



Hacienda Height Public Library – Children Books (Total 15 Books)

1. Fruits by Bodden, Valerie.

Creative Paperbacks, 2015

ISBN:978608185092

Call Number J 613.2 BODDEN

Age: 6-8yrs



“Fruits” is an introduction to nutrition through the connection between fruit food groups and health. For children ages six and up, it is based on the most recent guidelines for exercise and healthy portions. Readers are informed about important nutritional concepts and the ways Healthy Plates allow for strength and good health. The book is friendly and inviting, using vibrant images to emphasize good habits and concluding with an easy recipe for a healthy snack.

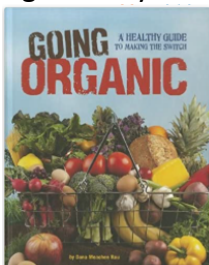
2. Going Organic: a healthy guide to making the switch by Rau, Dana Meachen

Compass Point Books, 2012

ISBN: 9780756545284

Call Number J 613.2 RAU

Age:11-14yrs



“Going Organic” provides information about organic foods to readers who look to change their diet. The challenges and benefits of all organic, chemical-free foods are listed, even containing recipes for healthy foods. For readers who want to help the world or simply alter their diets, helpful tips and valuable information is given.

3. **See What We Eat!: A First Book of Healthy Eating** by Scot Ritchie, illustrated by

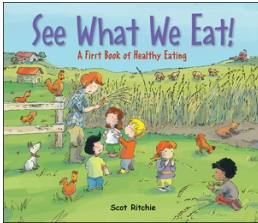
Scot Ritchie

Kids Can Press, 2017

ISBN: 9781771386180

Call Number J641.3. RIRCHIE

Age: 4-7yrs



In “See What We Eat!: A First Book of Healthy Eating,” five friends venture to an aunt’s farm, looking to pick apples in order to make a dessert for their neighborhood’s potluck celebrating the fall harvest. Along the way, they discover how food is grown and transformed into their meals. In each stop, the farm introduces a new food group, grains from a field of wheat, vegetables from a veggie garden, a henhouse for protein, a barn for dairy, and an orchard for fruit. After having fun and collecting the ingredients they need, the kids make an apple crisp with the help of one of their fathers, all aiding in the cooking process. When they finish the crisp, they take out the compost and bring their dessert to the neighborhood party where everyone brought their homemade foods. The end includes both the apple crisp recipe and a glossary.

4. **Healthy Eating with MyPlate: A Balanced Diet** by Veitch, Catherine.

Chicago, Heineman Library, 2012

ISBN: 9781432969943

Call Number: J613.2. VEITHC

Age: 4-6yrs



The book discusses the importance of a healthy diet by balancing the food groups. Comparisons are made in order to help distinguish between healthy and unhealthy foods. Readers are also given ideas on healthy recipes and diets. In order to maintain a healthy diet, foods from different food groups should be consumed in order to stay balanced.

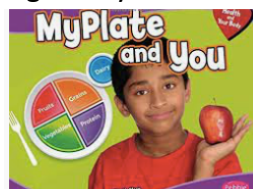
5. **MyPlate and You** by Olsen, Gillia M.

Capstone Press, 2012

ISBN: 9781429668095, 9781429671293

Call Number: J 613.2 OLSON

Age: 4-8yrs



“MyPlate and You” provides basic guidelines on making good food and activity choices. Using colorful photos and simple text, MyPlate helps navigate healthy eating through simple and easy means.

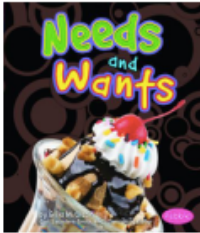
6. **Need and Want** (pebble book) by Olsen, Gillia M

Capstone Press, 2008

ISBN: 97814429617079

Call Number: J 153.8 OLSON

Age: 4-8yrs



The concept about needs and wants and deciding between them is introduced to children. Providing examples to explain the differences between them, kids will better understand when distinguishing between something they want and something they need.

7. **Let's Explore Needs and Wants** by Waxman, Laura Hamilton

Leaner Classroom, 2019

ISBN: 9781541638528

9781541545714

Call Number: J 332.024 WAXMAN

Age: 4yrs – Teens



The book helps children understand things they want such as toys with things they need such as food and clothing.

