



Action Schools! BC

Healthy Living Booklist – K to 7

English and French ■ Contact your local or online bookstore to order.

ENGLISH

■ **A Stick is an Excellent Thing**

Singer, Marilyn

A collection of poems celebrating outdoor play.

SUGGESTED AGES: 4 TO 8

■ **Alfabet A to Z: The Wonderful Words of Agriculture**

Watterson, Carol

A BC Agriculture in the Classroom Foundation resource (www.aitc.ca/bc)

Agriculture and literacy come together to invite new and emerging readers to discover agriculture words. Through language and pictures new readers will discover many new sights, sounds, smells and flavours from agriculture and in turn learn how agriculture enriches and nourishes their own lives and that of their community.

SUGGESTED AGES: 4 TO 8

■ **All About Fruit** (available in French)

Parker, Vic

Did you know that fruit contains seeds that can grow into new plants? Or that oranges are good for your eyes and skin? From growing it to eating it, find out all about your favourite food. With delicious recipes, hands-on activities and need-to-know information about how your meal gets to your table, you'll be a clued-up foodie in no time!

SUGGESTED AGES: 5 TO 8



■ **All About Vegetables** (available in French)

Parker, Vic

Did you know that onions and potatoes grow underground? Or that green vegetables such as broccoli are good for your brain? From growing it to eating it, find out all about your favourite food. With delicious recipes, hands-on activities and need-to-know information about how your meal gets to your table, you'll be a clued-up foodie in no time!

SUGGESTED AGES: 5 TO 8

■ **All Our Fruits and Vegetables**

Duyff, Roberta and McKissack, Patricia

This is a story about fun nutrition activities that can be done in the classroom from growing and tasting to class field trips.

SUGGESTED AGES: 4 TO 8

■ **Apple Fractions** (available in French)

Pallotta, Jerry

Seven varieties of apples are cut into pieces in order to help young people understand fractions.

SUGGESTED AGES: 4 TO 8

■ **Apples, Apples, Apples**

Wallace, Nancy Elizabeth

The story of the bunny family's outing to the apple orchard. All aspects of picking your own apples are presented. Information about apples is presented through the apple farmer. Includes recipe, song, and craft.

SUGGESTED AGES: 4 TO 8

■ **Burp! The Most Interesting Book You'll Ever Read About Eating**

Swanson, Diane

This unique series explores the mysteries of the human body using an exciting mix of thoroughly researched information, amazing anecdotes and surprising try-it activities. In Burp!, kids discover all kinds of fascinating facts about food and eating, such as what food is made of, how your body breaks it down, why you have cravings, how sight and smell affect what you taste and lots more.

SUGGESTED AGES: 7 TO 12

■ **Choose Good Food! My Eating Tips**

Bellisario, Gina

Lucas learns about healthy foods when he goes to the supermarket with his dad.

SUGGESTED AGES: 5 TO 7

■ **D.W. Flips!**

Brown, Marc

D.W. has difficulty learning how to somersault in her gymnastics class. After a week of practice D.W. is able to master the forward somersault.

SUGGESTED AGES: 4 TO 7

■ **D.W. The Picky Eater**

Brown, Marc Tolon

Arthur the aardvark's sister is a picky eater. The family leaves her at home when they go out to eat. D.W. decides she might be missing something good by being so picky.

SUGGESTED AGES: 4 TO 8

■ **Do Princesses Scrape Their Knees?**

LaVigna Coyle, Carmela

The story of a princess who always tries her best when being physically active, even if she misses a basket, scrapes her knees or falls. Trying and fun are emphasized as the most important part of physical activity.

SUGGESTED AGES: 4 TO 7

■ **Eating the Alphabet**

Ehlert, Lois

This beautifully illustrated book introduces students to vegetables and fruit, while learning the alphabet. Also included at the back of the book is the origin and history of each of the vegetables and fruits in the book.

