

5-2-1-Almost None Healthy Living Booklist

Picture Books

- **Showdown at the Food Pyramid** by Rex Barron
- **Cloudy With a Chance of Meatballs** by Judi Barrett
- **The Berenstain Bears & Too Much Junk Food** by Stan & Jan Berenstain
- **Pancakes! Pancakes!** by Eric Carle
- **I Will Never Not Ever Eat a Tomato** by Lauren Child
- **Little Apple Goat** by Caroline Church
- **Lunch** by Denise Fleming
- **Oliver's Vegetables** by Vivian French
- **Fast Food** by Saxton Freyman
- **Sally Jean the Bicycle Queen** by Carl Best
- **From Head to Toe** by Eric Carle
- **Get Up and Go!** by Nancy L. Carlson
- **Stretch** by Doreen Cronin
- **Jumping Day** by Barbara Juster Esbensen



Non-Fiction Books

- **Food for Feeling Healthy** by Carol Ballard
- **Play with Your Food** by Joost Elffers
- **A Healthy Diet** by Elaine Landau
- **Tall and Tasty: Fruit Trees** by Meredith Sayles Hughes
- **Eat Right!: How You Can Make Good Food Choices** by Matt Doeden
- **Cool as a Cucumber, Hot as a Pepper: Fruit Vegetables** by Meredith Sayles Hughes
- **Hooray for Orchards!** by Bobby Kalman
- **YUM: Your Ultimate Manual for Good Nutrition** by Drina Kalnins
- **The Edible Pyramid: Good Eating Every Day** by Loreen Leedy
- **Look Good, Feel Good** by Liz Swinden
- **Real Fitness** by Carol Yoshizumi
- **Get Moving: Tips on Exercise** by Kathy Feeney

Books for Parents

- **Slim and Fit Kids** by Judy Mazel & John Monaco
- **365 Activities for Fitness, Food, and Fun for the Whole Family** by Julia Sweet
- **6 Ways to get Your Child's Weight Under Control** by Mathew Davidson
- **Your Child's Weight: Helping Without Harming** by Ellyn Satter
- **A Parent's Guide to Childhood Obesity** by American Academy of Pediatrics

