Food and Nutrition Fun for Preschoolers
July 2008

This publication is a compilation of resources suitable for children. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials on the World Wide Web. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. Your local library or bookstore can help you locate these resources. Contact information is provided for Web sites and organizations.

This publication has been prepared as a resource for parents, teachers, educators, and child care providers interested in materials that will create a food and nutrition awareness in children while teaching them the ABC’s of healthy eating. Also included in this list are resources that discuss where our food comes from, how to grow your own food, and foods that come from different cultures. In addition, websites that provide similar information and that have been created specifically for children are listed. Resources contained in this publication have been reviewed by the staff at the Food and Nutrition Information Center.


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A. Kids in the Kitchen

Kids First Cookbook
American Cancer Society
ISBN-10: 0944235190
Abstract: A cookbook with a contemporary look filled with nutrition information. In addition to the 53 recipes, the book includes instructions on how to read a food label, kitchen safety, and a guide to the food pyramid. Suitable for ages: 4-8 years.

Pancakes, Pancakes!
Eric Carle
Aladdin Paperbacks, 32pp.
ISBN: 0-68-9822464
Abstract: A step by step description of making pancakes and all the ingredients. Suitable for ages: Baby-Preschool.

Pretend Soup and Other Real Recipes: a Cookbook for Preschoolers and Up
Mollie Katzen
Abstract: Contains classroom and home tested recipes that children between the ages of 3-8 can prepare with adult supervision. Designed to inspire an early appreciation for creative, wholesome food. Helps children gain counting skills, reading skills, science awareness, self-confidence, patience, and food literacy. Suitable for ages: 3-8 years.

Salad People And More Real Recipes: A New Cookbook for Preschoolers & Up
Mollie Katzen
ISBN-10: 1582461414
Abstract: This follow-up to Pretend Soup presents 20 new kid-tested recipes. Suitable for ages: 4-8 years.
B. Food Fun

Pigs in the Pantry: Fun with Math and Cooking
Sharon McGinley-Nally
Abstract: This book takes a look at the concepts of measurement, featuring a family of pigs in the mood for cooking. Also includes a recipe for vegetarian chili and a page of measurement facts. Suitable for ages: 5-8 years.

The Very Hungry Caterpillar
Eric Carle
ISBN: 0-399-20853-4
Abstract: A narrative about a hungry caterpillar eats his way from one food to the next growing up to be a beautiful butterfly. Suitable for ages: 4-8 years.

C. Learning About Food and Healthy Eating

The ABC’s of Fruits and Vegetables and Beyond
Steve Charney, David Goldbeck
ISBN-10: 1886101078
Abstract: A simple and beautifully illustrated book. Part 1 is a series of easy-reader alphabet poems about common and uncommon produce, from apples to zucchini. Part 2 offers a host of enticing food facts, recipes and fun. Suitable for ages: 4-8 years.

Apples
Gail Gibbons
ISBN: 0-82341669-0
Abstract: Teaches the history of apples as well as different varieties of apples and harvesting practices. Book includes fun facts, recipes, and apple growing instructions. Suitable for ages: 4-8 years.
Apples, Apples, Apples  
Nancy Elizabeth Wallace  
**ISBN:** 1-89-081719-8  
**Abstract:** This tells the story of a rabbit family on an apple picking trip. Varieties of apples as well as how apples are grown are discussed. An applesauce recipe is included. Suitable for ages: 4-8 years.

The Beastly Feast  
Bruce Goldstone  
**ISBN:** 0-80-506709-4  
**Abstract:** This rhyming story is about all of the different animals preparing food to bring to a feast. Suitable for ages: 2-5 years.

The Berry Book  
Gail Gibbons  
**ISBN:** 0-82-341697-6  
**Abstract:** This book about berries gives a brief history of berries as well as what berries are edible and which berries are poisonous. Berry growing instructions are included as well as a few recipes. Suitable for ages: 4-8 years.

Bread, Bread, Bread  
Ann Morris  
**ISBN:** 0-68-812275-2  
**Abstract:** Celebrates the many different kinds of bread and how it may be enjoyed all over the world. Suitable for ages: 5-8 years.

