



BOOKS ABOUT NUTRITION

Recommendations from the Maine SNAP-Ed Program

The Maine SNAP-Ed program has reviewed and recommends the following books to help children learn about good nutrition and being healthy. For more information or to schedule a nutrition education class, please contact your local Maine SNAP-Ed Nutrition Educator.

Age Group	Title of Book	Author
2- 4 years old	Orange, Pear, Apple Bear	Emily Gravett
2-3 years old	Eating the Alphabet	Louis Ehlert
2-4 years old	Rah, Rah, Radishes!	April Pulley Sayre
2-4 years old	Go, Go, Grapes!	April Pulley Sayre
2-5 years old	Up Down and Around	Katherine Ayres
3 years old +	Too Many Mangos	Tammy Paikai
3-6 years old	One Bean	Anne Rockwell
3-6 years old	Gregory the Terrible Eater	Mitchell Sharmatt
3-7 years old	The Berenstain Bears and Too Much TV	Stan and Jan Berenstain
3-7 years old	Berenstain Bears Forget Their Manners	Stan and Jan Berenstain
3-7 years old	Monsters Don't Eat Broccoli	Barbara Jean Hicks
3-7 years old	Vegetabibbles	Kathryn Warren
4 years old +	The Animal Boogie (CD and Book)	Debbie Harter
4-10 years old	The Farmer	Mark Ludy
4-10 years old	Roots, Shoots, Buckets & Boots	Sharon Lovejoy
4-6 years old	Growing Vegetable Soup	Louis Ehlert
4-7 years old	Tops and Bottoms	Janet Stevens
4-7 years old	The Little Sweet Potato	Amy Beth Bloom
4-8 years old	This is the Farmer	Nancy Tafuri
4-8 years old	How Do Dinosaurs Eat Their Food?	Jane Yolen and Mark Teague
4-8 years old	From the Garden	Michael Dahl
4-8 years old	Growing Colors	Bruce McMillan
4-8 years old	The Magic School Bus Inside the Human Body	Joanna Cole
4-8 years old	Stone Soup	Ann McGovern
4-8 years old	Life Cycle of a Carrot	Linda Tagliaferro
4-8 years old	An Orange in January	Dianna Hutts Aston
4-8 years old	Inch by Inch: The Garden Song	David Mallett
4-8 years old	Sylvia's Spinach	Katherine Pryor
4-9 years old	Gabe's Grocery List	Heidi Shelton Jenck
5 years old +	The Vegetables We Eat	Gail Gibbons
5 years old +	From Seed to Plant	Gail Gibbons
5 years old +	A Fruit is a Suitcase of Seeds	Jean Richards

Age Group	Title of Book	Author
5 years old +	The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear	Don Wood
5-8 years old	Grow It Cook It	DK Publishing
5-9 years old	Handa's Surprise	Eileen Browne
7 years old +	The Monster Healthy Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids	Edward Miller
7-10 years old	The Grapes of Math	Greg Tang
7-11 years old	Blue Potatoes, Orange Tomatoes	Rosalind Creasy
no suggested age	Please Say Please	Margery Cuyler
no suggested age	A Visit to the Farmers' Market	Peggy Sissel-Phelan
no suggested age	Don't Yuck My Yum	Amy Pleimling
no suggested age	Broc and Cara's Picnic Party	Dave A. Allison
no suggested age	The Antelope Who Loved Cantaloupe	Celeste Marie Halata
no suggested age	The Antelope Who Ate Cantaloupe Instead of French Fries	Celeste Marie Halata
no suggested age	Cranberry Thanksgiving	Wende & Harry Devlin
no suggested age	The Boy Who Loved Broccoli	Sarah A. Creighton
no suggested age	Marti and the Mango	Daniel Moreton
no suggested age	Apple vs. Asparagus	Tracy Wainwright
no suggested age	The Strawberry Garden	Lia Yaffe Talmor
Parents	Secrets of Feeding a Healthy Family	Ellyn Satter
Parents	Secrets of Feeding a Healthy Family	Ellyn Satter
Parents	Your Child's Weight: Helping without Harming	Ellyn Satter