

Children's Literature about Health, Nutrition, and Safety

Melissa Ann Renck and Mary Renck Jalongo, Compilers

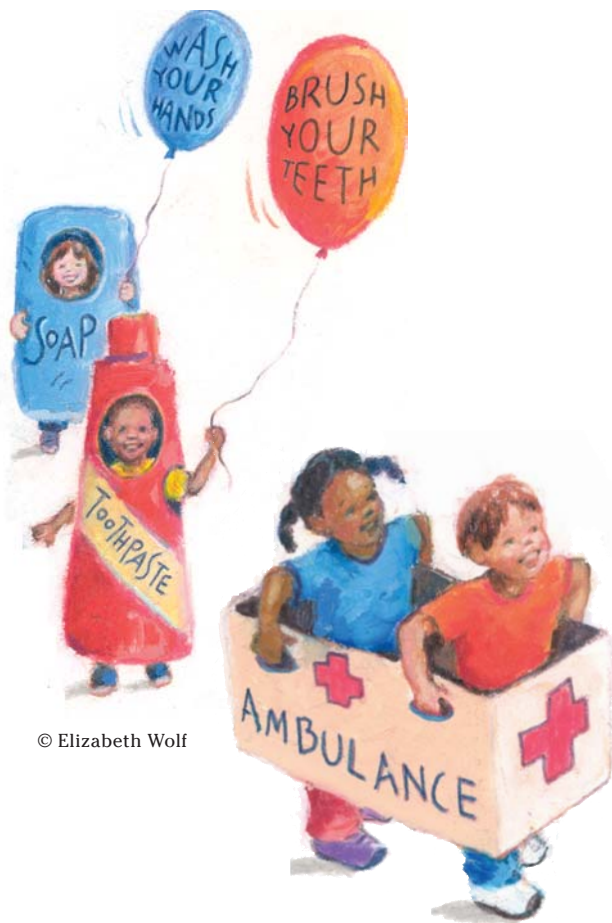
CHILD CARE AND HEALTH

Fiction Picture Books

- Brown, M. 1983. *Arthur's eyes*. (Book and cassette.) Boston: Little, Brown
- Carle, E. 1997. *From head to toe*. New York: HarperCollins.
- Mayer, G. 1998. *This is my body*. New York: Golden.
- Newcome, Z. 1999. *Toddlerobics*. Cambridge, MA: Candlewick.

Nonfiction Picture Books

- Aliki. 1989. *My five senses*. New York: Crowell.
- Aliki. 1992. *My feet*. New York: HarperCollins.
- Balestrino, P. 1999. *The skeleton inside you*. New York: Crowell.
- Civardi, A. 1994. *Going to the hospital*. Tulsa, OK: EDC.
- Cole, J. 1998. *Your insides*. (Rev. ed.) New York: Morrow.
- Cole, J. 1993. *How you were born*. New York: Morrow.
- Feeney, K. 2001. *Get moving: Tips on exercise*. Mankato, MN: Bridgestone.
- Frost, H. 1999. *Your senses*. (Series.) Mankato, MN: Pebble.
- Hatkoff, J. 2001. *Good-bye tonsils!* New York: Viking.
- Oxenbury, H. 1995. *I hear; I see; I touch*. (3-book set.) Cambridge, MA: Candlewick.
- Perols, S. 1996. *The human body: A first discovery book*. New York: Cartwheel.
- Priddy, R. 2001. *Baby's book of the body*. New York: Dorling Kindersley.
- Rice, C., & M. Rice. 2001. *My first body book*. New York: Dorling Kindersley.
- Rosoff, I., S. Awan, & H. Melville. 2000. *My first body board book*. New York: Dorling Kindersley.
- Showers, P. 2001. *Hear your heart*. New York: HarperCollins.
- Showers, P. 1997. *Sleep is for everyone*. New York: HarperCollins.
- Simon, S. 1999. *The brain: Our nervous system*. New York: Mulberry.
- Simon, S. 1999. *The heart: Our circulatory system*. New York: Mulberry.
- Simon, S. 1998. *Bones: Our skeletal system*. New York: Morrow Junior.



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From S.S. Aronson, ed., *Healthy Young Children: A Manual for Programs*, 4th ed., (Washington, DC: NAEYC, 2002), 200.

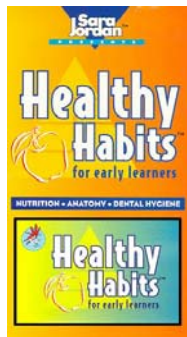
- Swain, G. 2002. *Get dressed*. Minneapolis: First Avenue.
- Sweeney, J. 2000. *Me and my amazing body*. Sparks, OK: Dragonfly.
- Thomas, P. 2002. *Don't call me special: A first look at disability*. New York: Barron's.
- Thomas, P. 2002. *My amazing body: A first look at health and fitness*. New York: Barron's.

Thematic Bookpacks

- Bedtime routines. *Bedtime Preschool Discovery Pack*. Madison, WI: Demco.
- Physical activity. *Kids on the Go Preschool Discovery Pack*. Madison, WI: Demco.
- Hearing impairments. *Sign Language Primary Discovery Pack*. Madison, WI: Demco.

Book and Audiocassette

- Marshall, R., & S. Jordan. 2001. *Healthy habits for early learners*. (Song collection.) Niagara Falls, NY: Sara Jordan.



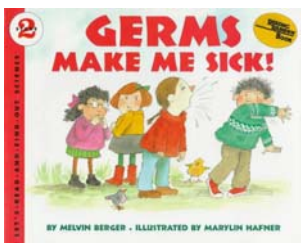
INFECTIOUS DISEASE, SANITATION, AND HYGIENE

Fiction Picture Books

- Brandenberg, F. 1976. *I wish I was sick too!* New York: Greenwillow.
- Brown, A. 1994. *Arthur's chickenpox*. Boston: Little, Brown.
- Cole, B. 1994. *Dr. Dog*. New York: Knopf.
- Cousins, L. 2000. *Maisy takes a bath*. Cambridge, MA: Candlewick Press.
- Garelli, C. 2000. *Farm friends clean up*. New York: Crown.
- Ross, T. 2000. *Wash your hands!* Brooklyn, NY: Kane/Miller.
- Slate, J. 2000. *Miss Bindergarten stays home from kindergarten*. New York: Dutton.
- Smith, D. 2000. *Dear Daisy, get well soon*. New York: Crown.
- Swain, G. 2002. *Wash up*. Minneapolis: First Avenue.
- Ziefert, H. 1993. *Harry takes a bath*. (Rev. ed.) New York: Puffin.

Nonfiction Picture Books

- Berger, M. 1995. *Germs make me sick!* New York: HarperCollins.
- Berger, M. 2000. *Why I sneeze, shiver, hiccup, & yawn*. New York: HarperCollins.
- Caffey, D. 2002. *Yikes—Lice!* Morton Grove, IL: Albert Whitman.
- Katz, B. 1996. *Germs! Germs! Germs!* New York: Scholastic.



- Rice, J.A. 1999. *Those mean nasty dirty downright disgusting but invisible germs*. Minneapolis: Carolrhoda.

PREVENTING INJURIES AND SAFETY ISSUES

Fiction Picture Books

- Beck, A. 1998. *Elliot's emergency*. Toronto, CAN: Kids Can Press.
- Bond, M. & K. Jankel. 2001. *Paddington Bear goes to the hospital*. New York: HarperCollins.
- Cuyler, M. 2001. *Stop drop and roll*. New York: Simon & Schuster.
- Fink, C., & M. Marxer. 1998. *Help yourself! Safety and self-esteem songs for young children*. (Audio CD.) Boston: Rounder Select.
- Gutman, A. 2001. *Gaspard in the hospital*. New York: Knopf.
- Joyce, I. 2000. *Never talk to strangers: A book about personal safety*. New York: Golden.
- Moore, E. 2000. *Franklin's bicycle helmet*. New York: Scholastic.
- Pendziwol, J. 1999. *No dragons for tea: Fire safety for kids*. Toronto, CAN: Kids Can Press.
- Rathmann, P. 1995. *Officer Buckle and Gloria*. New York: Putnam.
- Zonta, P. 2002. *Jessica's X-ray*. New York: Firefly.

