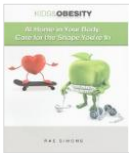




# Children's Health Booklist

By Trish Hull 8/2011

A list of books for children about nutrition, fitness and general good health practices.



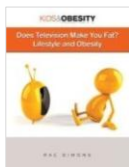
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## **At Home in Your Body: Care for the Shape You're In**

By Rae Simons

**Call # 613 Sim**

Discusses healthy body types



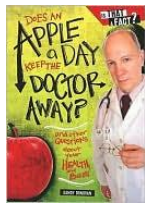
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## **Does Television Make You Fat?**

By Rae Simons

**Call #: J362.196 Sim**

In today's world kids go to school, where they sit for most of the day and then come home and sit in front of televisions and computers. They don't get enough exercise which means they don't use the calories they eat which get stored as fat.



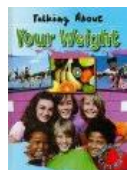
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## **Does an Apple a Day Keep the Doctor Away?**

By Sandy Donovan

**Call #: J610 Don**

Let's investigate seventeen health-related statements and find out which ones are right, which ones are wrong, and which ones still stump scientists! Find out if the five second rule for dropping food on the floor is true!



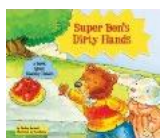
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## **Talking About Your Weight**

By Hazel Edwards

**Call #: J613 Edw**

Offers a simple look at healthy lifestyle choices involving exercise and diet.



**Place hold**

## **Super Ben's Dirty Hands: A Book About Healthy Habits**

By Shelley Marshall

**Call #: J613 Mar**

When Molly and Ben get hungry and are ready to jump into their food, Molly recalls all of the germs and the need to wash hands before meals.



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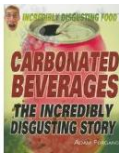
## **Maintaining a Healthy Weight**

By Kate Canino

**Call #: J613.2 Can**

This book outlines the factors that make it important to control weight, lists healthy eating suggestions, has a chapter on how exercise can help, and offers other healthy habits to help control weight.





**Place hold**

## **Carbonated Beverages: The Incredibly Disgusting Story**

By Adam Furgang

**Call #: J613.2 Fur**

This book describes how carbonated soft drinks contribute up to 10 percent of young people's daily calories and how almost no nutritional value goes along with these calories.



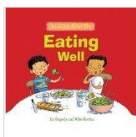
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## **The Scoop on What to Eat**

By Kathleen Gay

**Call #: J613.2 Gay**

Discusses diet and nutrition for young people, including ideas for a well-balanced diet, good and bad foods to eat, the importance of exercise, and eating disorders.



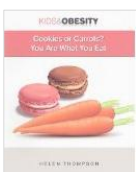
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## **Eating Well**

By Liz Gogerly

**Call #: J613.2 Gog**

James, after eating too much at a sleepover, learns the importance of eating right.



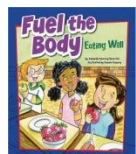
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## **Cookies or Carrots? : You Are What You Eat**

By Helen Thompson

**Call #: J613.2 Tho**

Your diet is important for lots of reasons. A healthy diet helps your inside organs work better. It helps you think better. It even helps you feel happier. This book will tell how to eat a balanced diet--because you're worth it!



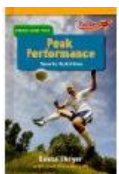
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## **Fuel the Body: Eating Well**

By Amanda Doering Tourville

**Call #: J613.2 Tou**

Learn to eat well so you can stay healthy.



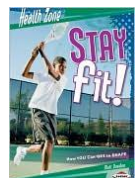
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## **Peak Performance: Sports Nutrition**

By Donna Shryer

**Call #: J613.202 Shr**

An introduction to nutrition for athletes. Explains how adding excellent nutrition to training programs will help an athlete's performance.



**Place hold**

## **Stay Fit! : How You Can Get in Shape**

By Matt Doeden

**Call #: J613.7 Doe**

Discover how to stay healthy and be physically fit.





**Place hold**

## **Getting Stronger, Getting Fit: The Importance of Exercise**

By Jamie Hunt

**Call #: J613.7 Hun**

Exercise is good for you in many ways. It helps your inside organs work better, it helps you think better, and it even makes you feel happier. You don't have to be an athlete. Exercise is for everyone!



