



Suggested Reading List Nutrition and Physical Activity Pre-School Books

Pre-School Books:

The Healthy South Dakota Program staff reviewed sixteen books for children 2-5 years of age. The following books were selected as a part of the "Fit From the Start" campaign.

Physical Activity Books

Get up and Go!, Nancy L. Carlson, Ages 3-8

From Head to Toe, Eric Carle, Infant to pre-school

Hamster Camp: How Harry Got Fit by Teresa Bateman, Wendy McClure (Editor), Nancy Cote (Illustrator)

Berenstain Bears and Too Much TV, Stan Berenstain Berenstain, Jan Berenstain, Jan Berenstain, Jan Berenstain (Illustrator), Ages 5-7

Nutrition Books

One Cool Watermelon, by Hannah Tofts, Ages 1 – 7

Will Never Not Ever Eat a Tomato, by: Lauren Child, Ages 4-6

Why Should I Eat Well? (Why Should I? Books Series), Mike Gordon (Illustrator), Claire Llewellyn, Ages 4-7

Eat Healthy, Feel Great, William Sears, Martha Sears, Martha Sears, Christie Watts Kelly, Christie Watts Kelly, Ages 5-8

Cool as a Cucumber, Sally Smallwood, Ages 1 -7

Sweet as a Strawberry, Sally Smallwood, Ages 1 –7

Eating the Alphabet, Lois Ehlert, Infant-Pre-school

The Bernstain Bears and Too Much Junk Food, Stan and Jan Berenstain, Ages 5-7

Growing Vegetable Soup, Lois Ehlert, Ages 4-6

Maisy Goes Shopping, Lucy Cousins, Infant-Pre-school

The purpose of the campaign is to educate parents and caregivers of young children as to the importance of both healthy eating habits and the need for regular physical activity.

