



*Baby Sign for Mealtime*, by Linda Acredolo (Ages 6 months–1 year)

Through baby signing that parents can teach to their children, youngsters can communicate when they want more, when something is too hot, or even to say the food is all gone.

*A Story about Raisins*, by Karen Adler (Ages 3-5 years)

*A Story About Raisins* covers the history of how raisins were discovered and how they are produced. The book emphasizes nutrition and has simple recipes for children to make.

*Sesame Street: Happy Healthy Monsters Eat Your Colors*, by Sarah Albee (Ages 9 months-3 years)

Join Elmo and his buddies as they have lunch and teach kids about the importance of eating a variety of healthy foods every day. Kids can help their favorite *Sesame Street* friends make healthy choices by placing reversible board food disks onto each character's lunch tray.

*Let's Eat / Vamos A Comer*, Alan Benjamin (Ages 1-4 years)

This book features simple, colorful illustrations of fruits and vegetables, simple meals, and familiar kitchen utensils in English and Spanish. From cup (taza) to and carrot (zanahoria), young children will have fun using these words during every meal.

*My Very First Book of Food*, Eric Carle (Ages 1-3 years)

A split-page board book provides a simple introduction to the foods animals eat. Preschoolers are challenged to match up the image of the food with the animal presented.

*The Very Hungry Caterpillar*, Eric Carle (Ages 1-4 years)

Follows the progress of a hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days.

*Grandpa's Garden Lunch*, Judith Caseley (Ages 9 months-3 years)

Sarah and her grandfather lovingly plant and tend vegetables and flowers. After helping Grandpa in the garden, Sarah and her grandparents enjoy a lunch made from home-grown vegetables.

*Eating the Alphabet*, Lois Ehlert (Ages 2-5 years)

An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini. Adults might even learn some new fruits and vegetables to try.

*Growing Vegetable Soup*, Lois Ehlert (Ages 2-4 years)

Together, a father and child share the joys of planting, watering and watching seeds grow. And once their harvest of tomatoes, potatoes, cabbage and corn is ready, they'll cook it up into the best soup ever.

*Market Day*, Lois Ehlert (Age 2-6 years)

Everyone's going to the town square. But this is no ordinary market—it's a feast of folk art from around the world. Whether you're looking for fruits, vegetables, or just an afternoon of fun, this is a shopping trip you don't want to miss.

*My Food / Mi Comida*, Rebecca Emberley (Ages 9 months–2 years)

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

*Lunch*, Denise Flemming (Ages 1-4 years)

One hungry mouse peeks out of his hole and sniffs lunch. Children can guess what fruit or vegetable comes next as the voracious rodent munches his way through yellow corn, green peas, orange carrots and many other colors and vegetables.

*Oliver's Fruit Salad*, Vivian French (Ages 3-6 years)

Oliver enjoys helping his grandfather grow and pick fruit from the garden, but he won't eat any of it. Puzzled, his mother just smiles and keeps on trying to entice him to taste fruit, not just talk about it. That is until Grandpa comes to visit and enlists Oliver's aid in making a big, colorful fruit salad.

*Oliver's Vegetables*, Vivian French (Ages 3–6 years)

Oliver plays a game with his grandpa. Whatever vegetable Oliver finds in the garden, he must eat. On Monday, he pulls up carrots. On Tuesday, it is spinach. This is an excellent book to introduce vegetables as well as days of the week.

*Fast Food*, Saxton Freyman & Joost Elffers (Ages 3-6 years)

When you see piles of veggies lying sedately around the grocery store, you'd never guess that all that produce really wants to go, go, go! But Saxton Freymann did, and he's transformed those basking berries and lazy legumes into vegetable vehicle sculptures of every size and speed.

*Food For Thought*, Saxton Freyman & Joost Elffers (Ages 3-6 years)

Five concepts — shapes, colors, numbers, ABCs, and opposites — all in one outrageous book of vivacious veggies and fruits. Smiling oranges, mushroom "men," pepper "people," bananas that look like giraffes and eggplant penguins are just a few of the delightful food sculptures that grace the pages of this fun, educational book.

*Orange Pear Apple Bear*, Emily Gravett (Ages 2-4 years)

This book has beautiful, softly-hued watercolor illustrations and contains only five words: "apple", "pear", "orange", "bear" and "there." Simple and compelling, children will enjoy reading this book over and over again as they learn many different concepts.

*When I'm Hungry*, Jane Howard (Ages 2-4 years)

A child imagines eating like a variety of animals, catching food or eating it off the trees, but decides that using a plate and glass is best.

*Eat, Intrater*, Roberta Grobel (Ages 9 months–2 years)

A group of babies enjoys some favorite foods — along with making a big mess on their faces when they eat.

*Sesame Street: Grover's Guide to Good Eating*, Naomi Kleinberg (Ages 3-6 years)

Little ones can join their host Grover and his assistant Elmo in the Good Eats Café where they learn all about good nutrition and healthy eating.

*The Carrot Seed*, Ruth Krauss (Ages 4-8 years)

When a little boy plants a carrot seed, everyone tells him it won't grow. The little boy just knows that one day a carrot will come up. This timeless combination of Ruth Krauss's simple text and Crockett Johnson's eloquent illustrations creates a triumphant and deeply satisfying story.

*Vegetable Friends*, Tony Lawlor & Bruce Kociemba (Ages 2-4 years)

Vegetables come to life in this delightful series of nursery rhymes that entertain and educate children about vegetables. This book combines fun and imagination while providing educational content.

*An Island in Soup*, Mireille Levert (Ages 3-6 years)

Fish soup is not exactly appetizing to young Victor, so he sets out to spice things up by diving into his bowl. Overcoming the onslaught of each dreaded ingredient, Victor finds that he's hungrier than he thought, and discovers to his surprise that Mom's fish soup is the best he's ever tasted.

*Crunch Munch*, Jonathan London (Ages 1-3 years)

Shows how different animals eat and reveals the tasty morsels that each animal loves, from the yummy ants for the aardvark to the green leaves for the giraffe.

*Baby Food*, Margaret Miller (Ages 1-2 years)

This book shows bright-eyed babies at mealtime with their favorite foods: crackers, bananas, and more.

*Fruits and Vegetables / Frutas y Vegetales*, Gladys Rosa-Mendoza (Ages 1-6 years)

You won't have trouble getting children to appreciate fruits and vegetables with this vividly illustrated book. Each page introduces the reader to a wide range of fresh fruits and vegetables in English and Spanish. A complete pronunciation guide is included in the back of the book for quick and easy reference.

*Mr. Sugar Came to Town / La visita del Sr. Azúcar*, Amy Wilson Sanger (Ages 3-6 years)

Mr. Sugar tries to use his truck of sweets to get the children away from grandma's yummy and healthy tamales in this bilingual tale.

*Go Go Grapes: A Fruit Chant*, April Sayre (Ages 3-6 years)

Get ready to go bananas at the market, where the aisles are filled with eye-popping displays of delicious and nutritious fruits. This book has beautiful photos of standard and more exotic fruits.

*Rah Rah Radishes: A Vegetable Chant*, April Pulley Sayre (Ages 3-6 years)

Know any kids who don't like veggies? Here is a book that's sure to change their hungry minds! With a raucous rhyming text, *Rah, Rah Radishes* celebrates fresh vegetables, nature's bright colors, and the joy of healthy eating.

*Sweet as a Strawberry*, Sally Smallwood (Ages 9 months–2 years)

A mixture of art, photography and large, clear type introduces children to the correlation between textures, tastes and appearances of fruits and vegetables. Upon opening the full-page foldout of the fruit or vegetable, kids can distinguish which are hot and spicy, cool and smooth, or sweet and juicy.

*Tucking In!*, Jess Stockham, (Ages 9 months–2 years)

Animals and young children enjoy the same types of food—including oats, oranges and fish—in a book with pictures hidden beneath the flaps.

*Yum-Yum Baby!* A.J.Wood (Ages 9 months–2 years)

Rhyming text in this board book describes a baby's daily meals, while labeled illustrations introduce related words, such as banana, cup and peas.

*Edible Numbers*, Jennifer Vogel Bass (Ages 1-6 years)

Readers learn about different varieties of fruits and vegetables while counting from 1-12.

*I Like Vegetables*, Lorena Siminovich (Ages 1-3 years)

This board book introduces little ones to four different vegetables while exploring basic concepts like "above" and "below" and "short" and "tall".

*The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear*, Don Wood (Ages 2-4 years)

Little Mouse loves strawberries, but so does Bear. How will Little Mouse stop Bear from eating his freshly picked, red, ripe strawberry?

*Vegetables in Underwear*, Jared Chapman (Ages 2-5 years)

A bunch of friendly vegetables wear colorful underwear of all varieties—big, small, clean, dirty, serious, and funny—demonstrating for young ones the silliness and necessity of this item of clothing.



*Berenstain Bears & Too Much TV*, Stan & Jan Berenstain (Ages 4-7 years)

When Mama Bear decides her family spends too much time in front of the TV, she bans it for a week. Then the Bear family finds other ways to have fun and keep busy, so they watch less when TV is allowed again. Also available in Spanish (*Los Osos Berenstain y Demasiada Televisión*).

*Berenstain Bears & The Trouble with Commercials*, Stan & Jan Berenstain (Ages 4-7 years)

Brother and Sister Bear are not greedy children, but all the toys and candy on TV look so great! Mama Bear has to find a way to teach her cubs that they can't believe everything they see, before that pile of unused toys gets any bigger.

*Fix It*, David McPhail (Ages 2-5 years)

Emma wants to watch television one morning, but the set won't work. While her parents try to fix it, Emma finds entertainment in a book instead. Even when the television is fixed, Emma is too busy reading her book to watch it.

*Mouse TV*, Matt Novak (Ages 3-6 years)

What to watch on TV is always a dilemma in the Mouse family; everybody wants to watch something different. When the TV breaks, the mice are thrown into a tailspin wherein they discover the joys of new-found games and exploring, dancing, dressing up and bedtime stories.

*Aunt Chip and the Great Triple Creek Dam Affair*, Patricia Polacco (Ages 4-9 years)

Aunt Chip saves the town of Triple Creek, where everyone has forgotten how to read because of the invasion of television.

*Mama Rex and T Turn off the TV*, Rachel Vail (Ages 4-8 years)

It's a rainy Saturday morning and T plans to watch TV all day long. Then suddenly, lightning flashes, thunder crashes and the room goes dark. The apartment has no power, and that means no TV for T. Now T's day will be dull—or so he thinks. Mama Rex has a plan to fill T's no-TV morning with rainy-day adventures.

*Library Lil*, Suzanne Williams (Ages 4-8 years)

A formidable librarian makes readers not only out of the book-resistant residents of her small town, but out of a tough-talking, television-watching motorcycle gang as well.

*When the TV Broke*, Harriet Ziefert (Ages 4-8 years)

When the television breaks, Jeffrey is forced to find fun and imaginative ways to entertain himself. At first he is absolutely lost since he spends his entire life in front of the tv, seven days a week. Then he starts to read books, use his imagination and create things on his own.

*Not a Box*, Antoinette Portis (Ages 3-7 years)

A small rabbit uses his imagination to transform an ordinary box into a number of objects and play settings.

*Book-O-Hats: A Wearable Book* (Ages 2-6 years)

Place the opened book on your forehead and pretend to be six different characters.

*Box*, Min Flyte (Ages 3-7 years)

Four children imagine what they can do with the empty boxes that were once home to toys.

*Get Up and Go!*, Nancy Carlson (Ages 3-7 years)

Characters talk about the benefits of exercise and show how much fun it can be.



*Sesame Street – Come Play with Elmo*, Constance Allen (Ages 1-4 years)

All the friends on Sesame Street know that exercise is a great way to keep their bodies healthy. Kids can make the wheel turn on Elmo's big wheel, slide a ball across the page, move Zoe's arms and help them all play tag. Simple exercise tips throughout help kids apply what they've learned in their own lives.

