

Read Your Way to



A reading list for children from birth through grade 5

BIRTH – PRE-K

From Head to Toe by Eric Carle

Readers are encouraged to exercise by following the movements of various animals. The story is presented in a question and answer format.

Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

Take an alphabetical tour of the world of fruits and veggies — from apricot and artichoke to yam and zucchini.

Rainbow Stew by Cathryn Falwell

On a rainy summer day, three children and their grandpa pick vegetables in his garden, and then cook and share a delicious meal of his famous rainbow stew. The recipe is included!

What's So Yummy?: All about Eating Well and Feeling Good by Robie Harris

Gus, Nellie, and baby Jake visit their community garden before shopping at the farmers' market and grocery store to gather healthy ingredients and help prepare them for a picnic. This story explains the role of nutrition in health.

Dig In! by Cindy Jenson-Elliott

A little boy digs, plays and explores in his garden.

Hop a Little, Jump a Little! by Annie Kubler

Simple rhymes describe the different ways babies and toddlers can move around.

Cook It Together by Annabelle Karmel

Taking 10 common ingredients that kids love — including tomatoes, potatoes and chocolate — this cookbook explains where each food comes from and how it's made. It also offers 20 healthy, easy-to-follow recipes.

Hop, Hop, Jump! by Lauren Thompson

Rhyming text and labeled illustrations that identify parts of the body encourage readers to wiggle and twist, stomp and zig-zag, and hug and shrug.

Plants Feed Me by Lizzy Rockwell

A cast of multicultural kids demonstrates how plants are instrumental parts of what we eat.

Yummy!: Good Food Makes Me Strong! by Shelley Rottner

Children eat and prepare healthy food, and parents learn tips for choosing healthier options.

Eat by Elizabeth Verdick

Babies explore and enjoy the many foods that help them grow healthy and strong.

Little Yoga: A Toddler's First Book of Yoga by Rebecca Whitford

Join Yoga Baby in nine basic yoga poses.

KINDERGARTEN – GRADE 2

Backyard Detective: Critters Up Close by Nic Bishop

Learn about a variety of animals and insects that can be found close to home and discover tips on how to observe them.

The Food Parade: Healthy Eating with the Nutritious Food Groups by Elicia Castaldi

A parade is marching through the fictional town of Foodland, teaching children about the USDA's food guide pyramid, their newly introduced food plate and the importance of healthy eating.

Carrots Like Peas: And Other Fun Facts by Hannah Eliot

Find out tons of cool facts about fruits, veggies, popcorn, cotton candy and other mouth-watering foods.

Our Food: A Healthy Serving of Science and Poems by Grace Lin

Learn about the five food groups and the benefits of nutritional eating.

300 Step-By-Step Cooking & Gardening Projects for Kids by Nancy McDougall

Get children involved both in the kitchen and in the garden with over 300 fun and creative projects. Each project includes a full list of ingredients and equipment needed, as well as difficulty ratings and time estimates.

Farmer Will Allen and the Growing Table by Jacqueline Briggs Martin

Former basketball star Will Allen became an urban farmer and activist. Discover how his vision of gardening from abandoned urban sites led to a grassroots feeding craze.

Up in the Garden and Down in the Dirt by Kate Messner

Discover the secret world of wonders all around us — from leaves and sprouts growing up in the garden to a busy community hidden down in the dirt.

On the Ball by Brian Pinkney

Owen loves soccer, but isn't the best at playing it. He soon discovers that he has more skills than he realized.

The Busy Body Book: A Kid's Guide to Fitness by Lizzy Rockwell

Learn all about how your amazing body works and why it needs exercise.

Tales for Very Picky Eaters by Josh Schneider

A father tells outlandish stories while trying to get his young son, who is a very picky eater, to eat foods he thinks he will not like.

Miss Fox's Class Shapes Up by Eileen Spinelli

When Miss Fox realizes that her students do not have healthy habits, she teaches them that healthful living is fun and rewarding.

You Are a Lion!: And Other Fun Yoga Poses by Tae-Eun Yoo

Children pretend to be many different animals as they do various yoga poses.

GRADES 3 – 5

Granny Torrelli Makes Soup by Sharon Creech

With the help of her wise old grandmother, 12-year-old Rosie manages to work out some problems in her relationship with her best friend, Bailey, the boy next door.

Go Out and Play!: Favorite Outdoor Games from Kaboom!

This guide lists more than 70 classic and contemporary playground games, and provides instructions for favorites, such as kick the can, freeze tag and sardines. It also includes tips for adults on how to encourage and facilitate outdoor play.

Garden to Table: A Kid's Guide to Planting, Growing and Preparing Food by Catherine Hengel

Grow, harvest and cook homegrown foods.

Babymouse Goes for the Gold by Jennifer Holm

Urged by her mother to find a physical activity, Babymouse — who would rather read and eat cupcakes — tries out for the swim team. This story is presented in comic book format.

Judy Moody, M.D.: The Doctor Is In by Megan McDonald

Judy is excited about becoming a doctor, especially when Class 3T starts a new unit on the human body, but she learns more about being a patient when she catches tonsillitis from her little brother, Stink.

Eat Your Greens, Reds, Yellows and Purples: Children's Cookbook by James Mitchem

A tasty guide to colorful food, *Eat your Greens, Reds, Yellows and Purples* is packed with tasty, healthy vegetarian recipes and information on which ingredients are good for you and why.

The Kids' Guide to Nature Adventures: 80 Great Activities for Exploring the Outdoors by Joe Rhatigan

Learn when a chrysalis will open, why wolves howl and how the tide goes out, and read advice about equipment and safety in this nature exploration guide.

ChopChop: The Kids' Guide to Cooking Real Food with Your Family by Sally Sampson

Children and parents can make these simple, healthy and delicious dishes together.

National Geographic Kids Cookbook: A Year-Round Fun Food Adventure by Barton Seaver

Discover recipes for fun, new dishes and twists on old favorites for each month of the year. Plus, read weird food facts, profiles on "foodie" people, and activities and challenges you can do by yourself or with friends.

Book recommendations were made by our partners at Carnegie Library of Pittsburgh.



Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.