**Place hold**

## **Be Fit, Be Strong, Be You**

By Rebecca Kajander

**Call #: J613.7 Kaj**

Teaches young readers how to take a positive, holistic approach to their health, providing tips on developing good self-esteem, eating properly, and exercising regularly.



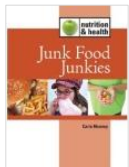
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## **Fitness For Young People: Step-by-Step**

By Antony Atha

**Call #: J613.704 Ath**

Fitness-- Strength and endurance -- Flexibility.



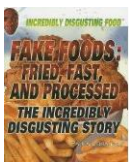
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## **Junk Food Junkies**

By Carla Mooney

**Call #: J641.563 Moo**

Discusses the popularity of junk food, how it affects your health, and marketing to young people.



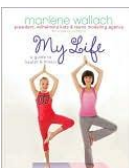
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## **Fake Foods: Fried, Fast and Processed**

By Paula Johanson

**Call #: J642.1 Joh**

This book describes how processed foods get to the point where they are no longer healthy, natural food and put extra calories into our bodies and cause health problems.



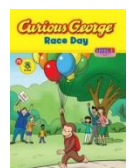
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## **My Life: A Guide To Health and Fitness**

By Marlene Wallach

**Call #: J643.704 Wal**

From exciting ways of exercising to the importance of sleep, Marlene's tips make getting fit fun and easy. Packed with quizzes, delicious recipes, interviews, and games, *My Life* will help you create a healthy, natural routine that suits your lifestyle.



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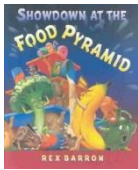
## **Curious George: Race Day**

By Samantha McFerrin

**Call #: JV Green**

Curious George is helping Professor Wiseman train for a race, but she thinks running is boring. Can George find a way to show her that running is fun before the big race?





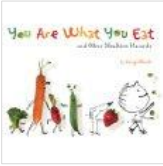
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## **Showdown at the Food Pyramid**

By Rex Barron

**Call #: JP Barron**

When snack foods take over the food pyramid and make it collapse, members of the various food groups have to work together to rebuild it.



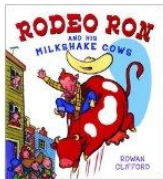
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## **You Are What You Eat and Other Mealtime Hazards**

By Serge Bloch

**Call #: JP Bloch**

A boy who does not like trying new foods receives many confusing words of advice in the form of such phrases as "people need three square meals a day" and "I knew you were a tough cookie."



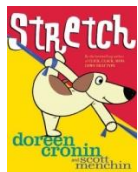
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## **Rodeo Ron and His Milkshake Cows**

By Rowan Clifford

**Call #: JP Clifford**

Rodeo Ron rides into town in the company of four colorful cows and challenges the soda bar owners to a "shake-off" of milkshakes against soft drinks.



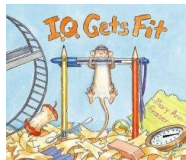
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## **Stretch**

By Doreen Cronin

**Call #: JP Cronin**

Rhyming text describes the many ways to stretch



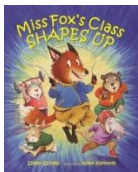
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## **I.Q. Gets Fit**

By Mary Ann Fraser

**Call #: JP Fraser**

During Fitness Month, I.Q., the class pet, learns important lessons about staying healthy as he tries to win a gold ribbon in the School Fitness Challenge.



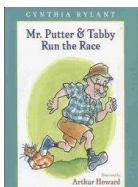
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## **Miss Fox's Class Shapes Up**

By Eileen Spinelli

**Call #: JP Spinelli**

When Miss Fox realizes that her students do not have healthy habits, she teaches them that healthful living is fun and rewarding, which they find to be true on Field Day.



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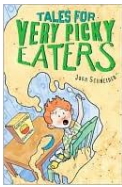
## **Mr. Putter and Tabby Run the Race**

By Cynthia Rylant

**Call #: JE Rylant**

Mr. Putter is convinced to run in a senior marathon with his neighbor, Mrs. Teaberry, when he learns that second prize is a train set.





**Place hold**

## **Tales for Very Picky Eaters**

By Josh Schneider

**Call #: JE Schneider**

A father tells outlandish stories while trying to get his young son, who is a very picky eater, to eat foods he thinks he will not like.