There’s a good chance that you already have several food related books. Do any of these suggestions ring a bell? Have a look at your bookshelf. You can use the books to talk about healthy food.

Some suggestions include:

- **I will not ever Never eat a tomato**, by Lauren Child
- **The Very Hungry Caterpillar**, by Eric Carle
- **Giant Hiccups**, by Jacqui Farley
- **Fruit**, by Jillian Powell
- **Scallywag**, by Jeanette Rowe
- **How do I eat it?** by Shigeo Wantanabe
- **The Lighthouse Keeper’s Lunch**, by Ronda and David Armitage
- **Tucker**, by Ian Abdulla
- **Growing Vegetable Soup**, by Lois Ehlert
- **Mealtime**, by Maureen Roffe

- **There’s a hippo on our roof eating cake**, by Hazel Edwards
- **The wide-mouthed frog**, by Keith Faulkner
- **Yummy! A book of delicious pop-ups**, by Keith Faulkners
- **The beastly feast**, by Bruce Goldstone
- **Cool as a Cucumber**, by Sally Smallwood
- **Eating the Alphabet**, by Lois Ehler
- **Food for Thought**, by Joost Elffers and Saxon Freymann
- **A fruit is a Suitcase for Seeds**, by Jean Richards
- **Sweet as a Strawberry**, by Sally Smallwood

Truly, the list is endless. Bring the stories to life, and at the same time, teach children about healthy eating.