Bread Comes to Life: A Garden of Wheat and a Loaf to Eat  
George Levenson  
**ISBN:** 1-58-246114-7  
**Abstract:** Beautiful photographs are accompanied by a cute rhyme about the process of growing wheat and baking bread. Suitable for ages: 4-8 years.
Bread is for Eating
Davis Gershator
ISBN: 0-80-505798-6
Abstract: Read this book to celebrates the importance of bread. The reader is taken on a journey that follows the making of bread, from the seed planted in the soil to the baker’s kneading of the dough. Music is included. Suitable for ages: Preschool.

Carrot Soup
John Segal
ISBN: 0-68-987702-1
Abstract: Rabbit loves carrot soup and plants plenty of carrots to make plenty of carrot soup, but when it’s harvest time, he can’t find them! Different kinds of carrots are discussed in this story as well. Suitable for ages: Preschool.

Do Carrots Make You See Better?
Julie Appleton
ISBN: 0-87-659264-7
Abstract: This book will help children discover that food is fun and interesting. Simple nutrition lessons are taught through games, stories, science activities, and more. Suitable for ages: 4-8 years.

Drinking Water
Helen Frost
ISBN: 0-73-680534-6
Abstract: Emphasizes the importance of drinking water and living a healthy lifestyle. Suitable for ages: 4-8 years.

Eating
Gwenyth Swain
ISBN: 1-57-505257-1
Abstract: Children throughout the world have favorite foods, and this book will describe what kinds of foods people enjoy in different places. Suitable for ages: 3-8 years.
Eating Well
Melanie Mitchell
ISBN: 0-82-252449-X
Abstract: Teaches children the importance of healthy eating by explaining the food guide pyramid in great detail. Suitable for ages: 4-8 years.

The Edible Pyramid: Good Eating Every Day
Loreen Leedy
ISBN: 0-82-342074-4
Abstract: A group of animals goes to a restaurant where the waiter teaches them about MyPyramid and how to make tasty, healthy choices. Suitable for ages: 4-8 years.

Farming
Gail Gibbons
ISBN: 0-82-340797-7
Abstract: Colorful pictures accompany the basics of farming. Suitable for ages: Baby-Preschool.

Five for a Little One
Chris Raschka
Abstract: All five senses are discussed and explained through beautiful pictures. Suitable for ages: Preschool.

From Fruit to Jelly
Shannon Knudson
ISBN: 0-82-250942-3
Abstract: A basic introduction to how jelly is made. Suitable for ages: 4-8 years.

From Grass to Milk
Stacy Taus-Bolstad
ISBN: 0-82-254664-7
Abstract: A basic introduction to milk production. Suitable for ages: 4-8 years.
From Kernel to Corn
Robin Nelson
ISBN: 0-82-254659-0
Abstract: Explains the process of growing and selling corn. Suitable for ages: 4-8 years.

From Milk to Cheese
Shannon Zemelicka
ISBN: 0-82-251387-0
Abstract: A basic introduction to cheese production. Suitable for ages: 4-8 years.

From Seed to Pumpkin
Jan Lottke

From Shoot to Apples
Stacy Taus-Bolstad
ISBN: 0-82-250719-6
Abstract: Teaches children about how apples are grown. Suitable for ages: 4-8 years.

From Wheat to Bread
Stacy Taus-Bolstad
ISBN: 0-82-250715-3
Abstract: A basic introduction to wheat processing and bread making. Suitable for ages: 4-8 years.

Harvest Year
Cris Peterson
ISBN: 1-56-397571-8
Abstract: This photographic essay pictures foods that are harvested across the United States. It covers everything from ripe Hawaiian pineapple in January to Louisiana shrimp in December. Suitable for ages: 4-8 years.
How do Apples Grow?
Betsy Maestro
**ISBN:** 0-06-445117-8
**Abstract:** Have you ever eaten part of a flower? You have if you have eaten an apple. Find out how an apple grows from a bud to a flower to a piece of fruit. Suitable for ages: 5-9 years.

I Smell Honey
Andrea and Brian Pinkney
**ISBN:** 0-15-200640-0
**Abstract:** A beautiful story about making a family meal together. Suitable for ages: Baby-Preschool.

