

BOOK LIST



Healthy Eating:

My Food/Mi Comida

by Rebecca Emberley

Labeled illustrations introduce various familiar foods and their names in English and Spanish.

Tucking In! (Just Like Me!)

by Jess Stockham

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 Beth Harwood

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 Ruth Krauss

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.

Lunch

by Denise Fleming

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 Eric Carle

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.

Growing Vegetable Soup

by Lois Ehlert

A father and child grow vegetables and then make them into a soup.

Orange Pear Apple Bear

by Emily Gravett

Explores concepts of color, shape, and food using only five simple words, as a bear juggles and plays.

Eating the Alphabet

by Lois Ehlert

alphabetical tour of the world of fruits and vegetables, from apricot and artichoke, to yam and zucchini.

An Island in the Soup

by Mireille Levert

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.

Good for Me and You

by Mercer Mayer

Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.

Muncha! Muncha! Muncha!

by Candace Fleming

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.

An Orange in January

by Dianna Hutts Aston

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.

I Will Never Not Ever Eat a Tomato

by Lauren Child

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.

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Physical Activity:

Wiggle Waggle by Jonathan London

Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll of a bear.

On the Go! by Jess Stockham

Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.

From Head to Toe by Eric Carle

Encourages the reader to exercise by following the movements of various animals.

Get Moving with Grover by Abigail Tabby

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 Went Walking by Sue Williams

During the course of a walk, a young boy identifies animals of different colors and soon has a trail of animals following him.

Froggy Learns to Swim by Jonathan London

Froggy is afraid of the water until his mother, along with his flippers, snorkel, and mask, help him learn to swim.

Hop Jump by Ellen Stoll Walsh

Bored with just hopping and jumping, a frog discovers dancing.

Animal Exercises by Mandy Ross

A collection of poems describes how familiar animals keep in shape.

The Busy Body Book by Lizzy Rockwell

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.

Duck on a Bike by David Shannon

A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

Doing the Animal Bop by Jan Ormerod

Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.

Breastfeeding:

We Like to Nurse by Chia Martin

This book celebrates the wonder of breastfeeding in humans and animals.

Mama's Milk by Michael Elsohn Ross

This book displays humans and animals breastfeeding in their natural habitats, celebrating the warm and loving bond between mammal mamas and their babies.

This Milk Tastes Good! A Breastfeeding Nursery Rhyme by Chenniah Patrick

An amusing tale that celebrates the joy of breastfeeding, highlighting that breast milk is nutritional and tasty.

Best Milk by Kate Carothers

This book helps explain and normalize breastfeeding talking about how animals nurse and how breastfeeding can happen anywhere.

Only the Cat Saw by Ashley Wolff

Pictures show the natural wonders, including the baby nursing at night, which go unnoticed by a busy young family—except by their observant cat.

Happy Birth Day! by Robie H. Harris

A mother tells her child about its first day of life from the moment of birth through the end of the birth day including breathing, nursing, and sleeping.

Content adapted from Nemours.org/growuphealthy and the 2013 Midcoast Public Health CTG Breastfeeding Resource Toolkit for Early Childcare and Education Centers.



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