



Physical Activity Related Books

The ABCs of Yoga for Kids by Teresa Power | Practice yoga while learning the alphabet and hearing fun explanations of the actual yoga poses.

Animal Boogie by Debbie Harter | Children and animals stomp, jump, leap and flap while meeting different jungle creatures.

Boing by Nick Bruel | A mother kangaroo with the help of a frog and rabbit tried to teach her baby to jump.

The Busy Body Book: A Kid's Guide to Fitness by Lizzy Rockwell | A fun introduction to the human body, how it functions and its need for exercise.

Clap Your Hands by Lorinda Bryan Cauley | This rhyming story encourages little ones to do things like find something yellow, roar like a lion, spin in a circle and perform other playful activities.

Doing the Animal Bop by Jan Ormerod and Lindsey Gardiner | A festival of brightly colored animals that love to dance and sing.

Everybody, Move Your Feet by Jodi Huelin | What would happen if you did nothing but watch TV all day? Read and find out all about exercise with Sid the Science Kid!

Exercise by Sharon Gordon | Learn why exercise is important and how to stay physically fit in this simple informational book.

Exercising by Robin Nelson | Shows children the importance of regular exercise and how to do it safely.

Franklin Rides a Bike by Paulette Bourgeois | Franklin is determined to ride his bike without training wheels but doesn't understand why it is so hard for him to do and so easy for his friends.

Froggy Learns to Swim by Jonathan London | Even though frogs are supposed to be good swimmers, Froggy is afraid of water. With some encouragement, he becomes an expert swimmer.

From Head to Toe by Eric Carle | Encourages children to exercise from top to bottom by following the movements of various animals.

Get Up and Go! by Nancy Carlson | Lively animals offer playful encouragement and show the joys and woes of exercise.

Giraffes Can't Dance by Giles Andreae | Gerald the giraffe wants nothing more than to dance which is quite hard with his crooked knees and thin legs.

Hop, Skip and Jump, Maisy! by Lucy Cousins | Full of energy, Maisy demonstrates how to channel energy into stretching, jumping, running, somersaulting and much more.

Jumping Day by Barbara Juster Esbensen | A little girl celebrates the joys of jumping from the moment she wakes until it is time to jump back into bed.

Like a Windy Day by Frank and Devon Asch | Discover what the wind can do by whirling, dancing and playing along with it.

Little Yoga by Rebecca Whitford | Toddlers will enjoy moving along with Yoga Baby in nine simple yoga exercises.

Move by Steve Jenkins | Follow the animals as they swing, dance, float and slide from page to page.

Off We Go! by Jane Yolen | One by one, baby woodland creatures leave home and sing their way to Grandma's house.

Oh the Things You Can Do That Are Good for You!: All About Staying Healthy by Tish Rabe | Visit the Seussian spa and the Cat in the Hat will explain the basics of healthy living.

Shake My Sillies Out by Raffi | Children can shake, jump and jiggle along with this classic song.

The Shape Song Swingalong by SteveSongs | Children are encouraged to make shapes with their body while using their imagination.

Twist with a Burger, Jitter with a Bug by Linda Lowery | With bright illustrations and rhyming text, this book takes a humorous look at all kinds of dancing.

Ugly Vegetables by Grace Lin | A Chinese-American thinks their plants are ugly compared to flowers growing in neighbors' yards, but soon learns that vegetables can make a very delicious soup.

Wallie Exercises by Steve Ettinger | Learn important fitness concepts while following Wallie on his hilarious journey to get in shape.

We're Going on a Bear Hunt by Helen Oxenbury and Michael Rosen | Brave bear hunters go through grass, a river, mud and other obstacles before the inevitable encounter with a bear forces a headlong retreat.

Wiggle by Doreen Cronin | This book will encourage you to wiggle along with the story while enjoying the rhyme.

The Yoga Zoo Adventure: Animal Poses and Games for Little Kids by Helen Purperhart | This clever book uses the body positions and movements of zoo animals to teach yoga moves to young children.

Nutrition Related Books

Alligator Arrived with Apples by Crescent Dragonwagon and Jose Aruego | From Alligator's apples to Zebra's zucchini, a multitude of alphabetical animals and foods celebrate Thanksgiving with a grand feast.

The Apple Pie Tree by Zoe Hall | Two sisters describe the changes that happen with their apple tree over the year before wrapping up with a freshly baked pie.

Apples to Oregon by Deborah Hopkinson | A pioneer father transports his beloved fruit trees and his family to Oregon in the mid-nineteenth century.

Blueberries for Sal by Robert McCloskey | On a summer day in Maine, a little girl and a bear cub, wandering away from their blueberry-picking mothers, find the other's mother by mistake.

Bread and Jam for Frances by Russell Hoban | Frances decides she likes to eat only bread and jam at every meal until to her surprise her parents grant her wish.

Bread Comes to Life: A Garden of Wheat and a Loaf to Eat by George Levenson | Chock-full of beautiful photos, this book takes you through the bread-making process from wheat grain to loaf.

Cloudy With a Chance of Meatballs by Judi Barrett | The town of Chewandswallow where it rains soup, snows mashed potatoes and storms hamburgers is turned upside down when the weather changes.

Compost Stew by Mary McKenna Siddals | From eggshells to wiggly worms, this delightful recipe in bouncy verse features items that are perfect for the home compost bin.

Duck Soup by Jackie Urbanovic | A hilarious story about Max the duck who searches for a special ingredient to make his soup amazing.

Dumpling Soup by Jana Kim Rattigan | Set in the Hawaiian islands, this story celebrates the joyful mix of food, customs and languages from many cultures.

D.W. The Picky Eater by Marc Brown | Because her eating habits cause some problems, D.W. has to stay home while her family goes out to eat.

Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert | Reviews upper and lowercase letters while introducing fruits and vegetables from around the world.

Egbert the Slightly Cracked Egg by Tom Ross | A cracked egg with a talent for painting goes through some painful experiences before realizing that being cracked is okay.

Everyone Cooks Rice by Norah Dooley | A child is sent to find his younger brother at dinnertime only to learn about other cultures and the different ways they prepare rice.

Food for Thought by Joost Elffers and Saxton Freymann | Shapes, colors, numbers, ABCs and opposites illustrated with sculptures made from fruit and vegetables.

Food from Farms by Nancy Dickmann | Learn about many different types of farms and the food they produce with this book's brightly colored photographs.

The Gigantic Turnip by Aleksei Tolstoy | A Russian tale where a farmer and his wife need the help of animals in order to pull out a huge turnip.

Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell | Bright, cheerful pictures of preschoolers preparing and eating foods and using them to grow, breathe, move, stay warm and fight germs add to the spare text.

Grains and Cereals by Sally Hewitt | This informative title explores the nutritional value of grains and cereals, while also showing how they are grown and harvested.

Gregory, the Terrible Eater by Mitchell Sharmat | A picky eater, Gregory the goat refuses the usual goat diet of shoes and tin cans in favor of fruits, vegetables, eggs and orange juice.

Growing Vegetable Soup by Lois Ehlert | This book's bold colors will grab your attention while teaching about the growing process and how to make vegetable soup.

Healthy Eating by Helen Gregory | This information book describes each food group, including common foods in every group and how eating from all of the groups is important for good health and strong bodies.

Healthy Snacks on My Plate by Mrai Schuh | Snacks are yummy, quick and healthy. Helps kids make great food choices every day.

How to Make an Apple Pie and See the World by Marjorie Priceman | Travel the world, from Italy for semolina to Vermont for apples, to collect the ingredients to make an apple pie.

I Know an Old Lady Who Swallowed a Pie by Alison Jackson | A fun Thanksgiving adaptation of the famous "I Know an Old Lady Who Swallowed a Fly" tale.

I Will Never, Not Ever Eat a Tomato by Lauren Child | A fussy eater decides to sample carrots after her brother convinces her that they are really orange twiglets from Jupiter.

Jamberry by Bruce Degen | A little boy walking in the forest meets a big lovable bear who takes him on a delicious berry-picking adventure.

Latkes and Applesauce: A Hanukkah Story by Fran Manushkin | When a blizzard leaves a family housebound, they share what little food they have with some hungry animals who later return the favor.

The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear by Don Wood and Audrey Wood | Little Mouse worries that the big, hungry bear will take away his freshly picked ripe, red strawberry.

Little Pea by Amy Krouse Rosenthal | Little Pea hates eating candy for dinner, but his parents will not let him have his spinach dessert until he cleans his plate.

Lunch by Denise Fleming | A very hungry mouse eats a large lunch comprised of colorful foods.

Mmm...Let's Eat! by Libby Koponen | As the animal characters see a color during the day, they think about what food is that color. The reader has to guess which food the character actually eats and finds the answer by lifting the flap.

The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids! by Edward Miller | Featuring a friendly, rotund, green monster determined to make healthy choices, this book presents basic information about food, exercise and health.

Oliver's Fruit Salad by Vivian French | Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepares something special in a big glass bowl.

The Pigeon Finds a Hot Dog! by Mo Willems | When Pigeon finds a not so healthy but delicious hot dog, he is most eager to pop it into his beak.

The Popcorn Book by Tomie dePaola | Some interesting popcorn stories and legends as well as two original recipes accompany explanations of popcorn's origins and manufacture.

Salad People and More Real Recipes by Mollie Katzen | Preschoolers (with a little help from an adult) will enjoy a lifelong love and playful respect for nutritious food from Tiny Tacos, Counting Soup, Salad People and beyond.

Sheep Out to Eat by Nancy Shaw | Some hungry sheep discover that a teashop may not be the best place for them to eat.

Snackivities!: 50 Edible Activities for Parents and Young Children by MaryAnn F. Kohl | Prepare fun, creative concoctions in minutes such as dinosaur eggs, tomato towers, alphabet sandwiches and more.

Something Good by Robert Munsch | When a dad takes his daughter to the grocery store, he refuses to buy something good – ice cream, candy, cookies. Find out what happens.

To Market, To Market by Anne Miranda | This tale begins with the nursery rhyme and then goes on to describe a series of unruly animals that prevent the narrator from cooking lunch.

Today Is Monday by Eric Carle | Each day of the week brings a new food, until on Sunday all the world's children can come and eat it up.

Too Many Tamales by Gary Soto | Maria tries on her mother's wedding ring while helping make tamales for a family get-together at Christmas; later, she realizes the ring is missing.

Tops and Bottoms by Janet Stevens | A story about the gardening partnership between Hare and Bear with a mischievous twist.

Turkey Trouble by Wendi Silvano | A funny story about Turkey who tries very hard not to look like a turkey as Thanksgiving approaches.

Up, Down and Around by Katherine Ayers | Great gardening book that shows what happens up, down and around garden plants.

The Vegetables We Eat by Gail Gibbons | With brightly colored illustrations, this book explores vegetables, how they are grown and why they are so good for us to eat.

The Very Hungry Caterpillar by Eric Carle | Follow the progress of a hungry little caterpillar as he eats his way through different foods.

Yoko by Rosemary Wells | When Yoko brings sushi to school for lunch, her classmates make fun of what she eats until one of them tries it for himself.

You Are What You Eat by Sharon Gordon | This book discusses basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.

Illustration by Lindsay Barrett George

2013 Office of Commonwealth Libraries. Pennsylvania Department of Education. This project is made possible by a grant from the Institute of Museum and Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries.