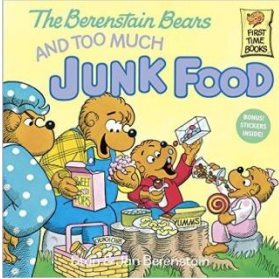


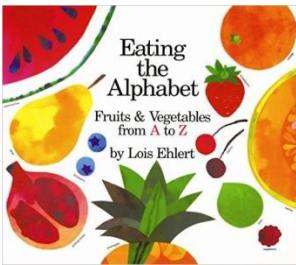
## Book Recommendations: Healthy Eating



### **The Berenstain Bears and Too Much Junk Food**

By Jan and Stan Berenstain

Papa, Brother, and Sister are eating way too much junk food, and it's up to Mama and Dr. Grizzly to help them understand the importance of nutritious foods and exercise. - *Amazon, Manatee County Library*



### **Eating the Alphabet: Fruits and Vegetables from A to Z**

By Lois Ehlert

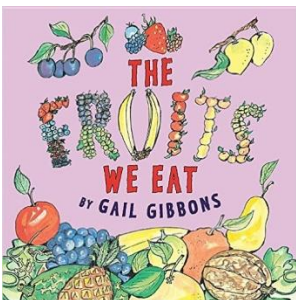
While teaching upper- and lowercase letters to preschoolers, Ehlert introduces fruits and vegetables from around the world. A glossary at the end provides interesting facts about each food. - *Amazon, Manatee & Sarasota County Libraries*



### **Eating the Rainbow: Spanish/English**

By Star Bright Books

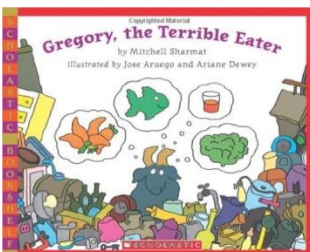
Children will have fun learning the names and colors of nutritious fruits and vegetables shown on each page of this board book. The large, bright photographs teach children about healthy, delectable foods. - *Amazon*



### **The Fruits We Eat**

By Gail Gibbons

This picture book offers youngsters an inviting, information-packed cornucopia of favorite fruits. Combines a clear, simple text with illustrations to present fruit facts galore: the parts of fruits, where and how they grow, harvesting, processing, where to buy them, and how to enjoy them as part of a healthy diet. - *Amazon and Manatee County Library*



### **Gregory the Terrible Eater**

By Mitchell Sharmat

A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice. - *Manatee County Library and Amazon*

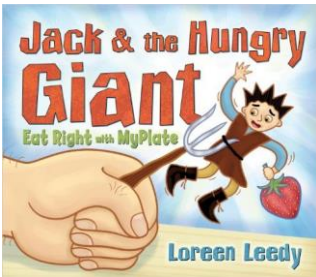
## Book Recommendations: Healthy Eating



### Healthy Snacks on MyPlate

By Mari Schuh

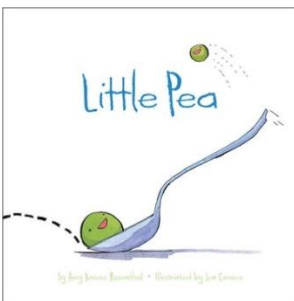
Snacks are yummy, quick, and healthy. Learn about how MyPlate helps kids make great food choices every day, including healthy snacks! – *Amazon and Sarasota County Library*



### Jack & the Hungry Giant

By Loreen Leedy

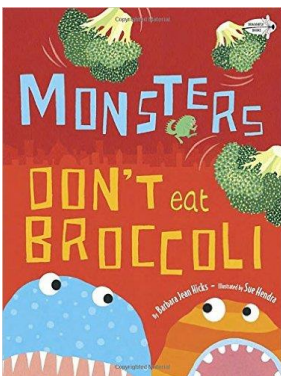
Jack goes up the beanstalk, where he is greeted by a kind giant who cooks him a nutritious meal. He learns about healthy eating habits from the giant and his wife. – *Manatee and Sarasota County Libraries, Amazon*



### Little Pea

By Amy Krouse Rosenthal

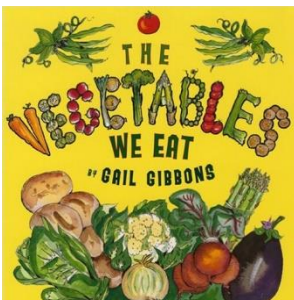
If Little Pea doesn't eat all of his sweets, there will be no vegetables for dessert! What's a young pea to do? Children who have trouble swallowing their veggies will love the way this pea-size picture book serves up a playful story they can relate to. – *Amazon and Sarasota County Library*



### Monsters Don't Eat Broccoli

By Barbara Jean Hicks

In this rollicking picture book, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all! – *Amazon, Manatee and Sarasota County Libraries*



### The Vegetables We Eat

By Gail Gibbons

From glossy red peppers to lush, leafy greens to plump orange pumpkins, vegetables are explored in depth in this fascinating picture book that clearly explains the many vegetable varieties, how they are grown, and why they are so good for us to eat. – *Amazon, Manatee and Sarasota County Libraries*