SUGGESTED AGES: 4 TO 8

■ **From Head to Toe**

Carle, Eric

Creatures explore and try the various ways animals move from head to toe.

SUGGESTED AGES: 2 TO 6

■ **Fruit Facts**

Taylor, Steve

Includes many facts like fruit grows in many different places, farmers pick and gather fruit so that we can buy it in stores, and fruit is good for you! With full colour photos and simple text, readers are shown where fruit comes from.

SUGGESTED AGES: 4 TO 8

■ **Giraffes Can't Dance**

Andreae, Giles and Parker-Rees, Guy

Gerald has always wanted to dance, but his legs are too skinny and knees too crooked. With some encouragement from a cricket, Gerald starts moving to his own tune and leaves the other animals in awe.

SUGGESTED AGES: 4 TO 8

■ **Green Eggs and Ham** (available in French)

Dr. Suess

Describes a dish that does not appear to be that appetizing, but once it is tried, it becomes a favourite.

SUGGESTED AGES: 4 TO 8

■ **Gregory, the Terrible Eater**

Sharmat, Mitchell

Gregory the goat wants to only eat good food like vegetables and his parents are worried since he will not eat tin cans.

SUGGESTED AGES: 4 TO 8

■ **Growing Colors**

McMillan, Bruce

From green peas to red raspberries, from vegetables that grow in the ground to fruits that grow above the ground, a magnificent garden of colour and growth awaits.

SUGGESTED AGES: 3 TO 8

■ **Growing Vegetable Soup**

Ehlert, Lois

This colourful juvenile work relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. Recipes for vegetable soup are included.

SUGGESTED AGES: 4 TO 8

■ **Goal!**

Taylor, Sean and Vilela, Caio

Celebrate how soccer encourages everyone, everywhere to play. Explore how soccer is played around the world through pictures and text.

SUGGESTED AGES: 4 TO 8

■ **Happy, Healthy Ajay!**

Murphy, Stewart

To stay strong and healthy Ajay learns that he should stay active, eat healthy meals and drink lots of water. Children can follow along as Ajay and his friends learn how and why it is important to stay healthy.

SUGGESTED AGES: 4 TO 7

■ **How Did That Get In My Lunchbox?
The Story of Food**

Gaggiotti, Lucia

Take a trip to the farms, dairies and factories where the delicious food in your lunchbox comes from.

SUGGESTED AGES: 5 TO 9

■ **How Do Apples Grow?**

Maestro, Betsy

This book follows the lifecycle of the apple introducing science concepts along the way. Learn about the function of each of the apple blossom parts and how the blossom eventually produces an apple.

SUGGESTED AGES: 8 TO 10

■ **How to Make an Apple Pie
and See the World**

Priceman, Marjorie

Since the market is closed, the reader is led around the world to gather the ingredients for making apple pie. The recipe is included.

SUGGESTED AGES: 4 TO 8

■ **It's a Fruit, It's a Vegetable,
It's a Pumpkin**

Fowler, Allan

Did you know that a pumpkin is a fruit? This book follows a pumpkin from the pumpkin patch to the table, where it can be eaten as a fruit in pie, or as a vegetable in soup.

SUGGESTED AGES: 5 TO 8

■ **Knees Lifted High**

Perez, Georgia

A National Aboriginal Diabetes Association resource (www.nada.ca)

Book 2 of the Eagle Books series, written as culturally and age appropriate resources for educating children about the benefits of healthy eating and physical activity. Knees Lifted High teaches children different ways to stay active and that by being active they can prevent Type 2 diabetes.

SUGGESTED AGES: 4 TO 8

■ **Lunch**

Fleming, Denise

Children will learn about different vegetables and fruits as a hungry little mouse eats his way through a colourful lunch.

SUGGESTED AGES: 4 TO 8

■ **Max the Champion**

Stockdale, Sean and Strick, Alexandra

Max loves sport and dreams of being a world-class athlete. A variety of sports and para-sports that Max dreams of competing in are presented.

