



RESOURCES

NUTRITION AND PHYSICAL ACTIVITY A PRESCHOOL RESOURCE LIST

These books may be borrowed from many public libraries throughout the State. If a particular book or topic you want from this list is not available, ask a librarian to help you find a substitute title.

IDENTIFICATION OF FOOD/NUTRITION

- Goldstone, Bruce. **The Beastly Feast**. New York: Henry Holt, 2001.
- Hausherr, Rosmarie. **What Food Is This?** New York: Scholastic, 1995.
- Leedy, Loreen. **The Edible Pyramid: Good Eating Every Day**. New York: Holiday House, 2007.
- Mayer, Mercer. **Just Me and My Dad**. New York: Random House, 2001.
- Miranda, Anne. **Pignic: An Alphabet Book in Rhyme**. Honesdale, Pennsylvania: Boyds Mills Press, 1996.

FOOD PREPARATION

- Coffelt, Nancy. **What's Cooking? A Happy Birthday Counting Book**. San Francisco: Chronicle Books, 2003.
- Curtis, Neil and Peter Greenland. **How Bread Is Made**. Minneapolis: Lerner Publishing Group, 1992.
- Florian, Douglas. **A Chef**. New York: Greenwillow, 1992.
- Hill, Mary. **Let's Make Bread**. Danbury, CT. Children's Press, 2002.
- . **Let's Make Pizza**. Danbury, CT. Children's Press, 2002.
- Millen, C. M. **Blue Bowl Down: An Appalachian Rhyme**. Cambridge, MA: Candlewick Press, 2004.
- Oxenbury, Helen. **It's My Birthday**. Cambridge, MA: Candlewick Press, 1994.
- Rice, Eve. **Benny Bakes a Cake**. New York: Greenwillow, 1993.
- Rockwell, Anne. **Pots and Pans**. New York: Simon & Schuster, 1993.
- Rotner, Shelley and Julia Pemberton Hellums. **Hold the Anchovies! A Book About Pizza**. New York: Orchard Books, 1996.

WHERE FOOD COMES FROM

- Basel, Roberta. **From Cane to Sugar**. Mankato, MN: Capstone, 2006.
- Butler, Stephen. **The Mouse and the Apple**. London: Frances Lincoln, 1994.
- Curtis, Nell and Peter Greenland. **How Bread Is Made**. Minneapolis: Lerner Publishing, 1992.
- Fickes Shapiro, Jody. **Up, Up, Up! It's Apple-Picking Time**. New York: Holiday House, 2003.
- Gibbons, Gail. **Farming**. New York: Holiday House, 1990.
- . **The Vegetables We Eat**. New York: Holiday House, 2008.
- Hall, Zoe. **The Apple Pie Tree**. New York: Blue Sky Press, 1996.
- Hill, Mary. **Let's Make Pizza**. Danbury, CT. Children's Press, 2002.
- Hirsch Lember, Barbara. **A Book of Fruit**. Boston: Houghton Mifflin, 1994.
- Knudson, Shannon. **From Fruit to Jelly**. Minneapolis: Lerner Publishing, 2004.
- Levenson, George. **Bread Comes to Life: A Garden of Wheat and a Loaf to Eat**. Berkeley, CA: Tricycle Press, 2004.
- Miller, Virginia. **Ten Red Apples: A Bartholomew Bear Counting Book**. Cambridge, MA: Candlewick Press, 2002.

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- Paulsen, Gary. **The Tortilla Factory**. Ft. Worth, TX: Voyager Books, 1998.
- Pinkney, Jerry. **The Little Red Hen**. New York: Dial, 2006.
- Poulet, Virginia. **Blue Bug's Vegetable Garden**. Danbury, CT: Children's Press, 1973.
- Read MacDonald, Margaret. **Pickin' Peas**. Danvers, MA: HarperCollins, 1998.
- Rylant, Cynthia. **This Year's Garden**. New York: Aladdin, 1987.
- Steig, William. **Pete's a Pizza**. Danvers, MA: HarperCollins, 1998.
- Taus-Bolstad, Stacy. **From Grass to Milk**. Minneapolis: Lerner, 2004.
- **From Wheat to Bread**. Minneapolis: Lerner, 2002.
- Wellington, Monica. **Apple Farmer Annie**. New York: Dutton Juvenile, 2001.
- **Pizza at Sally's**. New York: Dutton Juvenile, 2006.
- Westcott, Nadine. **Peanut Butter and Jelly: A Play Rhyme**. New York: Puffin Books, 1992.
- Zemelicka, Shannon. **From Milk to Cheese**. Minneapolis: Lerner, 2003.

