

These books are not provided in youth teaching supplies, but may be found in local libraries. They have been recommended by Create Better Health ambassadors and supervisors.

MyPlate

Cloudy with a Chance of Meatballs by Judi Barrett

Dancin' in the Kitchen by Wendy Gelsanliter

Felix Eats Up by Rosemary Wells

How do Dinosaurs Eat Their Food? by Jane Yolen and Mark Teague

How to Feed Your Parents by Ryan Miller

Pizza Day by Melissa Iwai

Oh, The Things You Could Do That Are Good for You! by Tish Rabe

Sandwich Swap by Her Majesty Queen Rania Al Abdullah

The Pizza Book by Brenda Segeberg

The Seven Silly Eaters by Mary Ann Hoberman

The Very Hungry Caterpillar by Eric Carle

Fruit Food Group

A Fruit Is a Suitcase for Seeds by Jean Richards

Amelia Bedelia's First Apple Pie by Hermann Parish

Apples, Cherries, Red Raspberries by Brian Cleary

Apples For Everyone by Jill Esbaum

A Fruit Is a Suitcase for Seeds by Jean Richards

Blueberries for Sal by Robert McCloskey

How to Make an Apple Pie and See the World by Marjorie Priceman

Little Mouse and the Big Red Apple by A. H. Benjamin

Orange Pear Apple Bear by Emily Gravett

Oliver's Fruit Salad by Vivian French

The Fruit Bowl by Dianne Warren

Supplemental Book List

Protein Foods Group

Armadilly Chilli by Helen Ketteman

Cloudy With a Chance of Meatballs by Judi Barrett

Dragons Love Tacos by Adam Rubin

Green Eggs and Ham by Dr. Seuss

Hamburger Heaven by Wong Herbert Yee

I Want That Nut by Madeline Valentine

Making Mud Tacos by Mario Lopez and Marissa Lopez Wong

Scrambled Eggs Super! By Dr. Seuss

Stripes by David Shannon

The Lunch Box Surprise by Grace Maccarone

The Wolf's Chicken Stew by Keiko Kasza

The Great Eggscap! by Jory John and Pete Oswald

The Cool Bean by Jory John Pete Oswald and Pete Oswald

Yoko by Rosemary Wells

Dairy Food Group

Cow by Jules Older

Farmer McPeepers and His Missing Milk Cows by Katy Duffield

Fortunately, the Milk by Neil Gaiman

Milk: From Cow to Carton by Alike

Moo, Moo, Brown Cow! Have You Any Milk? By Phillis Gershator

No Moon! No Milk! By Chris Babcock

The Great Cheese Robbery by Tim Warnes

The Big Cheese by Jory John and Pete Oswald

The Cow That Laid an Egg by Andy Cutbill

The Great Cheese Hunt by Charlie Fowkes

Yogurt and Cheese and Ice Cream That Pleases: What Is the Milk Group? by Brian Cleary

Supplemental Book List

Vegetable Food Group

Avocado Asks by Momoko Abe

Blue Potatoes, Orange Tomatoes by Rosalind Creasy

Goodnight Veggies by Diana Murray

Growing Vegetable Soup by Lois Ehlert

Little Pea by Amy Krouse Rosenthal

Monsters Don't Eat Broccoli by Barbara Jean Hicks

Muncha! Muncha! Muncha! by Candace Fleming

Monsters Don't Eat Broccoli by Barbara Jean Hicks

Oliver's Vegetables by Alison Barlett and Vivian French

Soup Day by Melissa Iwai

Talia and the Rude Vegetables by Linda Elovitz Marshall

The ABC's of Fruits and Vegetables by Steve Charney

The Gigantic Sweet Potato by Diane de Las Casas

The Vegetables We Eat by Gail Gibbons

Tops & Bottoms by Janet Stevens

T. Veg, The Story of a Carrot Crunching Dinosaur by Smriti Halls

Vegetable Alphabet Book by Jerry Pallotta

Zora's Zucchini by Katherine Pryor

Supplemental Book List

Grain Foods Group

Curious George Makes Pancakes by H.A. Rey
If You Give a Mouse a Muffin by Laura Numeroff
If You Give a Pig a Pancake by Laura Numeroff
Let's Pop Popcorn by Cynthia Schumerth and Mary Reaves Uhles
Nanette's Baguette by Mo Willems
Pancakes, Pancakes! by Eric Carle
Pancakes for Breakfast by Tomie dePaola
Popcorn by Frank Asch
The Runaway Tortilla by Eric Kimmel
Ramen for Everyone by Patricia Tanamihardja
Seven Loaves of Bread by Ferida Wolff
Strega Nona by Tomie dePaola
Sun Bread by Elisa Kleven
Sunday Pancakes by Maya Tatsukawa
The Popcorn Book by Tomie dePaola

Norah Dooley books

These would be good for a kid's camp where you have more time to read and experiment with the recipes in the books. They are longer books and include food from all different cultures. Recipes are at the end of the book.

Everybody cooks rice

Everybody brings noodles

Everybody serves soup

Everybody bakes bread

Supplemental Book List

Hand Hygiene

Buddy Bear's Handwashing Troubles by Marjorie T. Cooke

Body Buddies Say... "Wash your hands!" by Leeann Wenkman

Germs Make Me Sick by Melvin Berger

Germs! Germs! Germs! (Hello Reader! Science. Level 3) by Bobbie Katz

Germs On Their Fingers!/ Germenen en tus manos! by Wendy Wakefield Ferrin

Gross but True Germs (Gross but True No. 2) by Luann Colombo

Louis Pasteur and Germs (Science Discoveries) by Steve Parkers

The Magic School Bus Inside Ralphie: A Book About Germs by Joanna Cole, Beth Nadler

The Ten Potato Scrub by A Counting Book about Handwashing by Marjorie T. Cooke

Wash your Hands! by Tony Ross

Your Skin and Mine by Paul Showers

Physical Activity

From Head to Toe by Eric Carle

Giraffes Can't Dance by Giles Andreae and Guy Parker by Rees

Hop, Hop, Jump by Lauren Thompson and Jarrett J. Krosoczka

I Got the Rhythm by Connie Schofield-Morrison and Frank Morrison

Move! by Steve Jenkins and Robin Page

See How We Move! A First Book of Health and Well-Being by Scot Ritchie

Stomp, Wiggle, Clap and Tap by Rachelle Burk

Stretch by Doreen Cronin and Scott Menchin

We're Going on a Bear Hunt by Michael Rosen

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