

# Picture Books that Promote Healthy Lifestyles for Children:

## A Guide for Parents and Care Providers

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### Food

Many children's books focus on eating healthy foods. Some also strive to demonstrate where food comes from and how important it is to eat a variety of foods. Here are a few great books that focus on food:

**Blueberries for Sal**  
Author: Robert McCloskey

**Bread and Jam for Frances**  
Author: Russell Hoban

**Eating The Alphabet**  
Author: Lois Ehlert

**Growing Vegetable Soup**  
Author: Lois Ehlert

**The King's Taster**  
Author: Kenneth Oppel

**To Market, To Market**  
Author: Anne Miranda

**Night of the Veggie Monster**  
Author: George McClelements

**The Seven Silly Eaters**  
Author: Mary Ann Hoberman

**Thanksgiving**  
Author: Miriam Nerlove

**The Ugly Vegetables**  
Author: Grace Lin



### Exercise and Healthy Behavior

While some children's books focus on healthy eating habits, others promote physical activity and good personal hygiene. Here are some suggestions for those topics:

**Bearobics-**  
Authors: Vic Parker and Emily Bolam

**Dirty Bertie**  
Author: David Roberts

**From Head to Toe-**  
Author: Eric Carl

**Little Critter: Good for Me and You**  
Author: Mercer Mayer

**The Man Who Didn't Wash His Dishes**  
Author: Phyllis Krasilovsky

**Timothy Cox Will not Change His Socks**  
Authors: Robert Kinerk and Stephen Gammel

**Toddlerobics: Animal Fun**  
Author: Zita Newcome

**If You're Happy and You know it**  
Author: Lindsey Gardiner

## Children's Books-Health and Fitness

List Composed by Shashi Shankar

<b>TITLE</b>	<b>AUTHOR</b>
"My Amazing Body: A First Look at Health and Fitness"	<i>Pat Thomas</i>
"Good Enough to Eat: A Kid's Guide to Food and Nutrition"	<i>Lizzy Rockwell</i>
"Gregory, the Terrible Eater"	<i>Mitchell Sharmat</i>
"Eat Healthy, Feel Great"	<i>William Sears</i>
"The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids"	<i>Edward Miller</i>
"Oh the Things You Can Do That Are Good for You! All About Staying Healthy"	<i>Tish Rabe</i>
"The Busy Body Book: A Kid's Guide to Fitness"	<i>Lizzy Rockwell</i>
"The Vegetables We Eat"	<i>Gail Gibbons</i>
"Janey Junkfood's Fresh Adventure!"	<i>Barbara Storper</i>
"The Race Against Junk Food (Adventures in Good Nutrition)"	<i>Anthony Buono</i>
"Showdown At The Food Pyramid"	<i>Rex Barron</i>
"The Food Pyramid"	<i>Christine Taylor-Butler</i>
"Eating the Alphabet"	<i>Lois Ehlert</i>
"Healthy Me: Fun Ways to Develop Good Health and Safety Habits"	<i>Michelle O'Brien-Palmer</i>
"Exercise (Rookie Read-About Health)"	<i>Sharon Gordon</i>
"You Are What You Eat"	<i>Sharon Gordon</i>
"Fruits And Vegetables"	<i>Susan Derkazarlan</i>
"Fats, Oils, And Sweets"	<i>Carol Parenzan Smalley</i>
"We Eat Food That's Fresh"	<i>Angela Russ-Ayon</i>
"Healthy Snacks with Blue! (Blue's Clues)"	<i>J-P Chanda</i>