FOOD AND THE FIVE SENSES

- Aliki. **My Five Senses**. Danvers, MA: HarperTrophy, 1989.
- Gordon, Sharon. **Tasting**. Danbury, CT: Children's Press, 2002.
- Krauss, Ruth. **The Carrot Seed**. Danvers, MA: HarperCollins, 1973.
- Pinkney, Andrea and Brian. **I Smell Honey**. Ft. Worth, TX: Red Wagon Books, 1997.
- Raschka, Chris. **Five for a Little One**. New York: Atheneum, 2006.
- Segal, John. **Carrot Soup**. New York: Margaret K. McElderry, 2006.
- Stewart, Melissa. **Use Your Senses**. Mankato, MN: Compass Point Books, 2004.
- Woodward, Kay. **Smell**. London: Hodder Wayland, 2005.
- **Taste**. London: Hodder Wayland, 2005.

WHY WE EAT

- Frost, Helen. **Eating Right**. Rocheport, MO: Pebble Books, 2000.
- Leedy, Loreen. **Edible Pyramid: Good Eating Every Day**. New York: Holiday House, 2007.
- Mitchell, Melanie. **Eating Well**. Minneapolis: Lerner, 2006.
- Schuh, Mari. **Drinking Water**. Mankato, MN: Capstone Press, 2006.

VEGETABLES

- Ayres, Katherine. **Up, Down and Around**. Cambridge, MA: Candlewick Press, 2008.
- Coy, John. **Two Old Potatoes and Me**. New York: Knopf Books for Young Readers, 2003.
- Doyle, Malachy. **Jody's Beans**. Belmont, CA: Walker Books Ltd., 2006.
- Jeffers, Dawn. **Vegetable Dreams/Huerto Sonado**. McHenry, IL: Raven Tree Press, 2006.
- Nelson, Robin. **From Kernel to Corn**. Minneapolis: Lerner, 2003.
- Pittman, Helena Clare. **Still-Life Stew**. New York: Hyperion, 1998.
- Steele, Mary Q. **Anna's Vegetable Songs**. New York: Greenwillow, 1989.

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FRUITS

- Appelt, Kathi. **Watermelon Day**. New York: Henry Holt, 1996.
- Degen, Bruce. **Jamberry**. Danvers, MA: HarperCollins, 2000.
- French, Vivian. **Oliver's Fruit Salad**. New York: Orchard Books, 1998.
- Gibbons, Gail. **Apples**. New York: Holiday House, 2000.
- **The Berry Book**. New York: Holiday House, 2002.
- Hutchins, Pat. **Ten Red Apples**. New York: Greenwillow, 2000.
- McCloskey, Robert. **Blueberries for Sal**. New York: Viking, 1976.
- Tau-Bolstad, Stacy. **From Shoot to Apple**. Minneapolis: Lerner, 2003.
- Wallace, Nancy Elizabeth. **Apples, Apples, Apples**. New York: Winslow Press, 2000.