Nonfiction Picture Books

- Brown, M. 1984. *Dinosaurs, beware! A safety guide*. Glenview, IL: Scott Foresman.
- Cole, J. 1985. *Cuts, breaks, bruises, and burns: How your body heals*. New York: Crowell.
- Cole, J. 1990. *The magic school bus: Inside the human body*. New York: Scholastic.
- Gibbons, G. 1987. *Fire! Fire!* New York: HarperCollins.
- Girard, L. 1992. *My body is private*. Morton Grove, IL: Albert Whitman.
- McGinty, A. 1999. *Staying healthy: personal safety*. New York: Franklin Watts.
- Mattern, J. 2000. *Safety first*. (Series.) Edina, MN: ABDO.
- Loewen, N. 1996. *Safety sense*. (Series.) New York: Child's World.



NUTRITION

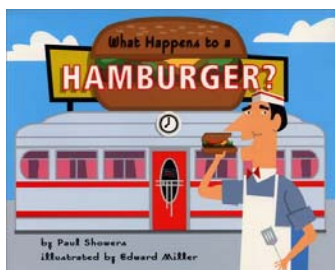
Fiction Picture Books

- Carle, E. 1969. *The very hungry caterpillar*. New York: Putnam.
- Child, L. 2000. *I will never not ever eat a tomato*. Cambridge, MA: Candlewick.
- Degen, B. 1985. *Jamberry*. New York: HarperTrophy.

- Dooley, N. 1992. *Everybody cooks rice*. Glenview, IL: Scott Foresman.
- Dooley, N. 1996. *Everybody bakes bread*. Minneapolis, MN: Carolrhoda.
- Ehlert, L. 1987. *Growing vegetable soup*. New York: Harcourt.
- Gray, K. 2000. *Eat your peas*. New York: Dorling Kindersley.
- Hayes, S. 1994. *Eat up, Gemma!* New York: Mulberry.
- Landy, S. 2000. *Blue's snack party*. New York: Simon Spotlight.
- Sharmat, M. 1980. *Gregory, the terrible eater*. New York: Simon & Schuster.

Nonfiction Picture Books

- Aliki. 1987. *Corn is maize: The gift of the Indians*. New York: Crowell.
- Bagley, K. 2001. *Tips for good nutrition*. Mankato, MN: Bridgestone.
- Braman, A.N. 2000. *Kids around the world cook! The best foods and recipes from many lands*. New York: Wiley.
- Dalton, C. 2000. *Avoid fatty foods*. Vero Beach, FL: Rourke.
- Dalton, C. 2000. *Drink more water*. Vero Beach, FL: Rourke.
- Dalton, C. 2000. *Eat carbohydrates that grow*. Vero Beach, FL: Rourke.
- Dalton, C. 2000. *Eat power proteins*. Vero Beach, FL: Rourke.
- Dalton, C. 2000. *Keep cholesterol low*. Vero Beach, FL: Rourke.
- Dalton, C. 2000. *Love my vitamins*. Vero Beach, FL: Rourke.
- D'Amico, J. 1999. *The healthy body cookbook: Over 50 fun activities and delicious recipes for kids*. New York: John Wiley & Sons.
- De Paola, T. 1988. *The popcorn book*. New York: Holiday House.
- Frost, H. 2000. *The food guide pyramid*. (Series.) Mankato, MN: Pebble.
- Gibbons, G. 1985. *The milk makers*. New York: Macmillan.
- Klingel, C. 2002. *Let's read about food*. (Series.) Milwaukee: Gareth Stevens.
- Landau, E. 2001. *Tasty treats*. (Series.) Vero Beach, FL: Rourke.
- Leedy, L. 1994. *The edible pyramid*. New York: Holiday House.
- Morris, A. 1993. *Bread, bread, bread*. New York: Lothrop, Lee, & Shepard.
- Pickering, R. 2000. *Good food*. (Series.) New York: Children's Press.
- Richard, D. 1997. *My whole food ABC's*. Bloomington, IL: Vital Health.
- Rockwell, L. 1999. *Good enough to eat: A kid's guide to food and nutrition*. New York: HarperCollins.



