

Healthy Kids

- Written by Maya Ajmera, Victoria Dunning, and Cynthia Pon
- Charlesbridge, 2013

This book describes the universal needs and habits of healthy kids. With an abundance of photographs that provide a glimpse into the lives of children around the world, discussions during read alouds revolve around healthy routines and behaviors like hand washing, doctor visits, and exercise, as well as making connection to the global community of children.

Vocabulary

- nourishing: healthy
- active: moving around a lot
- exercise: to move your body to stay healthy

Eating the Alphabet

- Written and Illustrated by Lois Ehlert
- Houghton Mifflin Harcourt, 1994

This book uses both familiar and exotic fruits and vegetables to highlight each letter of the alphabet. Each letter and food name is shown clearly in both lower and uppercase text, helping children develop their skills in identifying letters in different styles of print.

You Are a Lion! And Other Fun Yoga Poses

- Written and illustrated by Taeun Yoo
- Nancy Paulsen Books, 2012

This instructional book provides children with an introduction to simple and fun yoga poses. They use their imaginations to be lions, cats, butterflies, and more, all while practicing healthy movement and reviewing parts of the body.

Vocabulary

- squat: to crouch or bend down low
- flutter: to flap wings quickly and lightly

Keeping You Healthy: A Book About Doctors

- Written by Ann Owen
- Illustrated by Eric Thomas
- Picture Window Books, 2003

This book provides a friendly introduction to what doctors do and what may happen during a visit or check-up. Often a source of anxiety for children, the process of a doctor's examination is made familiar through illustrations and simple informational text. This book encourages children to make connections to their own experiences at the doctor's office and emphasizes these visits as an important element of being healthy.

Vocabulary

- uniform: clothes that people wear to do their jobs

Who Eats Orange?

- Written by Dianne White
- Illustrated by Robin Page
- Beach Lane Books, 2018

This informational book explores the natural rainbow of foods eaten by animals around the world. Using a riddle-like format, children are asked to imagine what foods certain animals might eat based upon their color. Children practice making predictions as they learn about different animals, plants, and environments.

Vocabulary

- rainbow: many different colors shown together

Jazz Baby

- Written by Lisa Wheeler
- Illustrated by R. Gregory Christie
- Houghton Mifflin Harcourt, 2007

In this language-rich book, several members of a multigenerational family dance and sing jazz together as they put the baby to bed. This book reviews concepts of rhythm while teaching children how they can make music with their bodies. Children repeat movements and phrases from the book and the baby's return to his crib at the end of the night provides an introduction to a discussion of bedtime routines.

Vocabulary

- drowsy: sleepy
- doze: to fall asleep

Yummy! Good Food Makes Me Strong!

- Written by Shelley Rotner & Sheila M. Kelly
- Photographed by Shelley Rotner
- Holiday House, 2018

Filled with photos of children preparing, enjoying, and celebrating nourishing food, this book helps children draw connections between a healthy diet and active play. Children explore the garden, grocery store, and kitchen, and they are encouraged to get involved in their daily diets. During read alouds, children identify the main idea of the informational text and create a list of healthy foods they can have for each meal.

Vocabulary

- stir: to mix with a spoon, for example

I Got the Rhythm

- Written by Connie Schofield-Morrison
- Illustrated by Frank Morrison
- Bloomsbury Publishing, 2014

This book follows an energetic young girl as she walks with her mother through her urban neighborhood. While exploring patterns created by beats and rhythms, children are invited to move along with the girl, as they review their five senses and different body parts. Children also practice counting movements and echoing phrases in order to promote fluency.

Vocabulary

- rhythm: something that sounds musical and makes us feel like moving our bodies

Hush! A Thai Lullaby

- Written by Minfong Ho
- Illustrated by Holly Meade
- Scholastic, 2000

This Thai lullaby tells the story of a mother trying to quiet down all the different animals in the surrounding jungle so that her baby can sleep. Each animal makes a different, rhythmic sound, and the mother's pleas for silence create a repetitive rhyme. Children practice identifying these rhymes and making predictions about the animals, while exploring the importance of bedtime routines.

Vocabulary

- lullaby: a song that helps you feel sleepy and relaxed