears prowl the seafood section, cats stock up on milk, and mice crowd the cheese counter.

Apples, Cherries, Red Raspberries: What is In the Fruits Group? (Series)* by Brian Cleary

Explains what fruits are, identifies different varieties of fruit, and details the health benefits of eating them.

Baby Goes to Market by Atinuke

A baby and his mother go shopping in an open air market in West Africa, where mama does not see her baby collecting healthy foods from a variety of vendors.

Come and Eat!* by George Ancona

This photo essay book for younger children displays food customs and celebrations from around the world.

Dim Sum for Everyone by Grace Lin

A child describes all the little dishes of dim sum that she and her family enjoy on a visit to a restaurant in Chinatown.

D.W. The Picky Eater by Marc Brown

Arthur's little sister, D.W., is a fussy eater until she finally tries "Little Bo Peep Pot Pie" that contains her least favorite food – spinach.

Eat Your Colors by Amanda Miller

A board book with die-cut tabs introduces little ones to the basics of good nutrition through colors.

Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

This reviews upper and lowercase letters while introducing fruits and vegetables from around the world.

Food of the World* by Nancy Loewen

With a simple, rhyming text and vibrant photographs, different kinds of food from around the world are introduced.

Food Trucks by Mark Todd

This picture book features 11 poems about specialty food trucks that bring tasty foods such as falafel, hamburger, sushi, barbecue, ice cream and cupcakes to town.

Fruit Bowl by Mark Hoffmann

A tomato has a difficult time convincing the other fruits in a bowl that he is really a fruit and not a vegetable. This can be used for fruit and vegetable identification.

Go, Go, Grapes!: A Fruit Chant by April Sayre Pulley

A bouncy rhymed book with close-up photos of fruits features common fruits such as blueberries and strawberries, but also some more exotic ones such as tangelos, persimmons, and kiwanos. Also by the same author, **Rah, Rah, Radishes!**

Good Enough To Eat: A Kid's Guide to Food and Nutrition*

by Lizzy Rockwell

Covers topics such as vitamins and nutrients, calories, digestion, and the importance of eating breakfast. Includes bright, cheerful pictures of preschoolers preparing and eating foods.

Gregory, the Terrible Eater by Mitchell Sharmat

A 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.

Healthy Eating* by Helen Gregory

This information book describes each food group, common foods in each group, and how eating from all the groups is important for good health and strong bodies.

How Did that Get In My Lunchbox?* by Christine Butterworth

This appetizing book encourages readers to think about where different foods in their lunchbox come from and how they get to the store, and describes farms, dairies, and factories.

I Will Never, Not Ever Eat a Tomato by Lauren Child

A fussy eater decides to sample carrots after her brother convinces her that they are really orange twiglets from Jupiter.

Jack and the Hungry Giant Eat Right with MyPlate

by Loreen Leedy

Jack meets a giant at the top of the beanstalk, who teaches him about the food groups – grains, proteins, fruits, vegetables, and dairy – and how much of each should be on Jack's plate.

Little Pea by Amy Krouse Rosenthal

Little Pea hates eating candy for dinner, but his parents will not let him have his spinach dessert until he cleans his plate.

Lunch by Denise Fleming

A very hungry mouse eats a large lunch comprised of colorful healthy foods.

Mealtime by Elizabeth Verdick

A group of children enjoy a fun and healthy mealtime together in this board book for the very young.

Meriendas saludables en MiPlato/Healthy Snacks on MyPlate*

by Mari Schuh

Snacks can be yummy, quick to make, and healthy. This helps kids make good food choices when eating snacks.

Mmm...Let's Eat! by Libby Koponen

During the day, each animal character sees a color and thinks about what food is that color. Then the reader has to guess which food the character actually eats. Answers can be found by lifting a flap.

My Very First Book of Food by Eric Carle

A split-page board book that introduces food choices for the very young.

No Kimchi for Me! by Aram Kim

Yoomi hates stinky, spicy kimchi – the pickled cabbage condiment served at Korean meals. This is a story about family, food and how to make kimchi pancakes.

