



HOPE's Book Recommendations for Children

[The Berenstain Bears and Too Much TV \(First Time Books^{\(R\)}\)](#)

By Stan and Jan Berenstain

Age: 4-8 years

A classic book that's very popular with kids. It provides a great opportunity to talk about the problems with watching too much TV. Kids can offer suggestions for fun alternatives like active play and different kinds of physical activities. It's a fun and great way to show kids that there are lots of things to do other than watching TV.

[The Berenstain Bears and Too Much Junk Food \(First Time Books^{\(R\)}\)](#)

By Stan and Jan Berenstain

Age: 4-8 years

Mama Bear thinks her cubs are eating too much junk food so she and her family figure out ways to eat a more healthy and nutritious diet. This book is a fun, great tool for starting discussion about limiting junk food. Also, kids and parents can share ideas for delicious, nutritious snacks and ways to keep your body healthy.

[Eating the Alphabet](#)

By Lois Ehlert

Age: 3-8 years

A beautifully illustrated book that teaches the alphabet by using lots of unique and interesting foods. A great opportunity to teach kids about new foods like avocados, figs, Indian corn, kumquats, papaya and much more! Because of the wide variety of foods included, it is an excellent resource for starting discussion about new foods they may have never heard of before.

[Goldilocks and the Three Bears](#)

By Jan Brett

Age: 4-8 years

A long-time favorite and classic story that every kid is sure to enjoy! Goldilocks has to choose between bowls of food that are too small, too big, and just right. This book is a wonderful way to talk about portion sizes and paying attention to your body's fullness. Kids can learn to rate their hunger throughout meals in terms of a little hungry, really hungry, or just right.

[Dinosaurs Alive and Well!: A Guide to Good Health \(Dino Life Guides for Families\)](#)

By Laurie Krasny Brown and Marc Brown

Age: 4-8 years

Colorful and bright dinosaurs provide kids with a blueprint to good health. Nutrition, exercise and fitness are some of the topics that are encountered.

[Family Pictures, 15th Anniversary Edition / Cuadros de Familia, Edición Quinceañera](#)

By Carmen Lomas Garza

Age: 4-8 years

The author describes, in bilingual text and illustrations, her experiences growing up in a Hispanic community in Texas. Several of the stories focus on food-picking, cactus, making tamales, eating tacos, picking oranges and eating watermelon.

[Growing Vegetable Soup \(Voyager/Hbj Book\)](#)

By Lois Ehlert

Age: 4-8 years

This vivid and colorful book is sure to capture a kid's attention. Watch how a vegetable garden is grown and then used to make a delicious vegetable soup. Kids can talk about vegetables they've tried, learn about new vegetables they haven't been exposed to yet, and get excited about cooking fresh foods. A great way to introduce kids to the gardening cycle with an easy-to-make vegetable soup recipe included.

[How Are You Peeling?](#)

By Saxton Freymann and Joost Elffers

Age: 4-8 years

This book is lots of fun for both parents and kids! Delicious fruits and vegetables have a variety of emotions and facial expressions that are clever, cute, and amazingly true to their food personalities. See a cheerful red tomato, a wistful pepper, and other expressions on a variety of foods. The book is an excellent way to jump-start some great discussions about feelings and foods.

[How My Family Lives in America \(Aladdin Picture Books\)](#)

By Susan Kuklin

Age: 4-7 years

[On the Move \(Let's-Read-and-Find-Out Science\)](#)

By Deborah Heiligman

Age: 4-8 years

A fun book that shows kids how to move their bodies in all different kinds of ways. It's got walking, dancing, bike riding, swinging, jumping rope, and much more. The book encourages discussion about physical activity, and it can be used to facilitate kids' ideas for physical activity and active play. It's a great way to get kids excited about being active and moving around!

[Raising Cows on the Koebels' Farm \(Our Neighborhood\)](#)

By Alice K. Flanagan and Romie Flanagan

Age: 4-8 years

Here's a book that introduces kids to the daily workings of a modern day farm and teaches kids where milk comes from. Informative pictures and the large word font offer a kid-friendly way of introducing the process of getting food from the farm to the home.

[The Very Hungry Caterpillar board book](#)

By Eric Carle

Age: 1-3 years

A colorful and classic tale that follows this hungry caterpillar through the week. Each day the caterpillar eats something new and kids can see how he gets fuller by the day. The book provides an excellent way to talk about hunger and fullness, and can start discussion about eating the right amount of food for your body. Great for engaging kids and teaching them all about nutrition and different kinds of food.

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**