It's Pumpkin Time
Zoe Hall
**ISBN:** 0-59-055849-8
**Abstract:** A story about a sibling pair planning for Halloween by planting a pumpkin, includes many interesting pumpkin facts. Preschool-age appropriate.

The Magic School Bus: Inside the Human Body
Joanna Cole
Scholastic Trade, 1990, 40 pp.
**ISBN:** 0-59-041427-5
**Abstract:** Part of The Magic School Bus series. Details the process of digestion through a journey inside the body. Suitable for ages: 4-8 years.

My Five Senses
Aliki
**ISBN:** 0-06-445083-X
**Abstract:** A detailed explanation of the senses and how they're used. Suitable for ages: 4-8 years.

Peanut Butter and Jelly: A Play Rhyme
Nadine Bernard Westcott
**ISBN:** 0-14-054852-1
**Abstract:** A colorful rhyming story about making peanut butter and jelly. Suitable for ages: 4-8 years.
**Pickin’ Peas**  
Margaret Read MacDonald  
**ISBN:** 0-06-027235-X  
**Abstract:** This is a story about a sneaky rabbit who steals peas from a little girl and then outwits her when she catches him. Suitable for ages: 4-8 years.

**Taste**  
Kay Woodward  
**ISBN:** 0-75-024672-3  
**Abstract:** An exploration of taste as one of the senses. Suitable for ages: 4-8 years.

**Tasting**  
Sharon Gordon  
**ISBN:** 0-51-624509-0  
**Abstract:** Explores taste as a sense as well as providing reading practice for beginning readers. Suitable for ages: 4-8 years.

**This Year’s Garden**  
Cynthia Rylant  
**ISBN:** 0-68-971122-0  
**Abstract:** A detailed story about the different aspects of gardening through each of the four seasons. Suitable for ages: 4-8 years.

**The Tortilla Factory**  
Gary Paulsen  
**ISBN:** 0-15-201698-8  
**Abstract:** Explains how a corn seed becomes a tortilla. Workers till the black soil, operate the clanking machinery of the factory, and drive the trucks to deliver the tortillas back into the hands that will plant the yellow seeds. Suitable for ages: 4-8 years.

**Up, Down and Around**  
Katherine Ayres  
**ISBN:** 0-76-364017-4  
**Abstract:** Two children learn all about vegetables when helping plant and raise a garden full of vegetables. Suitable for ages: 4-8 years.
Up, Up, Up! It’s Apple-Picking Time
Jody Fickles Shapiro
ISBN: 0-82-342166-X
Abstract: It’s apple picking time on the farm! Suitable for ages: 4-8 years.

Use Your Senses
Melissa Stewart
ISBN: 0-75-650636-0
Abstract: Provides experiments to test all of your senses. Suitable for ages: 4-8 years.

The Vegetables We Eat
Gail Gibbons
ISBN: 0-82-342153-8
Abstract: Beautiful pictures accompany a wealth of information about vegetables. Suitable for ages: 4-8 years.

Watermelon Day
Kathi Appelt
ISBN: 0-80-502304-6
Abstract: Jesse is waiting all summer for Watermelon day! Watermelon day will come once the watermelon in her garden has grown to peak ripeness. Suitable for ages: Preschool.

What Happens to Your Food?
Alastair Smith and Maria Wheatley
ISBN: 0-79-450643-7
Abstract: A book about how food moves through the digestive track, contains many pictures. Suitable for ages: 4-8 years.

D. Reading Fun

Apple Farmer Annie
Monica Wellington
ISBN: 0-52-546727-0
Abstract: Annie the Apple Farmer saves her most beautiful apples to sell fresh at the farmer’s market in the city. She picks plenty of sweet, crunchy apples and makes apple sauce, apple cider, and baked apple treats. Suitable for ages: 3-5 years.
The Beastly Feast
Bruce Goldstone
ISBN: 0-80-506709-4
Abstract: This rhyming story is about all of the different animals preparing food to bring to a feast. Suitable for ages: 2-5 years.

The Berenstain Bears and Too Much Junk Food
Stan and Jan Berenstain
Abstract: Improving health and fitness by eating nutritious meals and snacks and increasing physical activity is the central theme of this colorfully illustrated children’s book about the Berenstain Bear family. Suitable for ages: 4-8 years.

The Big Hungry Bear
Don and Audrey Woods
Abstract: Little Mouse will do anything to save his strawberry from the big hungry bear. Suitable for ages: 2-8 years.

Blueberries for Sal
Robert McCloskey
Abstract: In this children’s book, Sal and Little Bear get separated from their mothers while they are finding blueberries. Each of them thinks she sees or hears her mother, but they are mistaken and are heading towards the wrong mother. Before each is reunited with her respective mother, each youngster meets a family of birds. The story notes the different purposes of the human family and the bear family. Suitable for ages: Preschool.
Blue Bowl Down: An Appalachian Rhyme
C.M. Millen
ISBN: 0-763-61817-9
Abstract: The sun is about to set, and it’s almost time for bed. But for the family in this cozy Appalachian farmhouse, it’s time for the comforting ritual of making bread. Just as mother and child will soon settle down for their rest, the dough is prepared in its special blue bowl and left to rest on the stove. And come morning, after they (and the dough) have risen, it’s time to savor a warm, satisfying breakfast and the start of a new day. Suitable for ages: 2-5 years.

Bread and Jam for Frances
Russel Hoben
ISBN: 0-06-022359-6
Abstract: A perfect antidote for children who make limited food choices. Francis’ food jag is short-lived once her parents begin serving her bread and jam for every meal and snack. In the end she agrees with her friend Albert who declares, "I think it’s nice that there are different kinds of lunches and breakfasts and dinners and snacks. I think eating is nice." Suitable for ages: 4-8 years.

The Carrot Seed
Ruth Krauss
ISBN: 0-06-443210-6
Abstract: A classic story about a little boy who plants a carrot seed that becomes a carrot. Suitable for ages: 3-6 years.

Cloudy with a Chance of Meatballs
Judi Barrett
ISBN: 0-68-930647-4
Abstract: Life is delicious in the town of Chew & Swallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers. Suitable for ages: 4-8 years.

Cook-a-Doodle Doo!
Janet Stevens and Susan Stevens Crummel
ISBN: 0-15-205658-0
Abstract: Rooster wants to make a strawberry shortcake from his great grandmother’s cookbook (his grandmother is the famous Little Red Hen) and gets some help from his friends. Suitable for ages: 4-8 years.
Dumpling Soup
Jama Kim Rattigan
ISBN: 0-31-673445-4
Abstract: A young Hawaiian girl tries to make dumplings for her family's New Year celebration. This story celebrates the joyful mix of food, customs and languages of many cultures. Suitable for ages: 4-8 years.

D.W. the Picky Eater
Marc Tolon Brown
Abstract: Arthur the aardvark’s sister is a picky eater. The family leaves her at home when they go out to eat until D.W. decides she might be missing something good by being so picky. Suitable for ages: 4-8 years.

Growing Vegetable Soup
Lois Ehlert
Abstract: This colorful juvenile work relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. Recipes for vegetable soup are included. Suitable for ages: 4-8 years.

How to Make an Apple Pie and See the World
Marjorie Priceman
Abstract: Since the market is closed, the reader is led around the world to gather the ingredients for making apple pie. The recipe is included. Suitable for ages: 4-8 years.

I Will Never Not Ever Eat a Tomato
Lauren Child
ISBN: 0-76-361188-3
Abstract: Sometimes Charlie has to give his little sister her dinner and this is difficult because Lola is a very fussy eater. Charlie tries something new which shows that children’s tastes are often based on preconception rather than on taste buds. Suitable for ages: 4-8 years.
**Jamberry**  
Bruce Degen  
**ISBN:** 0-69-400651-3  
**Age:** Preschool  
**Abstract:** This classic shows the adventures of a little boy and his Bear friend. The fun pictures and rhymes will be enjoyed by children and parents alike. Suitable for ages: Preschool.

**The Little Red Hen**  
Jerry Pinkney  
**ISBN:** 0803729359  
**Age:** 4-8  
**Abstract:** Red hen needs to make bread to feed her chicks and appeals to all of the barnyard animals to help her. Suitable for ages: 4-8 years.

**The Little Red Hen (Makes a Pizza)**  
Philemon Sturges  
**ISBN:** 0-14-230189-2  
**Abstract:** This is an updated version of *The Little Red Hen*, but in this story she makes a pizza instead of bread. Suitable for ages: Preschool.

