



Healthy Eating Booklist

Baby Signs for Mealtime

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!

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 a mess on their faces as possible while they eat.

My Food/Mi Comida

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.

Tucking In!

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.

Yum-Yum, Baby!

By Harwood, Beht

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.

The Carrot Seed

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.

Crunch Munch

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.

Lunch

by Fleming, Denise

Board Book

\$7.99

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.

My Very First Book of Food

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.

Bread, Bread, Bread

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 next page)

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

<i>Bread Is for Eating</i> 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.				
<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	\$ 6.95	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	\$6.99	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.				
<i>World Snacks: Chaat and Sweets</i> 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.				
<i>World Snacks: First Book of Sushi</i> by Sanger, Amy Wilson	Board Book	\$6.99	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	\$6.99	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	\$6.99	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.				
<i>World Snacks: Mangia! Mangia!</i> by Sanger, Amy Wilson	Board Book	\$6.99	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	\$6.99	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.				
<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)

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

<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	^{08/08 07/09} \$16.95	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	Paperback	\$6.99	Age 7-9	ISBN: 0064451747
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.				

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

(continued on next page)

Market Day by Ehlert, Lois	Paperback	\$6.95	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.				
The Little Red Hen (Hen Makes a Pizza) 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.				
An Island in Soup by Levert, Mireille	Paperback	Need to buy used.	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.				
Feast for 10 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.				
Grover's Guide to Good Eating 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!				
Little Pea by Rosenthal, Amy Krouse	Hardcover	\$14.99	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!				
Good for Me and You by Mayer, Mercer	Paperback	\$3.99	Age 5-6	ISBN: 0060539488
Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.				
Muncha! Muncha! Muncha! 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.				
Two Eggs, Please by Weeks, Sarah	Paperback	\$7.99	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.				
An Orange in January 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.				
Spriggles: Healthy & Nutrition by Gottlieb, Jeff	Paperback	\$8.95	Age 3-6	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.				

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.



Healthy Activity Booklist

Row, Row, Row Your Boat by Kubler, Annie	Board Book	\$4.99	Age 9 mo-2 yr	ISBN: 0859536580
In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.				
Wiggle Waggle by London, Jonathan	Board Book	\$5.95	Age 9 mo-2 yr	ISBN: 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.				
On the Go! by Stockham, Jess	Board Book	\$6.99	Age 9 mo-2 yr	ISBN: 1846430496
Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.				
Head, Shoulders, Knees and Toes by Kubler, Annie	Board Book	\$4.99	Age 9 mo-2 yr	ISBN: 0859537285
An illustrated version of the song which identifies parts of the body.				
Eyes, Nose, Fingers, and Toes by Hindley, Judy	Board Book	\$6.99	Age 9 mo-2 yr	ISBN: 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.				
Bear About Town by Blackstone, Stella	Board Book	\$6.99	Age 1-3	ISBN: 1841483737
The big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.				
I Went Walking by Williams, Sue	Board Book	\$11.99	Age 1-3	ISBN: 0152056262
During the course of a walk, a young boy identifies animals of different colors.				
Skippyjon Jones Shape Up by Schachner, Judy	Board Book	\$6.99	Age 1-3	ISBN: 0525479570
Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.				
Jumping Day by Esbensen, Barbara Juster	Paperback	\$8.95	Age 2-4	ISBN: 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.				
Doing the Animal Bop by Ormerod, Jan	Paperback	\$9.99	Age 2-4	ISBN: 0764178997
Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.				
I'm as Quick as a Cricket by Wood, Audrey	Board Book	\$6.99	Age 2-4	ISBN: 0859536645
A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino, and gentle as a lamb.				

(continued on next page)

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

<i>Get Moving with Grover</i> by Tabby, Abigail	Hardcover	\$6.99	Age 2-4	ISBN: 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.				
<i>Duck on a Bike</i> by Shannon, David	Hardcover	\$16.99	Age 2-4	ISBN: 0439050235
A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.				
<i>From Head to Toe</i> by Carle, Eric	Big Paperback	\$24.99	Age 2-6	ISBN: 0061119725
Encourages the reader to exercise by following the movements of various animals.				
<i>Froggy Learns to Swim</i> by London, Jonathan	Paperback	\$5.99	Age 3-6	ISBN: 0140553126
Froggy is afraid of the water until his mother, along with his flippers, snorkle, and mask, help him learn to swim.				
<i>Hop Jump</i> by Walsh, Ellen Stoll	Paperback	\$6.99	Age 4-6	ISBN: 015201375X
Bored with just hopping and jumping, a frog discovers dancing.				
<i>Froggy Plays Soccer</i> by London, Jonathan	Paperback	\$5.99	Age 5-6	ISBN: 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.				
<i>Puddles</i> by London, Jonathan	Paperback	\$6.99	Age 5-6	ISBN: 0140561757
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.				
<i>Get Up and Go!</i> by Carlson, Nancy L.	Paperback	\$5.99	Age 5-6	ISBN: 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.				
<i>Animal Exercises</i> by Ross, Mandy	Paperback	\$7.99	Age 5-6	ISBN: 1846430445
A collection of poems describes how familiar animals keep in shape.				
<i>I Love Yoga</i> by Chryssicas, Mary Kaye	Hardcover	to buy used	Age 5-8	ISBN: 0756614007
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.				
<i>The Busy Body Book</i> by Rockwell, Lizzy	Paperback	\$6.99	Age 6-8	ISBN: 0553113747
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 actively fit.				
<i>Anna Banana</i> by Cole, Joanna	Paperback	\$7.99	Age 6-9	ISBN: 0688088090
An illustrated collection of jump rope rhymes arranged according to the type of jumping they are meant to accompany.				
<i>Spriggles: Activity & Exercise</i> by Gottlieb, Jeff	Paperback	\$8.95	Age 3-5	ISBN: 1930439024
Motivates children in the areas of physical fitness and activity with animal rhymes such as "Go for a walk, Hawk", "Play in the park, Shark", "Ride your bike, Pike", and many more.				

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.