

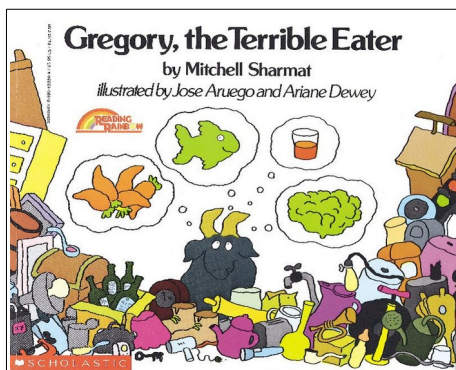
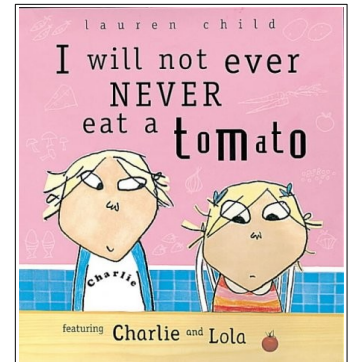
Fun Books to Start A Conversation About Nutrition

OVERVIEW: A discussion about good nutrition doesn't have to be boring. These four books will get your students talking about ways they can add new fruits and vegetables and other healthy foods to their diets.

GRADES: PreK-3, *older students can act out the stories for younger students and also act out ways younger students can begin to try new healthy foods.*

I Will Not Ever, Never Eat a Tomato By Lauren Child

Fussy eater Lola refuses to eat her dinner until her clever brother Charlie transforms her carrots into orange twiglets from Jupiter, her mashed potatoes into cloud fluffs from Mount Fuji, and her fish sticks into a mermaid's ocean nibbles. After reading the book, students write fanciful descriptions for their own least favorite foods. Students can discuss why it sometimes is hard to try a new food. In small groups, they can brainstorm ways to make eating unfamiliar foods easier and act them out for the class.

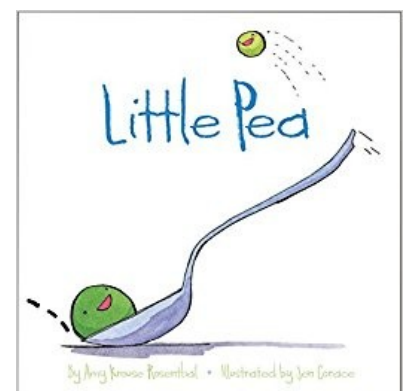


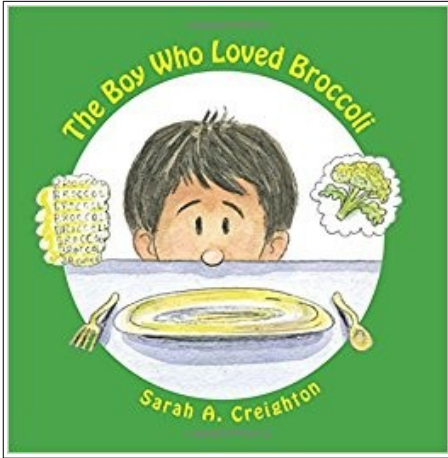
Gregory the Terrible Eater By Mitchell Sharmat

Gregory the terrible eater does not want to eat a good goat diet of striped ties and violins. He wants to eat fruits, vegetables, and fish instead. The family doctor helps Gregory's parents slowly change his bad eating habits. Students can discuss what foods they eat that are not-so-good for them and brainstorm ways they can begin adding healthy foods to their diets.

Little Pea By Amy Krouse Rosenthal

If Little Pea doesn't eat all of his sweets, there will be no vegetables for dessert! This book is a modern twist on the classic *Gregory the Terrible Eater*. Little Pea struggles to eat the required bites of candy for dinner so that he can have his favorite food – spinach – for dessert. Students can compare Little Pea's dilemma to some of their own and discuss strategies to begin eating required healthy food.





The Boy Who Loved Broccoli

By Sarah A. Creighton

Baxter loves broccoli, but it also gives him super powers! He jumps over mountains, splashes through lakes, and saves people with his super-power good deeds. He convinces the people he rescues to eat broccoli and – surprise! – broccoli gives them superpowers too. After reading this book, students can write stories about the super powers their own favorite vegetable gives them, and the adventures they have after eating it.

New Jersey Learning Standards

*English Language Arts: PreK: RL.PK.1-6 K:RL.K.1-10 1:RL.1.1-4,6 2:RL.2.1-7
3:RL.3.1-7*

Health: PreK: 2.1.P.B.1,2 K-2: 2.1.2.B 3: 2.1.2.B.1,2