SUGGESTED AGES: 4 TO 8

■ **Move Your Body! My Exercise Tips**

Bellisario, Gina

Learn about stretching, anaerobic and aerobic exercises with Natalie and her friends as they prepare for Field Day.

SUGGESTED AGES: 5 TO 7

■ **My Dad is a Pretzel**

Baptiste, Baron

A child explores nine poses his dad does as a yoga instructor and how the poses relate to other careers. Step-by-step instructions are provided for the kid friendly yoga poses introduced in the story.

SUGGESTED AGES: 4 TO 7

■ **Oliver's Fruit Salad**

French, Vivian and Bartlett, Alison

Oliver's grandfather grows fruit tastier than from a can or bottle. But it doesn't mean Oliver will eat any. It takes his clever grandparents to get him to try fruit salad and it's yummy!

SUGGESTED AGES: 4 TO 8



■ **Oliver's Vegetables**

French, Vivian and Bartlett, Alison

Refusing to eat any vegetables that are not french fries, Oliver visits his grandfather and is amazed at the wide variety of vegetables that grow in his garden, and eating vegetables soon becomes a game.

SUGGESTED AGES: 4 TO 8

■ **Our Healthy Journey: A Collection of First Nations Children's Perspectives**

Designed to introduce health issues to First Nations children. Promotes an understanding of health that encompasses the holistic and balanced development of individuals and communities and highlights ways to be healthy using a variety of examples from the four seasons. Young artists share their perspectives on health.

SUGGESTED AGES: 6 TO 10

■ **Over at the Rink**

Grasso, Stella Partheniou

The story follows an outdoor hockey game that has the whole town enjoying some hockey fun. Can also be sung as a song.

SUGGESTED AGES: 4 TO 7

■ **Plate Full of Colour**

Perez, Georgia

A National Aboriginal Diabetes Association resource (www.nada.ca)

Book 3 of the Eagle Books series, written as culturally and age appropriate resources for educating children about the benefits of healthy eating and physical activity. Plate Full of Colour follows a young boy as he learns the importance of caring for Mother Earth, trying different vegetables and fruit, and healthy snacking.

SUGGESTED AGES: 4 TO 8

■ **Potatoes on Rooftops: Farming in the City**

Dyer, Hadley

This book explains how farming in the city is fun and important for maintaining a healthy planet. Learn about ways to grow food in cities, greenhouses, composting and innovative gardening ideas.

SUGGESTED AGES: 10 TO 16

■ **Pumpkin Circle: The Story of a Garden**

Levenson, George

The development of a pumpkin seed into a pumpkin, jack-o'-lantern, and completing the circle, back to seed again, is the subject of this colourful book.

SUGGESTED AGES: 5 TO 7

■ **Pumpkin Soup**

Cooper, Helen

In this funny and original story a duck, a squirrel and a cat discover the ups and downs of friendship and sharing as they work together to make Pumpkin Soup. Also see the other books in the series.

SUGGESTED AGES: 4 TO 8

■ **Rabbit Food**

Gretz, Susanna

This is an entertaining twist on the fussy eater theme. Children will learn that even adults can be fussy eaters, and how important it is to try some of everything.

SUGGESTED AGES: 4 TO 8

■ **Run and Hike, Play and Bike: What is Physical Activity?**

Cleary, Brian P.

Explore different ways the body can use energy and how physical activity can act as a stress release.

SUGGESTED AGES: 4 TO 7

■ **Shake My Sillies Out**

Raffi

A song to read that encourages moving, clapping and wiggling around. Sheet music is provided at the end of the book.

SUGGESTED AGES: 3 TO 7

■ **Sheep Take a Hike**

Shaw, Nancy

Go on a hiking adventure in the great outdoors with the use of a compass and a flock of sheep.

SUGGESTED AGES: 4 TO 7

■ **Snow Day!**

Zimmermann, Werner

Experience the fun activities that take place on a snow day as children make snow angels, shovel, build forts and play games in the snow.

SUGGESTED AGES: 4 TO 8

■ **Stone Soup**

Muth, Jon

"Stone Soup" has its traditional roots in European folklore. Three monks travel along a mountain road trying to discover what makes one happy when they come upon a village. The villagers do not like visitors and close their doors to the monks. When the monks entice them to make soup from stones, they learn that they have a lot to offer each other. This is a fun story that links food to family.

SUGGESTED AGES: 4 TO 8

■ **Stretch**

Cronin, Doreen and Menchin, Scott

Can you stretch to the ceiling? Can you stretch to the floor? Stretch in a variety of different ways as you read about a dog's stretching adventures. Also see the books *Wiggle and Bounce*.

SUGGESTED AGES: 3 TO 6

■ **Sylvia's Spinach**

Pryor, Katherine

Sylvia doesn't like to eat spinach until she grows it from a seed in her school garden.

SUGGESTED AGES: 5 TO 7

■ **The Berenstain Bears and Too Much TV**

Berenstain, Stan and Berenstain, Jan

When the Berenstain Bears spend a week without TV they learn to spend more time outdoors playing, riding bikes and talking with each other.

SUGGESTED AGES: 4 TO 7

■ **The Berenstain Bears Go Out for the Team**

Berenstain, Stan and Berenstain, Jan

Sister and Brother Bear try out for the local baseball team and learn about the transition from recreation to competitive sport.

SUGGESTED AGES: 4 TO 7

■ **The Busy Body Book:
A Kid's Guide to Fitness**

Rockwell, Lizzy

Learn how muscles, bones and other organs help our bodies to stay busy each day in order to be strong, healthy and happy. A reading guide for parents, teachers, and community coordinators available at www.rif.org.

SUGGESTED AGES: 4 TO 8

■ **The Fruit Flies' Picnic**

Stefancin, Kathleen

Join the fruit flies as they gather a feast of fruits in all shapes and sizes for their afternoon picnic. Learn about different colours of fruit and why they are good for you!

SUGGESTED AGES: 4 TO 8

■ **The Gigantic Turnip**

Tolstoy, Aleksei and Sharkey, Niamh

A traditional tale from Russia of an elderly farm couple who end up enlisting the aid of their farm animals to help get their gigantic turnip out of the ground.

SUGGESTED AGES: 4 TO 8

■ **The Kids' Multicultural Cookbook:
Food & Fun Around the World**

Cook, Deanna

Includes 50 great multicultural dishes and also introduces real children from Asia, Europe, and Africa. This book is a bountiful international experience with food as the common bond. Recipes, illustrations and photos included.

SUGGESTED AGES: 9 TO 12

■ **The Listening Walk**

Showers, Paul

Experience a mindful walk through parks and towns. Put on your socks and shoes and learn about all of the sounds and sights that occur on a walk.

SUGGESTED AGES: 4 TO 8

■ **The Multicultural Cookbook for Students**

Albyn, Carole and Webb, Lois

Interesting and authentic recipes for cooks of all ages.

SUGGESTED AGES: 9 TO 12

■ **The Pumpkin Blanket**

Deborah Turney Zagwijn

This is a story of Clee, born to a remote farming couple in the season of The Northern Lights, and given a special blanket by the wind. Clee cherishes her blanket: it speaks to her of friends, and love and serenity and dreams. But one day, something else needs the blanket's protection – and Clee is old enough and wise enough to let it go without regret.

SUGGESTED AGES: 4 TO 8

■ **The Pumpkin Book**

Gibbons, Gail

Learn everything there is to know about pumpkins from the seed to harvest!

SUGGESTED AGES: 4 TO 8

■ **The Science Chef Travels Around the World:
Fun Food Experiments and Recipes for Kids**

D'Amico, Joan and Drummond, Karen Eich

Introduces fourteen countries (including Canada, Mexico, and Brazil), describes an experiment related to some basic food ingredient typical for each country, and provides a recipe for a complete meal based on each food.

SUGGESTED AGES: 9 TO 12

■ **The Ugly Vegetables**

Lin, Grace

A girl and her mother plant Chinese vegetables in a neighbourhood where everyone else grows flowers. The girl thinks their plants are ugly compared to flowers, but soon learns that vegetables can make a very delicious soup, one that the whole neighbourhood wants to try. Soon everyone is growing Chinese vegetables as well as flowers. A recipe for "Ugly Vegetable Soup" is included.

SUGGESTED AGES: 6 TO 10

■ **The Vegetable Alphabet Book**

Jerry Pallotta, Bob Thomson, Edgar Stewart

Common and not-so-common vegetables are introduced. Learn about fiddleheads, munchkin pumpkins, sweet peas, walla wallas, and more. This informative book also includes a brief introduction to soil preparation and seed planting.

SUGGESTED AGES: 4 TO 8

■ **The Vegetables We Eat**

Gibbons, Gail

An introduction to vegetables, aimed at the picture-book crowd, containing facts, pictures of small and large scale production, families enjoying vegetables in different ways, and veggie trivia.

SUGGESTED AGES: 4 TO 8

■ **The World in Your Lunch Box**

Eamer, Claire

Explore the history and science behind the foods eaten for lunch over the course of a week. Short stories and facts about the foods we eat.

SUGGESTED AGES: 8 TO 13

■ **Tops & Bottoms**

Stevens, Janet

Readers learn about different vegetable parts as a clever hare out-smarts a lazy bear who sleeps through every planting season.

SUGGESTED AGES: 4 TO 8

■ **Tricky Treats**

Perez, Georgia

A National Aboriginal Diabetes Association resource (www.nada.ca)

The fourth book in the Eagle Books series, written as culturally and age appropriate resources for educating children about the benefits of healthy eating and physical activity. The book follows a young boy and his friends as they learn the difference between everyday foods and sometimes foods.

SUGGESTED AGES: 4 TO 8

■ **Tumble Bunnies**

Lasky, Katherine

Clyde is worried about the upcoming Sports Spectacular since he is not very good at team sports. Clyde is introduced to tumbling and learns that he enjoys competing in an individual sport.

SUGGESTED AGES: 4 TO 7

■ **Vegetable Soup: The Nutritional ABC's and The Fruit Bowl: A Contest Among the Fruit**

Warren, Dianne

Two picture books in one which introduce children to the connection between what they eat and how they look, feel, and perform.

SUGGESTED AGES: 4 TO 8

■ **Vegetables and How They Grow**

Robbins, Eliza

Readers will learn that vegetables can be the seeds, roots, flowers, stems or leaves of plants. With full colour photos and simple text, readers are shown where vegetables come from.

SUGGESTED AGES: 4 TO 8

■ **Wallie Exercises**

Ettinger, Steve

Wallie goes on an adventure with his friend where he learns that everyone exercises differently and finds his own way to move.

SUGGESTED AGES: 4 TO 8

■ **When We Go Walking**

Best, Cari

The things to see as you go for a walk at different times of the year. You never know what you will find when you go walking.

SUGGESTED AGES: 4 TO 8

■ **You Are Healthy**

Snow, Todd

Learn about all of the things that make and keep you healthy.

SUGGESTED AGES: 5 TO 7



■ **Fruits et Légumes (Fruit and Vegetables)**

(available in French only)

Hédelin, Pascale

Fruit ou légume: quelle est la différence? D'où viennent les légumes que tu manges? Comment les cultive-t-on, et quel chemin doivent-ils emprunter du champ à ton assiette? Pourquoi ne trouves-tu pas tes fruits préférés toute l'année? Ont-ils tous des pépins ou un noyau? Ils n'auront bientôt plus de secrets pour toi. Pour partir à la découverte des fruits et légumes: un livre à raconter comme une histoire et à regarder comme un documentaire.