- Showers, P. 2001. *What happens to a hamburger?* New York: HarperCollins.
- Swain, G. 1999. *Eating*. (Small World Series.) Minneapolis, MN: Carolrhoda.

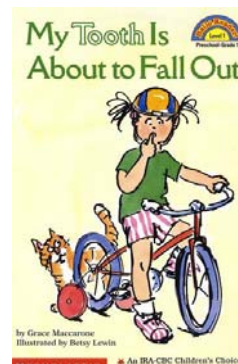
Thematic Bookpack

- Foods and food preparation. *Cooking Primary Discovery Pack*. Madison, WI: Demco.

ORAL HEALTH

Fiction Picture Books

- Brown, M. 1985. *Arthur's tooth*. Boston: Atlantic Monthly.
- Langreuter, V. 1997. *Little Bear brushes his teeth*. Brookfield, CT: Millbrook.
- MacCarone, G. 1995. *My tooth is about to fall out*. New York: Scholastic.
- McPhail, D.M. 1988. *The bear's toothache*. Boston: Little, Brown.
- Middleton, C. 2001. *Tabitha's terrifically tough tooth*. New York: Phyllis Fogelman.
- Munsch, R. 1999. *Andrew's loose tooth*. New York: Scholastic.
- Rice, J.A. 1997. *Those icky stick smelly cavity causing but invisible germs*. Mt. Rainier, MD: Gryphon House.
- Sage, A. 2001. *Molly at the dentist*. Atlanta, GA: Peachtree.



Nonfiction Picture Books

- Frost, H. 1999. *Dental health*. (Series.) Mankato, MN: Pebble.
- Keller, L. 2000. *Tooth school inside*. New York: Henry Holt .

Thematic Bookpack

- Dental care. *Teeth Primary Discovery Pack*. Madison, WI: Demco.

Mental Health

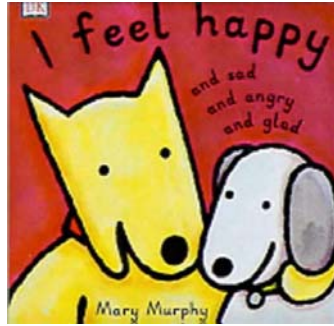
Fiction Picture Books

- Aliki. 1984. *Feelings*. New York: Greenwillow.
- Carlson, N. 1997. *ABC I like me!* New York: Puffin.
- Carlson, N. 1988. *I like me!* New York: Viking.
- Curtis, J. 1998. *Today I feel silly and other moods that make my day*. New York: HarperCollins.
- Modesitt, J. 1992. *Sometimes I feel like a mouse: A book about feelings*. New York: Scholastic.

Murphy, M. 2000. *I feel happy and sad and angry and glad*. New York: Dorling Kindersley.

Nonfiction Picture Books

Avery, C. 1992. *Everybody has feelings: Todos tenemos sentimientos*. Seattle, WA: Open Hand.
Cain, J. 2000. *The way I feel*. Seattle, WA: Parenting.



Hausman, B. 1999. *A to Z do you ever feel like me?* New York: Dutton.

Swain, G. 1999. *Smiling*. (Small World Series.) Minneapolis: Carolrhoda.

Thematic Bookpacks

Sharing. *The Rainbow Fish Preschool Discovery Pack*. Madison, WI: Demco.
Adaptability. *Stellaluna Preschool Discovery Pack*. Madison, WI: Demco.
Powerful emotions. *Feelings Preschool Discovery Pack*. Madison, WI: Demco.