*Bear About Town*, Stella Blackstone (Ages 1-3 years)

A big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.

*The Barnyard Dance*, Sandra Boynton (Ages 2-4 years)

Everybody sing along— because it's time to do-si-do in the barnyard with a high-spirited animal crew! Features lively rhyming text and a die-cut cover that reveals the wacky characters inside. Guaranteed to get kids and adults stomping their feet.

*From Head to Toe*, Eric Carle (Ages 1-4 years)

This interactive story invites kids to imitate animal movements. Watching giraffes bend their necks or monkeys wave their arms is fun, but nothing could be better than joining in. From their heads down to their toes, kids will be wriggling, jiggling and giggling as they try to keep up with these animals.

*Jumping Day*, Barbara Juster Ebsen (Ages 3-5 years)

The pleasures of running, skipping and hopping are celebrated as a little girl starts her day, goes to school and come home to play.

*Eyes, Nose, Fingers, and Toes*, Judy Hindley (Ages 9 months–2 years)

A group of toddlers demonstrate all the fun things that they can do with their eyes, ears, mouths, hands, legs and feet.

*Move!*, Steve Jenkins (Ages 1-4 years)

Follow animals as they swing, dance, float, leap and slide from page to page, then learn why these animals move the way they do. Young readers can guess some of the unusual ways that animals get around.

*Head, Shoulders, Knees and Toes*, Anne Kubler (Ages 9 months-2 years)

Sing along with this popular song as you show your baby the gorgeous pictures that help teach him parts of the body.

*Row, Row, Row Your Boat*, Anne Kubler (Ages 9 months–2 years)

In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.

*Froggy Learns to Swim*, Jonathan London (Ages 3-6 years)

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

*Wiggle Waggle*, Jonathan London (Ages 9 months–2 years)

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

*Doing the Animal Bop*, Jan Ormerod (Ages 2-4 years)

Various animals dance to the animal bop, including ostriches, elephants and monkeys.

*Curious George Rides a Bike*, H.A. Rey (Ages 1-5 years)

Everyone's favorite monkey, Curious George, helps a little boy with his paper route and gets into all sorts of trouble.

*Skippyjon Jones Shape Up*, Judy Schachner (Ages 1-3 years)

Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.

*Duck on a Bike*, David Shannon (Ages 2-4 years)

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

*On the Go!*, Jess Stockham (Ages 9 months–2 years)

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

*Sesame Street: Get Moving with Grover*, Abigail Tabby (Ages 2-4 years)

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* Sue Williams (Ages 1-3 years)

During the course of a walk, a young boy identifies animals of different colors.

*I'm as Quick as a Cricket*, Audrey Wood (Ages 2-4 years)

A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino and gentle as a lamb.

*Good Morning Yoga*, by Mariam Gates (Ages 3-8 years)

Children are introduced to 12 simple yoga poses to help them start their day in a fun and calming way.

*Good Night Yoga: A Pose-by-Pose Bedtime Story*, by Mariam Gates (Ages 3-8 years)

Children are introduced to 11 simple and calming yoga poses that mimic what things in the natural world are doing to prepare for bed.

*You Are A Lion! : And Other Fun Yoga Poses*, Taeun Yoo (Ages 3-5 years)

Eye-captivating illustrations invite children to imitate various wild animals by assuming yoga positions.



*All the Water in the World* by George Ella Lyon (Ages 4-8)

A lively and inspiring poem weaves together facts about water and the need for water conservation.

*A Cool Drink of Water* by Barbara Kerley (Ages 4-8)

Everyone, everywhere, needs water for life. Stored in clay pots, carried in brass jugs, transported by camel... all over the world, people are drinking water.

*The Water Hole* by Graeme Base (Ages 4-8 years)

From the plains of Africa and the jungles of the Amazon to the woodlands of North America and the deserts of outback Australia, the animals come together to drink from the water hole.

*We Need Water* by Charles Ghigna (Ages 2-4 years)

This rhyming text introduces readers to water, highlighting the important role it plays in making all living things grow.