EXPLORING FOOD: FAMILY MEALS, CELEBRATIONS & HOLIDAYS

- Bertrand, Diane Gonzales. **The Empanadas That Abuela Made**. Houston: Pinata Books, 2003.
- Cooke, Trish. **Full, Full, Full of Love**. Cambridge, MA: Candlewick Press, 2003.
- Cox, Judy. **Now We Can Have a Wedding**. New York: Holiday House, 1998.
- Cuyler, Margery. **Please Say Please: Penguin's Guide to Manners**. New York: Scholastic, 2004.
- Doyle, Charlotte. **Supermarket**. Belmont, CA: Walker Books, 2005.
- Elya, Susan Middleton. **F is for Fiesta**. New York: Putnam Juvenile, 2006.
- Falwell, Cathryn. **Feast for Ten**. New York: Clarion Books, 1993.
- Hines, Anna. **Daddy Makes the Best Spaghetti**. New York: Clarion Books, 1989.
- Lin, Grace. **Dim Sum for Everyone**. New York: Dragonfly Books, 2003.
- Morris, Ann. **Bread, Bread, Bread**. Danvers, MA: HarperCollins, 1989.
- Park, Linda Sue. **BeeBim Bop**. New York: Clarion Books, 2005.
- Reynolds, Aaron. **Chicks and Salsa**. New York: Bloomsbury Publishing, 2005.
- Stevens, Janet and Susan Stevens Crummel. **Cook-a-Doodle Doo!** Orlando, FL: Harcourt Brace, 1999.
- Sturges, Philemon. **The Little Red Hen (Makes a Pizza)**. New York: Dutton Children's Books, 1999.
- Zamorano, Ana. **Let's Eat!** New York: Scholastic, 1999.

WHY WE NEED TO MOVE

- Ajmera, Maya and John D. Ivanko. **Come Out and Play**. Watertown, MA: Charlesbridge Publishing, 2001.
- Eckart, Edana. **I Can Ride a Bike**. Danbury, CT: Children's Press, 2002.
- Ghione, Yvette. **This Is Daniel Cook on a Hike**. Tonawanda, NY: Kids Can Press, 2006.
- Hill Nettleton, Pamela. **Bend and Stretch: Learning About Your Bones and Muscles**. Minneapolis: Picture Window Books, 2004.
- Rockwell, Lizzy. **The Busy Body Book: A Kid's Guide to Fitness**. New York: Crown Books for Young Readers, 2004.
- Showers, Paul. **Hear Your Heart**. New York: HarperCollins, 2001.

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TYPES OF PHYSICAL ACTIVITY

- Baptiste, Baron. ***My Daddy Is a Pretzel: Yoga for Parents and Kids***. Cambridge, MA: Barefoot Books, 2004.
- Cabrera, Jane. ***If You're Happy and You Know It!*** New York: Holiday House, 2005.
- Carle, Eric. ***From Head to Toe***. New York: HarperCollins, 1997.
- Doyle, Charlotte. ***The Bouncing, Dancing, Galloping ABC***. New York: Putnam, 2006.
- Holabird, Katharine. ***Angelina and Alice***. New York: Viking, 2006.
- Newcome, Zita. ***Toddlerobics***. Cambridge, MA: Candlewick Press, 1997.
- ***Toddlerobics: Animal Fun***. Cambridge, MA: Candlewick Press, 1999.
- Selway, Martina. ***Little Yoga***. New York: Henry Holt, 2005.

CREATIVE MOVEMENT

- Beaumont, Karen. ***Baby Danced the Polka***. New York: Dial Books, 2004.
- Dillon, Leo and Diane. ***Rap a Tap Tap: Here's Bojangles – Think of That!*** New York: Blue Sky Press, 2002.
- Durango, Julia. ***Cha Cha Chimps***. New York: Simon & Schuster, 2006.
- Jones, Bill T. ***Dance***. New York: Hyperion, 1998.
- Kroll, Virginia. ***Can You Dance, Dalila?*** New York: Simon & Schuster, 1996.
- Lowery, Linda. ***Twist with a Burger, Jitter with a Bug***. Boston: Houghton Mifflin, 1995.
- Pinkney, Andrea and Brian. ***Watch Me Dance***. Ft. Worth, TX: Red Wagon Books, 1997.

BEING A TEAM PLAYER

- Blackstone, Margaret. ***This Is Baseball***. New York: Henry Holt, 1997.
- Carlson, Nancy. ***Making the Team***. Minneapolis: Carolrhoda Books, 1994.
- Eckart, Edana. ***I Can Play Soccer***. New York: Franklin Watts, 2002.
- Reiser, Lynn. ***Play Ball with Me!*** New York: Knopf Books for Young Readers, 2006.
- Stadler, John. ***Hooray for Snail!*** New York: HarperCollins, 1984.

ONLINE RESOURCES

The following web sites provide nutrition information and resources for child care providers as well as adults and the general public. All site addresses are accurate as of April 15, 2009.

You can discover lots more activities, lesson plans, and more by searching for “preschool food pyramid” or “nutrition preschool age”

<http://healthymeals.nal.usda.gov>

Healthy Meals Resource System at the National Agricultural Library Food and Nutrition Information Center.

<http://www.mypyramid.gov/preschoolers/index.html>

<http://www.mypyramid.gov>

MyPyramid guidelines from the US Department of Agriculture.

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<http://www.health.gov/dietaryguidelines/>

Dietary Guidelines for Americans, 2005. US Department of Health and Human Services and the US Department of Agriculture.

<http://www.fightbac.org>

Information to keep food safe from bacteria from the Fight Bac! organization.

<http://www.healthykidschallenge.com>

"...[T]ake action to support kids and families in making healthy eating and physical activity choices" (Healthy Kids Challenge mission statement).

<http://www.cnpp.usda.gov>

Center for Nutrition Policy and Promotion at the US Department of Agriculture.

<http://www.healthfinder.gov>

US Department of Health and Human Services presents the latest news and advice on healthy living in English and Spanish.

<http://tinyurl.com/auxtjc>

This link takes you to the *Team Nutrition* "Resource Library" section for articles on nutrition education for preschoolers

http://www.nal.usda.gov/fnic/pubs/bibs/gen/fun_preschoolers.pdf

The Food and Nutrition Information area of the USDA offers a 25-page downloadable document, a bibliography and links to online booklists and websites. There is some overlap here, duplicating what has already been presented in the "Resources" sections of this document, but it is current (2008) and there are a few new websites which will be of interest.

http://www.educationworld.com/a_lesson/lesson/lesson054.shtml

From Education World, a lesson-planning article entitles "Serve Up Classroom Nutrition Activities!" Some activities may be for children older than preschool age.

http://nti.unc.edu/course_files/curriculum/nutrition/making_food_healthy_and_safe.pdf

Free downloadable resource: Benjamin, SE, ed. *Making Food Healthy and Safe for Children: How to Meet the National Health and Safety Performance Standards—Guidelines for Out-of-Home Child Care Programs*. 2nd ed. National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill, 2007. Text is linked with standards found in *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs*, 2nd ed., 2002.

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap0199_ENU_HTML.htm

Article: "Nutrition Guidance for Healthy Children Aged 2 to 11". *Journal of the American Dietetic Association*, June, 2008.

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<http://www.brightfutures.org/nutrition/pdf/index.html>

Bright Futures at Georgetown University offers *Bright Futures in Action: Nutrition*, a complete book available for download; aimed at parents; lots of background information.

<http://www.healthychild.net/nutritionpub.html>

Read full-text articles from the award-winning publication *Healthy Child Care*.

<http://nccic.acf.hhs.gov/ccb/issue30.html>

Child care providers help children make good food choices. Information from the National Child Care Information Center.

<http://nutrition.preschoolrock.com/>

"...tips for healthy eating, food and nutrient guidelines, preschool recipes, food and nutrition activities and healthy meal and snack ideas."

<http://www.nncc.org/Nutrition/nutrition.pres.html>

The National Network for Child Care presents an informative article: "Nutrition for the Preschool Child".

<http://www.eatsmart.org/>

Two pre-k activities: "Food Match-Up" and "Meet the Five Food Groups" (this activity also in Spanish). From the Washington State Dairy Council.

<http://edtech.kennesaw.edu/web/nutrit.html>

Online nutrition resources, information and lesson plans at the Educational Technology Center at KSU in Georgia.

<http://www.nutritionexplorations.org/educators/main.asp>

Lessons, interactive games and kids' pages (look for "Little D" icon for preschool).

http://www.uen.org/utahlink/lp_res/nutri001.html

Utah Education Network. Two lessons for kindergartners: *What is Nutrition?* and *Breakfast*, as well as links to snack list and recipes.

<http://www.kidsnutrition.org/>

Children's Nutrition Research Center. "Scientific data from the Center will enable healthcare providers and policy advisors to make dietary recommendations that will improve the health of today's children and that of generations to come."

<http://www.cdc.gov/nccdphp/dnpa>

Centers for Disease Control and Prevention, Division for Nutrition, Physical Activity, and Obesity

<http://www.keepkidshealthy.com/preschool/preschoolnutrition.html>

General preschool nutrition article which includes a "what-counts-as-one-serving" section.