Fruit or vegetable: What is the difference? Where do the vegetables you eat come from? How do they grow, and what path does it take from the field to your plate? Why can't you find all of your favourite fruits year round? Do they all have seeds or a pit? Soon, all these secrets will be revealed. Explore fruits and vegetables with this book which is told like a story.

SUGGESTED AGES: 7 TO 10

■ **Les Citrouilles (The Pumpkins)**

(available in French only)

Berger, Melvin and Gilda

L'automne est la saison des citrouilles! Lis ce livre et découvre les citrouilles.

Autumn is the time for pumpkins! Read this book and discover pumpkins.

SUGGESTED AGES: 4 TO 6

■ **Fractions De Pommes (Apple Fractions)**

(available in English and French)

Pallotta, Jerry

Sept variétés de pommes se laissent découper afin d'aider les jeunes à comprendre les fractions.

SUGGESTED AGES: 4 TO 8

■ **De la grain à la plante (From the Seed to the Plant)**

(available in French only)

Berger, Melvin and Gilda

Avec de l'eau, de l'air et du soleil, les graines poussent pour devenir des plantes de toutes sortes. Certaines vont fleurir et produire d'autres graines ou même des fruits. Tout indiqués pour les lecteurs débutants.

With water, air and sun, the seeds grow to become all kinds of plants. Some will flower and produce other seeds or even fruit. Especially for beginning readers.

SUGGESTED AGES: 4 TO 8

■ **Les oeufs verts au jambon (Green Eggs and Ham)**

(available in French and English)

Dr. Suess

Décrit un plat qui ne semble pas être délicieux, mais une fois qu'il est dégusté, le plat devient un favori.

SUGGESTED AGES: 4 TO 8

■ **Tout sur les fruits (All About Fruit)**

(available in French and English)

Parker, Vic

Savais-tu que les fruits contiennent des graines qu'on peut planter pour faire pousser une nouvelle plante? Savais-tu que les oranges sont excellentes pour les yeux et la peau?

SUGGESTED AGES: 5 TO 8

■ **Tout sur les légumes (All About Vegetables)**

(available in French and English)

Parker, Vic

Savais-tu que les pommes de terre et les oignons poussent sous la terre? Savais-tu que les légumes verts, comme le brocoli, sont excellents pour le cerveau?

SUGGESTED AGES: 5 TO 8

■ **Tutti-frutti**

(available in French only)

Richet, Béatrice and Vogel, Vinicius

Tutti-Frutti est une petite fille qui adore les parfums de fruits! Il y en a de toutes sortes dans chacun des produits qu'elle utilise pour son hygiène quotidienne. Une histoire qui aide l'enfant à comprendre l'importance d'une hygiène quotidienne et les conséquences de ses choix personnels sur sa santé et son bien-être.

Tutti-Frutti is a little girl who loves the essences of fruit! There are many of them in all of her daily cleansing products. A story that helps children to understand the importance of daily hygiene and the consequences of personal choice on one's health and well-being.

SUGGESTED AGES: 4 TO 6

■ **Une drôle de cuisinier (A Strange Cook)**

(available in French only)

Richet, Béatrice and Caron, Romi

Le jeune héros de cette histoire est un drôle de cuisinier! Il aime autant mélanger les goûts que les couleurs, comme le jaune des bananes avec le vert des concombres. Une histoire humoristique qui aide l'enfant à reconnaître l'importance sur sa santé d'une alimentation variée et équilibrée.

The young hero of this story is a strange cook! He loves mixing colours as much as he loves mixing tastes, like the yellow from bananas with the green of cucumbers. A funny story that helps children recognize the important health benefits of a varied and balanced diet.

SUGGESTED AGES: 4 TO 6

