



Children's Health Booklist

Updated: Trish Hull 07/09



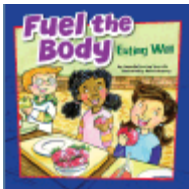
[Place hold](#)

Eating Well

By Liz Gogerly

Call #: J613.2 Gro

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



[Place hold](#)

Fuel the Body

By Amanda Doering Tourville

Call #: J613.2 Tou

Learn how to eat well so you can stay healthy.



[Place hold](#)

Eat Right!: How You Can Make Good Food Choices

By Matt Doeden

Call #: J612.3 Doe

Why is eating right important? Explore the answers to that question and learn how to make good choices when it comes to your diet.



[Place hold](#)

The Scoop on What to Eat: What You Should Know About Diet and Nutrition

By Kathlyn 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.



[Place hold](#)

Food and You: Eating Right, Being Strong, and Feeling Great

By Lynda Madison

Call #: J613.208 Mad

This book helps girls separate fact from fiction when it comes to food and fitness.



[Place hold](#)

Edible Schoolyard

By Alice Waters

Call #: J635.04 Wat

With inspiring images, this work presents a visionary model for sustainable farming and childhood nutrition.





Place hold

Annie Pitts, Artichoke

By Diane DeGroat

Call #: JF DeGroat

When Annie and her third grade class put on a play about nutrition, it has more surprises than the teacher expected.



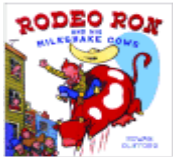
Place hold

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 using the Great Food Guide to rebuild it.



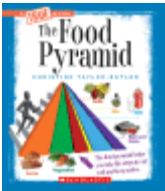
Place hold

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.



Place hold

The Food Pyramid

By Christine Taylor-Butler

Call #: J641.3 Tay

A guide to proper nutrition and to the new USDA food pyramid.



Place hold

Grover's Guide to Good Eating

By Naomi Kleinberg

Call #: J613.208 Kle

Grover and Elmo explain the importance of eating healthy meals.



Place hold

The Monster Health Book

By Edward Miller

Call #: J613.7 Mil

This informative and lively book will help kids pick up nourishing foods and get into wholesome habits.



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.





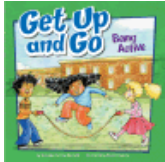
Place hold

Exercise

By Liz Gogerly

Call #: J612.044 Gog

Twins, Emily and Tom, learn the value and fun of exercise from their Grandma.



Place hold

Get Up and Go: Being Active

By Amanda Doering Tourville

Call #: J613.71 Tou

Being active keeps your body and mind healthy. This book shows kids many ways to be active with simple text and colorful illustrations.



Place hold

The Girl's Yoga Book

By Michaela Caldwell

Call #: J613.704 Cal

Inviting girls to get active, have fun, feel strong, and glow with good health.



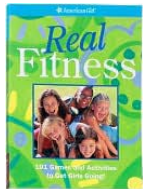
Place hold

Being Active

By Mari C. Schuh

Call #: J613.704 Sch

"Simple text and photographs present the importance of being active and examples of how to stay active."



Place hold

Real Fitness: 101 Games and Activities to Get Girls Going

By Therese Kauchak

Call #: J613.704 Kau

Contains dozens of physical fitness tips for girls by the editors of American Girl.



Place hold

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.



Place hold

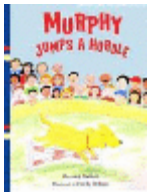
From Head to Toe

By Eric Carle

Call #: JP Carle

Encourages the reader to exercise by following the movements of various animals; presented in a question and answer format.





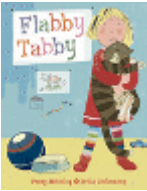
Place hold

Murphy Jumps a Hurdle

By Harriet Ziefert

Call #: JP Ziefert

After mastering agility training on the obstacle course, a yellow Labrador retriever enters his first dog show.



Place hold

Flabby Tabby

By Penny McKinlay

Call #: JP McKinlay

Tabby is fat until a kitten arrives and eats all her food, so Tabby decides to get fit and show the kitten who is the boss of the house.



Place hold

George Washington's Teeth

By Deborah Chandra

Call #: JP Chandra

A rollicking rhyme portrays George Washington's lifelong struggle with bad teeth.



Place hold

Get Up and Go!

By Nancy Carlson

Call #: JP Carlson

Text and illustrations encourage readers, regardless of shape or size, to turn off the television and play games, walk, dance, and engage in sports and other forms of exercise.



Place hold

Hamster Camp: How Harry Got Fit

By Teresa Bateman

Call #: JP Bateman

Concerned about Harry's weight gain and lack of exercise, his pet hamster arranges for him to spend a month at a unique camp.