Oliver's Fruit Salad by Vivian French

Although he loves to help grandpa pick fresh fruit, Oliver will not eat any until one day mom prepares something special in a big glass bowl. Also, **Oliver's Vegetables** by the same author.

Salad People and More Real Recipes* by Mollie Katzen

Young children (with help from an adult) will enjoy making nutritious food like Tiny Tacos, Counting Soup, Salad People and more. Also by the same author, **Pretend Soup and Other Real Recipes.**

Snackivities!: 50 Edible Activities for Parents and Young Children* by MaryAnn F. Kohl

Prepare fun, creative concoctions in minutes such as dinosaur eggs, tomato towers, alphabet sandwiches and more.

Today is Monday by Eric Carle

Each day of the week introduces a new food, until Sunday when all the world's children are invited to come share in the meal.

Ugly Vegetables by Grace Lin

All the little girl's neighbors have beautiful flower gardens, unlike the ugly vegetable garden she and her mom have. Soon those ugly Chinese vegetables become the tastiest soup the girl has ever known.

Vegetables On MyPlate* by Mari Schuh

One of a series of books that helps kids make great food choices every day.

The Very Hungry Caterpillar by Eric Carle

Children can follow the progress of a hungry little caterpillar as he eats his way through different foods in this classic picture book.

What's So Yummy?: All About Eating Well and Feeling Good* by Robie Harris

A family heads to their community garden, a farmers' market, and the grocery store to gather vegetables, fruit, meat, and other fresh foods and then goes home to prepare, cook, and pack up the goodies, capping their day by eating in the park.

Why Should I Eat Well?* by Claire Llewellyn

A young girl is influenced by her new friend who eats a lean, varied diet instead of eating too many fatty and sugary foods.

You Are What You Eat* by Sharon Gordon

This nonfiction book examines basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.

Yum Yum by Jerome Fitzgerald

Thirteen food-related traditional nursery rhymes that are set at a farmers' market can be shared with young children.

Yum Yum Baby: First Words for the Little Foodies by Rosalee Wren

This is a padded board book for the youngest listener with first words about healthy foods.

Growing Food

Before We Eat: From Farm to Table by Pat Brisson

This book describes what must happen before food gets to our tables, including how various people work very hard planting seeds, catching fish, and tending farm animals.

Choose Good Food!: My Eating Tips* by Gina Bellisario

Lucas heads to the supermarket to choose food for lunch. His dad helps him learn about the five food groups and what foods are healthful.

Come and Eat!* by George Ancona

This photographic nonfiction book introduces young children to food customs from around the world.

Edible Colors* by Jennifer Vogel Bass

A concept book that uses photos of fruits and vegetables grouped by color and introduces some common fruits (cherries, blueberries) but also uncommon (Sicilian violet broccoli, Ruby Queen corn). Also by the same author, **Edible Numbers.**

Every Color Soup by Jorey Hurley

Using vegetables of many colors such as purple, yellow, orange, and red, makes a very special soup in this tasty introduction to colors, counting, and veggies.

Farmers' Market Day by Shanda Trent

Saturday is market day, and a little girl can't wait to go, rushing from stall to stall, trying to decide what she'll buy.

From the Garden by Michael Dahl

A counting book about growing food introduces the numbers from one to 12 as family members pick a variety of vegetables from their garden.

The Garden Project by Margaret McNamara

Mrs. Connor's first grade class decides to turn an old sandbox into a garden brimming with vegetables.

Growing Colors by Bruce McMillan

Photographer Bruce McMillan captures some of nature's gorgeous colors found in gardens and orchards and helps young readers learn about fruits and veggies.

Growing Vegetable Soup by Lois Ehlert

Bright, bold pictures teach vegetable gardening for the very young. The vegetables are eventually made into soup, and a recipe is included.

How a Seed Grows* by Helene J. Jordan

This *Let's Read and Find Out Science* book allows children to observe bean seeds planted in eggshells to demonstrate the growth of seeds into plants.

Little Seeds by Charles Ghigna

A book for toddlers written in rhyme follows a child who plants flower seeds in a garden and enjoys watching them grow.

On the Farm, At the Market by Brian Karas

An informational picture book that introduces children to local and urban farms where workers pick vegetables, collect eggs, and make cheese to take to market.