**Peanut Butter and Jelly: A Play Rhyme**  
Nadine Bernard Westcott  
**ISBN:** 0-14-054852-1  
**Abstract:** A colorful rhyming story about making peanut butter and jelly. Suitable for ages: 4-8 years.

**Pete’s a Pizza**  
William Steig  
**ISBN:** 0-06-205157-1  
**Abstract:** Pete is sad - he can't go out to play with his friends because it is raining. His Dad thinks Pete will cheer up if he is made into a pizza! Suitable for ages: 4-8 years.
Pickin’ Peas
Margaret Read MacDonald
Abstract: This is a story about a sneaky rabbit who steals peas from a little girl and then outwits her when she catches him. Suitable for ages: 4-8 years.

Pignic: An Alphabet Book in Rhyme
Anne Miranda
Abstract: A pig family brings 26 different items to a potluck, illustrating the alphabet with fun foods. Suitable for ages: 4-8 years.

Pizza at Sally’s
Monica Wellington
Abstract: Sally owns her own pizzeria and this story goes through a busy day at Sally’s restaurant. Suitable for ages: 4-8 years.

The Runaway Pumpkin
Kevin Lewis
ISBN: 0-43-947422-1
Abstract: The Baxter boys cut a huge pumpkin from the vine and it rolls all over disrupting their farm but they finally get it under control and are able to eat a variety of pumpkin treats. Suitable for ages 4-8.

Scrambled Eggs Super!
Dr. Seuss
Abstract: Peter T. Hooper narrates his search for a variety of eggs from different birds to cook his special recipe for scrambled eggs. He hunts for different kinds of eggs because eggs from hens always taste the same. After his search, he describes his recipe for his special scrambled eggs. Suitable for ages: 3-7 years.
Stone Soup
Marcia Brown
Charles Scribner's Sons, 1974, 32 pp.
ISBN: 0-68-492296-7
Abstract: Three hungry soldiers come to town to ask for something to eat, and instead, teach the village people how to make soup out of stones. A lesson in generosity is taught in the midst of a grand feast. Suitable for ages: 4-8 years.

Supermarket
Charlotte Doyle
ISBN: 0-76-362218-4
Abstract: A toddler wreaks havoc at the supermarket. Suitable for ages: Baby-Preschool.

Ten Red Apples
Pat Hutchins
ISBN: 0-68-816797-7
Abstract: This book combines counting, animals and fruits and vegetables for an excellent educational experience. Suitable for ages: Preschool.

This is the Bread I Baked for Ned
Crescent Dragonwagon and Isadore Selzer
ISBN: 0-68-982353-3
Abstract: Glenda bakes bread for Ned. When Ned gets home, he brings many friends. They eat, enjoying the bread with their meal. This is a fun, rhyming story with colorful illustrations. Suitable for ages: 4-8 years.

Today is Monday
Eric Carle
Abstract: Each day of the week brings a new food. When Sunday arrives, children from around the world gather to share their favorite foods. Suitable for ages: 4-8 years.

Too Many Tamales
Gary Soto
ISBN: 0-69-811412-4
Abstract: While helping make tamales for Christmas dinner, Maria tries on her mother’s ring. When she realizes the ring is missing, her cousins come to the rescue. Suitable for ages: 4-8 years.
Tops and Bottoms
Janet Stevens
ISBN: 0-15-292851-0
Abstract: A story about a lazy bear and his rabbit friend who grows different crops on the bear’s land. Before each crop grows, the bear and the rabbit agree on who will get the tops and who will get the bottoms. Each time, the hare grows a crop which makes him the "winner" in the deal. Suitable for ages: 4-8 years.

Vegetable Dreams/Huerto Sonado
Dawn Jeffers
ISBN: 0-97-709060-4
Abstract: A bilingual story about a little girl who wants her own garden but her parents don’t think she’s old enough. Suitable for ages: 4-8 years.

The Very Hungry Caterpillar
Eric Carle
Abstract: A narrative about a hungry caterpillar eats his way from one food to the next growing up to be a beautiful butterfly. Suitable for ages: 4-8 years.

