

BOOKS! BOOKS! BOOKS!

There's a good chance that you already have several food related books. Do any of these suggestions ring a bell? Have a look at your bookshelf. You can use the books to talk about healthy food.

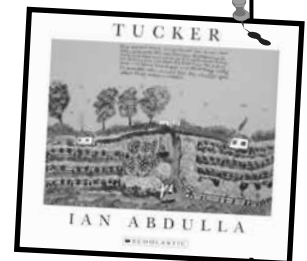
RECOMMENDED AGES:
0 TO 5 YEARS

Some suggestions include:

- *I will not ever Never eat a tomato*, by Lauren Child
- *The Very Hungry Caterpillar*, by Eric Carle
- *Giant Hiccups*, by Jacqui Farley
- *Fruit*, by Jillian Powell
- *Scallywag*, by Jeanette Rowe
- *How do I eat it?* by Shigeo Wantanabe
- *The Lighthouse Keeper's Lunch*, by Ronda and David Armitage
- *Tucker*, by Ian Abdulla
- *Growing Vegetable Soup*, by Lois Ehlert
- *Mealtime*, by Maureen Roffe



- *There's a hippo on our roof eating cake*, by Hazel Edwards
- *The wide-mouthed frog*, by Keith Faulkner
- *Yummy!* A book of delicious pop-ups, by Keith Faulkners
- *The beastly feast*, by Bruce Goldstone
- *Cool as a Cucumber*, by Sally Smallwood
- *Eating the Alphabet*, by Lois Ehlert
- *Food for Thought*, by Joost Elffers and Saxon Freymann
- *A fruit is a Suitcase for Seeds*, by Jean Richards
- *Sweet as a Strawberry*, by Sally Smallwood



Truly, the list is endless. Bring the stories to life, and at the same time, teach children about healthy eating.

