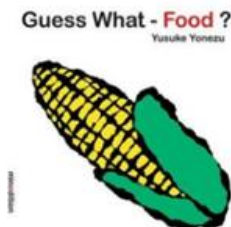


Nourishing Little Minds Recommended Books

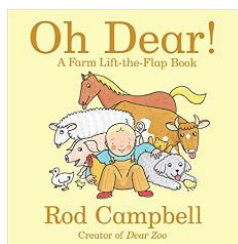
Surrounding children with healthy food messages can help create happy and competent eaters. Sharing books that portray healthy food is a great way to build interest and enjoyment of those foods without the pressure of eating! Below is a list of children's books available to borrow from ACT Libraries.

Books for babies and toddlers

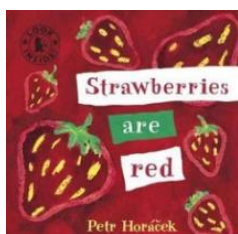
Guess what food?
By Yusuke Yonezu



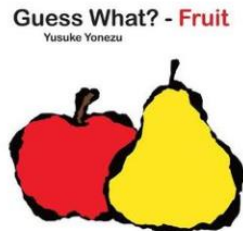
Oh Dear
By Rod Campbell



Strawberries are red
By Peter Horáček



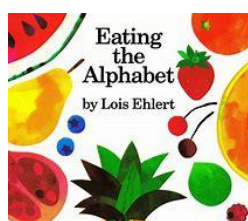
Guess what? - Fruit
By Yusuke Yonezu



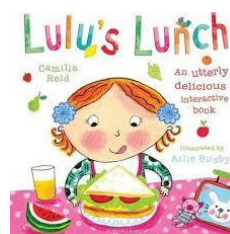
Eat Your Colors
By Scholastic



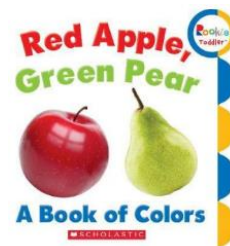
Eating the Alphabet
By Lois Ehlert



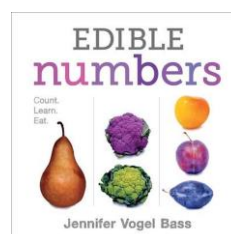
Lulu's Lunch
By Camilla Reid



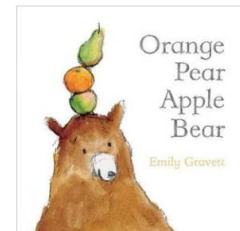
Red Apple Green Pear
By Scholastic



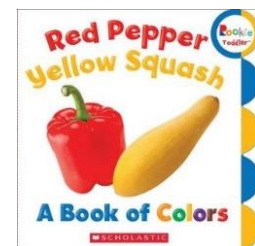
Edible numbers
By Jennifer Vogel Bass



Orange Pear Apple Bear
By Emily Gravett



Red Pepper yellow Squash
By Scholastic



Edible colors
By Jennifer Vogel Bass

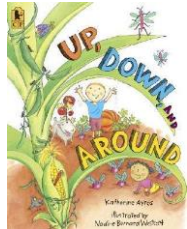


Books for preschoolers

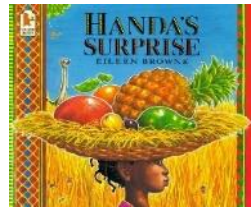
I'm Having a Rainbow for Dinner
By NAQ Nutrition



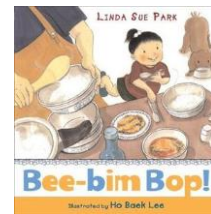
Up, Down and Around
By Katherine Ayres



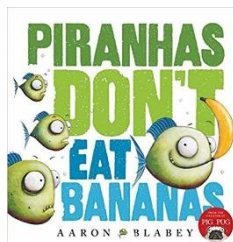
Handa's Surprise
By Eileen Browne



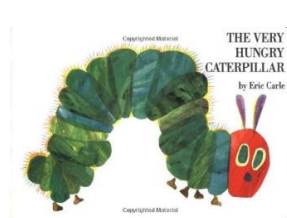
Bee Bim Bop!
By Linda Sue Park



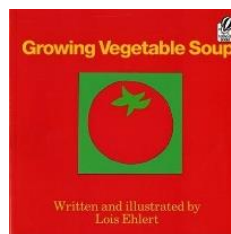
Piranhas Don't Eat Bananas
By Aaron Blabey



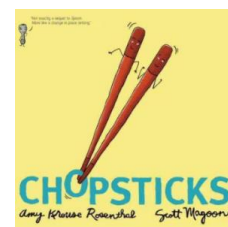
The Very Hungry Caterpillar
By Eric Carle



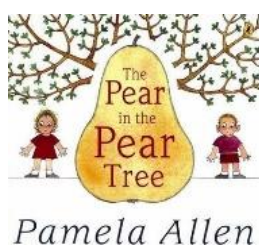
Growing Vegetable Soup
By Lois Ehlert



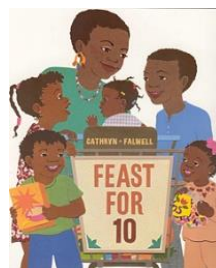
Chopsticks
By Amy Krouse Rosenthal



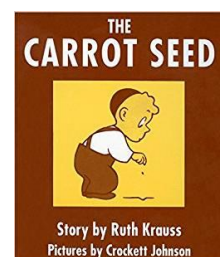
The Pear in the Pear Tree
By Pamela Allen



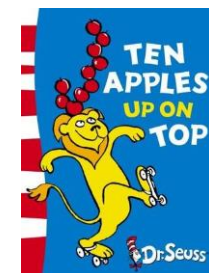
Feast for 10
By Cathryn Falwell



The Carrot Seed
By Ruth Krauss



10 Apples on Top
By Dr. Seuss



For other child friendly activities and recipe ideas visit
www.actnss.org/recipes