E. Foods From Around the World: Family Meals, Celebrations, and Holidays

Bee-bim Bop
Linda Sue Park
Abstract: A little girl learns more about her Korean heritage by preparing a meal with her family and participating in Korean traditions. Suitable for ages: Preschool.

Daddy Makes the Best Spaghetti
Anna Grossnickle Hines
Abstract: This is the story of a little boy’s evening routine which includes his dad making excellent spaghetti. Suitable for ages: Preschool.
Dim Sum for Everyone
Grace Lin
ISBN: 0-44-041770-8
Abstract: A family goes out to dinner and all of the children learn about Dim Sum while eating it. Suitable for ages: 4-8 years.

The Empanadas that Abuela Made
Diane Gonzalez Bertrand
Abstract: The whole family gets involved in making Abuela’s amazing empanadas! Suitable for ages: 4-8 years.

Everybody Bakes Bread
Norah Dooley
ISBN: 0-87-614864-X
Abstract: After an argument with her brother, Carrie’s mother sends her out to visit the neighbors, looking to borrow a rolling pin and as she visits each house she tries the bread they are making in their home. Recipes included. Suitable for ages: 4-8 years.

Everybody Cooks Rice
Norah Dooley
ISBN: 0876145918
Abstract: A little girl goes looking for her little brother to call him for dinner and she visits all of the neighbors and sees what each family from each culture is preparing, with rice as the staple. Recipes included. Suitable for ages: 4-8 years.

F is for Fiesta
Susan Middleton Elya
Abstract: The planning of a birthday party teaches the reader simple words and letters in Spanish/English. Suitable for ages: 4-8 years.

Feast for Ten
Cathryn Falwell
Abstract: This book teaches counting while showing the process of making a big family meal. Suitable for ages: Preschool.
Full, Full, Full of Love
Trish Cooke
ISBN: 0-76-361851-9
Abstract: Jay Jay’s grandmother’s house is full of love as they prepare dinner together. Suitable for ages: Preschool.

How My Family Lives in America
Susan Kuklin
Abstract: This book tells the story of three children, each with an immigrant parent. For each family, the food they eat, the names of different dishes and their eating customs are discussed. The book includes three recipes -- one African, one Puerto Rican and one Taiwanese. Suitable for ages: 5-7 years.

Let’s Eat!
Ana Zamorano
Scholastic, 1999, 32 pp.
ISBN: 0-43-906758-8
Abstract: Little Antonio is trying to get the whole family together for dinner but he’s having a difficult time with everyone’s schedules. Suitable for ages: 4-8 years.

Now We Can Have a Wedding
Judy Cox
ISBN: 0-82-341342-X
Abstract: Every tenant in the apartment building helps Sallie prepare for her wedding by making a different ethnic dish to celebrate diversity and joy. The story is told by the bride’s little sister who helps each tenant prepare the food for her sister’s wedding. Suitable for ages: 4-8 years.

F. Physical Activity

Angelina and Alice
Katherine Holabird
Abstract: Angelina and Alice are best friends and love to do gymnastics together but they have a rough patch in their friendship when Alice makes fun of Angelina’s ability to do hand stands. Suitable for ages: 4-8 years.
**Baby Danced the Polka**
Karen Beaumont
**ISBN:** 0803725876
**Abstract:** Baby does not want to take his nap, he would much rather dance with all of his stuffed animals each time his parents are busy. Suitable for ages: 4-8 years.

**Bend and Stretch: Learning about Your Bones and Muscles**
Pamela Hill Nettleton
**ISBN:** 1-40-480507-9
**Abstract:** Teaches children the importance of staying healthy and treating their bones and muscles well. Suitable for ages: 4-8 years.

**The Bouncing, Dancing, Galloping ABC**
Charlotte Doyle
**ISBN:** 0-39-923778-X
**Abstract:** ABC’s book encouraging physical activity. Suitable for ages: 4-8 years.

**The Busy Body Book: A Kid’s Guide to Fitness**
Lizzy Rockwell
**ISBN:** 0-37-582203-8
**Abstract:** Introduces the different body systems as well as encouraging participating in physical activity. Suitable for ages: 4-8 years.

