



# Healthy Eating

*Books available at the Columbus Metropolitan Library*

## PICTURE BOOKS

**Eating the Alphabet** by Lois Ehlert, 1989 Picture Book EHLERT  
Have fun introducing your child to the names of fruits and vegetables from A to Z. Colorful illustrations can entice your child to try a new food. (Grades PreK-2)

**Chew, Chew, Gulp!** by Lauren Thompson, 2011 Picture Book THOMPSON  
Picky toddlers and preschoolers will appreciate learning about all of the different ways that they can interact with the food on their plates. Simple rhyming text and a diverse cast of characters make this a fun read. (Grades PreK-1)

**Every Night is Pizza Night** by J. Kenji López-Alt, 2020 Picture Book LÓPEZ-ALT  
Pipo is convinced that pizza is the very best food and insists on eating it every night. Through a colorful journey through her neighborhood, Pipa realizes that eating a variety of foods is both fun and delicious! (Grades PreK-3)

**Monsters Don't Eat Broccoli** by Barbara Jean Hicks, 2009 Picture Book HICKS  
Monsters insist they do not like broccoli and would rather munch on buildings and giant trees. But what if the trees they love are actually leafy vegetables? This book has great vocabulary words and melodic rhymes. (Grades PreK-1)

**Nope. Never. Not for Me!** by Samantha Cotterill, 2019 Picture Book COTTERILL  
A young child refuses to try a bite of broccoli until her mom guides her through a careful exploration of the new food.

## NONFICTION

**Eat Up! An Infographic Exploration of Food**  
by Antonia Banyard, 2017 J 641.3 B219e  
A colorful infographic look at many surprising and fascinating facts about food. Information is presented in easy-to-understand graphics and clear explanations. (Grades 4-7)

**Yummy Yoga: Playful Poses and Tasty Treats**  
by Joy Bauer, 2019 J 641.5123 B344y  
A fun and fresh introduction to yoga and nutrition. (Grades PreK-1)

- What's on My Plate?** by Jennifer Boothroyd, 2016 J 613.2 B725w  
This book provides an introduction to the five food groups and helps kids figure out how to eat a healthy, balanced diet. (Grades K-2)
- Are You What You Eat? A Guide to What's on your Plate and Why!**  
By DK J 613.2 A678  
Introduces nutrition, discussing how foods can effect energy, how the digestive system works and why the human body needs nutrition. (Grades 3-6)
- Now You Know What You Eat** by Valorie Fisher , 2019 J 641.3 F536n  
Explores the science of what we eat and where ingredients come from by going behind the scenes of favorite, every day food. Includes a graphic about the food groups as well as an introduction to vitamins and minerals. (Grades PreK-2)
- My Body Needs Food** by Jenna Gleisner, 2015 J 613.2 T559e  
This book introduces the concept of healthy food, and tells kids how the digestive system uses healthy food to provide the body with energy. The book also offers tips on how to choose foods as part of a healthy diet. (Grades 2-5)
- Teen Chef Cooks: 80 Scrumptious Family-friendly Recipes**  
by Kid Chef Eliana, 2019 T 641.564 K46t  
More than 75 fresh, flavorful, seasonal recipes that inspire kids, teens and families to embrace cooking and to use fresh, local ingredients when possible. (Grades 7-12)
- Super Foods for Super Kids Cookbook** by Noelle Martin, 2020 J 641.5637 M382s  
This kids' cookbook has cool kitchen tutorials that teach you how to read a recipe, talk like a chef and safely use the tools needed to sizzle, chop and simmer your favorite foods.
- Healthy Eating** by Jane Sieving Pelkki, 2017 J 613.2 P 384h  
It's not always easy to know how to choose healthy foods. This books discusses the history of nutrition science and helps explain what role different nutrients play in keeping the body healthy. (Grades 2-5)
- See What We Eat!: A First Book of Healthy Eating**  
by Scot Ritchie, 2017 J 641.3 R611  
A solid nutritional introduction to healthy food for younger readers. Readers will discover how food is grown and produced before it ends up in their kitchens and on their plates. (Grade PreK-2)