

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)
- 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)
- Eating Healthy** by Valerie Bodden, 2015 J 613.2 B666e
An early reader's introduction to the connections between healthy eating and being healthy, benefits of food groups such as vegetables, nutritional concepts such as energy and recipe instructions. (Grades K-2)
- 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)

ChopChop: The Kids' Guide to Cooking Real Food with your Family

by Sally Sampson, 2013

J 641.5123 S192c

Provides simple instructions for healthy and delicious meals that can be prepared together by family members of every age.