**Cha Cha Chimps**
Julia Durango
**ISBN:** 0689864566
**Abstract:** All ten little chimps sneak out one night with their dancing shoes because they want to dance all night but eventually Mama Chimp finds them and gets a sitter so she can dance all night. Suitable for ages: 4-8 years.

**Come Out and Play**
Maya Ajmera and John D. Ivanko
**ISBN:** 1-57-091386-2
**Abstract:** Multicultural exploration of physical activity. Suitable for ages: Baby-Preschool.
From Head to Toe
Eric Carle
Abstract: Children imitate the body movements of different animals. Suitable for ages: Preschool.

Hear Your Heart
Paul Showers
ISBN: 0-06-445139-9
Abstract: Simple introduction to how the heart works. Suitable for ages: 4-8 years.

I Can Play Soccer
Edana Eckert
Abstract: Multiethnic children participate in sports with their parents. Suitable for ages: 4-8 years.

I Can Ride a Bike
Edana Eckart
ISBN: 0-51-624032-3
Abstract: Depiction of different children participating in different kinds of physical activity. Suitable for ages: 4-8 years.

If You’re Happy and You Know It!
Jane Cabrera
Abstract: A fun book for children with beautiful pictures of animals based off of the very famous song. Suitable for ages: 4-8 years.

This is Baseball
Margaret Blackstone
ISBN: 0-80-505169-4
Abstract: A great introduction to baseball for young sports fans. Suitable for ages: 4-8 years.
This Is Daniel Cook on a Hike
Yvette Ghione
Abstract: Daniel explores nature through a guided hike, while getting plenty of physical activity. Suitable for ages: 4-8 years.

Little Yoga
Martina Selway
ISBN: 0-80-507879-7

My Daddy Is a Pretzel: Yoga for Parents and Kids
Baron Baptiste
Abstract: The parents of children share their occupations with the children and each occupation is accompanied by a yoga pose. Suitable for ages: 4-8 years.

Play Ball with Me!
Lynn Reiser
ISBN: 0-37-583244-0
Abstract: Animals play five different kinds of ball games. Suitable for ages: 4-8 years.

Watch Me Dance
Andrea and Brian Pinkney
Abstract: A little girl teaches her little brother how to dance. Suitable for ages: Baby-preschool.

G. Online Booklists and Websites

Books With Positive Nutrition Messages for Kids
Wisconsin: The University of Wisconsin-Madison/Extension Office
Description: A list of children’s books with a positive nutrition message.
Children’s Books that Encourage Healthy Eating
Missouri: University of Missouri Family Nutrition Education Programs
Web site: http://outreach.missouri.edu/fnep/childrensbooks.htm
Description: Children’s books that encourage healthy eating are listed here.

Food and Nutrition Information Center: Lifecycle Nutrition and Health
Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library
Description: A collection of websites that discuss the many topics related to child nutrition and health. The sites include resources on: Infant Nutrition, Child Nutrition and Health, Adolescence, Pregnancy, Fitness and Sports Nutrition and Vegetarian Nutrition.

The Healthy Meals Resource System: Cooking with Kids
Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library
Description: The Cooking with Kids section of this website includes resources that help children learn about food and healthy eating by inviting them into the kitchen. Locate recipes, activities, and guidelines to use when cooking with kids.

The Healthy Meals Resource System: Food Safety Games and Activities
Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library
Description: The Healthy Meals Resource System provides this page that links to many children’s websites that address the issue of food safety. These resources make food safety fun for the children.
Kids.gov: Fund Stuff/Games  
**Washington DC:** The Official Kids Portal for the U.S. Government  
**Web site:** [http://www.kids.gov/6_8/6_8_health_issues.shtml](http://www.kids.gov/6_8/6_8_health_issues.shtml)  
**Description:** Learning Activities and Games for Health, Fitness, and Safety developed by several governmental agencies.

**Team Nutrition Booklist**  
**Michigan: Michigan Team Nutrition**  
**Web site:** [http://tn.fcs.msue.msu.edu/booklist.html](http://tn.fcs.msue.msu.edu/booklist.html)  
**Description:** This link provides lists of food related books and physical activity books to encourage children to live a healthy lifestyle.

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This resource list was compiled by:  
Desiré Stapley, MEd, RD, Nutrition Information Specialist  
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**Acknowledgment is given to the following FNIC reviewers:**  
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