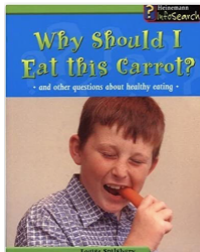
8. **Why should I eat this carrot?** by Spilsbury, Louise.

Heinemann Library, 2003

ISBN: 9781403446800

Call Number: J 613.2

Age: 8-10yrs



“Why Should I Eat this Carrot?” answers basic questions that kids may have relating to health. The book provides information on how food gives our bodies energy, why water is so important, and how to make good decisions relating to health

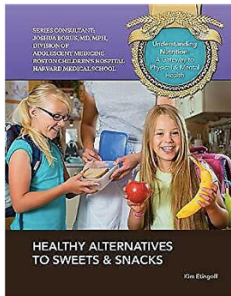
9. **Healthy alternative to sweets & snacks** by Etingoff, Kim

Mason Crest Publisher, 2004

ISBN: 9781422228784, 9781422229927

Call number: J 641,5622 ETINGOFF

Age: 10-13yrs



Junk food can be a quick and delicious snack, but can also be unhealthy for the body. This book dives into what healthy snacking consists of, when to snack, and what snacks to eat when you're hungry. It gives a better understanding of what is healthy and what alternatives there are to junk foods. Especially nowadays, young people are constantly flooded with advertisements, often causing them to overlook their health and eat what they want. The book provides adolescents guidance in their lifestyle and diet, focusing on practical and specific tips on deciding when to eat out, understanding food labels, and effectively considering diet plans.

10. **Healthy eating habits** by Reinke, Beth Bence

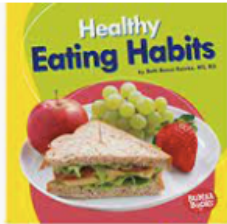
Lerner Publication, 2018

Kindle Edition

ISBN: 9781541503427, 9781541526808

Call Number: J 613.2 REINKE

Age: 4-7yrs



Using colorful and vibrant images, young readers are taught about nutrition and making good choices regarding food, their diet, and their eating habits.

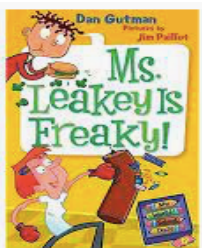
11. **Ms. Leakey is freaky!** by Gutman, Dan, illustrated by Jim Paillot.

New York: Harper Collins, 2011

ISBN: 9780061704031, 9780061704024, 9781338110901

Call Number: J GUTMAN

Age 6-10yrs



At Ella Mentry School, the kids are getting too unhealthy, causing the school to hire a health teacher, Ms. Leakey. She promotes eating healthy and exercising for the children. However, her style is quiet wacky, leading to strange shenanigans as she attempts to teach the kids how to live healthy.

12. **Food for feeling healthy** by Ballard, Carol

Chicago, Heinemann Library, 2006

ISBN: 9781403485717

9781403485779

Call Number: YA 613.2 BALLARD

Age: Young adult



Our lives are greatly impacted by our diet and eating habits. The book explains how we can make better choices regarding our health. Recipes, tips, and studies are provided, making it an informational read for students.

13. **Do you Know where your food comes from?** By Morris, Neil

Chicago, Heinemann Library, 2006

ISBN: 9781403485755

9871403485816

Call Number: J 363.8

Age: young adult



The food we eat not only affects our lives but the environment. This book dives into how the global food market has widespread effects, providing data to make it engaging and informative for students.

14. **Keeping Healthy** by Knapp, Brian J.

Atlantic Europe Publishing, 2009

ISBN: 9780717258345

Call Number: J 613.2

Age: Juvenile



The body needs many different things to maintain and grow our bodies. To do that, we need a variety of foods to meet our nutritional needs. Most importantly, we need water. Information on topics such as chemistry, biology, and physics are provided in a simple manner for children.

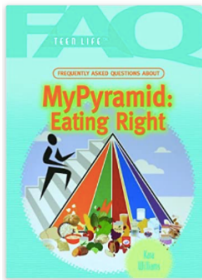
15. **MyPyramid: Eating Right** by Kara Williams, illustrated by Library Binding.

Rosen Publishing Group, 2007

ISBN: 978140429748

Call Number: YA 613.2 WILLIAMS

Age: 12-17yrs



The MyPyramid plan is a guideline on eating. The book provides explanations for the guidelines and the following health benefits. Questions teen often have about healthy eating and the food pyramid are discussed, including topics such as calories, digestion, and metabolism.