Healthy Eating

Books available at the Columbus Metropolitan Library

PICTURE BOOKS

Eating the Alphabet by Lois Ehlert, 1989
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
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)

NONFICTION

Choose Good Food by Gina Bellisario, 2014
A picky eater learns how to choose good food by visiting the supermarket and preparing a healthy snack. (Grades K-2)

What’s on My Plate? by Jennifer Boothroyd
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)

Right This Very Minute by Lisl H. Detlefsen, 2019
This books provides a farm-to-table perspective on where many of the different foods we eat come from. The story explores each different meal, and describes how foods eaten in that meal come from a farm. (Grades K-2).

My Body Needs Food by Jenna Gleisner, 2015
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)

Cool Eating by Alex Kuskowski, 2013
Eating healthy can be cool! This book gives kids simple advice about how to make healthy food choices, and provides recipes for simple, healthy foods that kids will enjoy making and eating. (Grades 2-5)
Healthy Eating by Jane Sieving Pelkki, 2017

It’s not always easy to know how to choose healthy foods. This book discusses the history of nutrition science and helps explain what role different nutrients play in keeping the body healthy. (Grades 2-5)

Eat Well by Sarah Tieck, 2012

This book introduces children to the concepts of nutrition, vitamins and minerals, serving sizes, calories, and natural foods. Simple language makes this book a good resource for younger children. (Grades K-2)