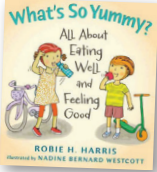


Healthy Eating for Kids

recommended reading

KIDS PICTURE BOOKS

Bread and Jam for Frances by Russell Hoban
D.W. the Picky Eater by Marc Brown
Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert
Little Pea by Amy Rosenthal
Lunch by Denise Fleming
Rah, Rah, Radishes! A Vegetable Chant by April Pulley Sayre
The Seven Silly Eaters by Mary Ann Hoberman
Too Pickley! by Jean Reidy
Tractor Mac: Farmer's Market by Billy Steers
Tyler Makes Spaghetti by Tyler Florence
The Very Hungry Caterpillar by Eric Carle



KIDS NON-FICTION

Eat a Balanced Diet! By Katie Marsico (K-Grade 3)
Eat Your Greens, Reds, Yellow and Purples by DK Publishing (Grades 1-5)
Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell (K-Grade 3)
Grains on MyPlate by Mari C. Schuh (Preschool-Grade 1)
Make a Meal Plan: Smart Food Shopping by Susan Kesselring (Grades 1-3)
The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids by Edward Miller (Grades 2-4)
To Market, To Market by Nikki McClure (Grades 1-4)
What's So Yummy? All About Eating Well and Feeling Good by Robie Harris (K-Grade 2)
Yummy! Good Food Makes Me Strong by Shelley Rotner (Preschool-Grade 1)



ADULTS NON-FICTION

Beating the Lunch Box Blues (2013) by J.M. Hirsch
Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love (2013) by Katie Morford
Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food (2007) by Jessica Seinfeld
Dinner: A Love Story: It All Begins at the Family Table (2012) by Jenny Rosenstrach
The Family Dinner: Great Ways to Connect With Your Kids, One Meal at a Time (2010) by Laurie David
Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids (2014) by Anne Fishel
How to Feed Your Whole Family a Healthy, Balanced Diet (2010) by Gill Holcombe
Just Two More Bites! Helping Picky Eaters Say Yes to Food (2006) by Linda Piette
The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals (2007) by Missy Chase Lapine
The Truly Healthy Family Cookbook: Mega-Nutritious Meals that are Inspired, Delicious, and Fad-Free (2013) by Tina Ruggiero



These books, and many others like them, are available for check out at Wichita Public Library locations!