# Nutrition

**Teaching Resources Center, Joyner Library**

**A Selective Annotated Selective Bibliography**

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<th>Lexile Score</th>
<th>Title Information</th>
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<td><strong>EASY</strong></td>
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<td>Mama Bear starts a campaign to convince her family that they are eating too much junk food.</td>
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<td>Joe and his mother go to the grocery store and buy everything they need for lunch.</td>
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<td>When her teacher suffers health problems because of her weight, Nikki, who is always getting teased about her size, decides she wants to live a healthier lifestyle.</td>
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<td>A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter.</td>
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<td>Tired of his mother’s homemade lunches but wary of buying school dinners, George is</td>
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thrilled to have his aunt fill his new lunchbox with treats for a week, but on Friday he learns that what tastes good sometimes leads to trouble.


Young Enrique, who loves to eat desserts, learns how to control-- and appreciate-- his sweet tooth, with the help of his mother and El Coco, a fearsome creature with a huge mouth and sticky hair.


Bunny eats some crunchy carrots and celery, and some not-so-crunchy mashed potatoes for lunch.


Benny hates vegetables and eats nothing but hamburgers, until the day his mother's prediction proves true and he turns into a walking, talking--and running--burger.


An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.


Elliot stays with his neighbor, Carmen, after school every day and one afternoon she offers an apple as a snack, guiding him to experience it in a new way that makes it "the most apple-y apple ever".


Eleven-year-old Maria Luz and her family have a small farm in Honduras, but may not have enough food to sustain them for the year, so Maria's father must leave home to find work, leaving her in charge of the garden.

500L Murphy, Stuart J. *Happy, Healthy Ajay!* Watertown, MA: Charlesbridge, 2012.

Ajay learns what he needs to do so he can become healthier and play with his friends.

Stewart's loud, obnoxious sweet tooth constantly gets him into trouble, until Stewart uses a healthy diet to take control of the situation.


Milly and Molly see first-hand how a diet of fresh green beans can contribute to good health. Good nutrition helps make us grow fit and healthy.


A boy grocery shops for nutritious food with his father, and together they cook dinner for the family.


Louise is given all sorts of reasons for eating her peas. Includes suggested learning activities.


When Baxter the pig hears about the joys of Shabbat dinner he tries to become kosher so that he can participate.


Illustrations and simple, rhyming text demonstrate a variety of ways to eat different foods.


Depicts a family of four who make their garden their summer home as they prepare the soil, plant seeds, water the garden, and watch for a harvest of vegetables.

**FICTION**


Fat Angie's sister was captured in Iraq, she's the resident laughingstock at school, and her therapist tells her to count instead of eat. Can a daring new girl in her life really change anything?

Two high school girls, one an anorexic poet and the other an obese loner, form an unlikely friendship.


An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.


Fifteen-year-old Mike desperately attempts to take control as his parents separate and his life falls apart.


A father tells outlandish stories while trying to get his young son, who is a very picky eater, to eat foods he thinks he will not like.


When his parents decide to separate, eighth-grader Donnie watches with horror as the physical condition of his sixteen-year-old sister, Karen, deteriorates due to an eating disorder.

**NONFICTION**


Depicts children eating and preparing healthy food and provides tips for parents on choosing healthier options.


A picky eater learns about healthy food choices, visits the supermarket, and prepares a delicious snack.
This title provides an educational introduction to the five food groups, appropriate serving sizes, and how to eat a balanced and nutritious diet.

Relevant images match informative text in this introduction to healthy eating. Intended for students in kindergarten through third grade.

From breakfast to dinner and everything in between, this title offers eager readers a fun look at energy balance. Bright, colorful photos will entice readers as they learn how to read nutrition labels and use serving sizes. Readers will also gain an understanding of the Food Guide Pyramid and ways to balance their energy in and energy out.

Describes the benefits, challenges, and steps to switching to a vegetarian diet.

An introduction to healthy eating habits, including the food pyramid, basic nutrition, and tips on making healthy choices.

Provides an overview of nutrition, discussing the effects of nutrients on the human body, the prevention and treatment of diseases, and nutrition-related disorders.

Describes why, what, and how much we need to eat and the different ways it all affects the human body. As readers use scientific inquiry to learn what it is about different foods that influences your health, an activity based on real world situations challenges them to apply what they've learned in order to solve a puzzle.
Your diet is important for lots of reasons. A healthy diet helps your inside organs work better. It helps you think better. It even helps you feel happier. This book will tell how to eat a balanced diet—because you're worth it!

Introduces readers to the food groups, how to maintain a healthy diet by eating the right mix of foods from them, and which foods to only eat sparingly.

Simple text and illustrations present MyPlate and examples of healthy snack choices.

PROFESSIONAL


