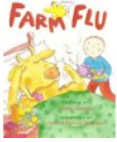


# Kansas Reads to Preschoolers 2008: Health Bibliography

Thanks to Joyce Steiner, Youth Services, Lawrence Public Library for contributing to this list!

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## Story Books:



Bateman, Teresa. *Farm flu*.

When the farm animals seem to catch the flu one after another, a young boy does his best to take care of them just as his mother would do if she were there. As the animals recuperate, but continue to lounge around the house, the boy knows just what his mother would do.



Brown, Marc. *Arthur's chicken pox*.

Arthur the aardvark catches chicken pox a week before he is supposed to go to the circus. His little sister D.W. does not like all the attention he gets while sick, so tries to fake a case of chicken pox. When this doesn't work, she invites a friend to take Arthur's place when they visit the circus. But in the end it is D.W. who must stay home with chicken pox. Best for 4 and older.



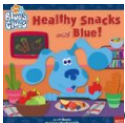
Carle, Eric. *The Very Hungry Caterpillar*.

This classic picture book follows the progress of a hungry little caterpillar as he eats his way through a variety of food throughout the week. Once he is a great big caterpillar, he forms a cocoon around himself and waits. Children love to watch as at last he turns into a beautiful butterfly.



Carlson, Nancy L. *Get Up and Go!*

Text and illustrations encourage readers, regardless of shape or size, to turn off the television and play games, walk, dance, and engage in sports and other forms of exercise.



Chanda, J.P. *Healthy Snacks with Blue*.

Her teacher, Miss Marigold, has assigned everyone in the class to bring a snack for "Healthy Snacks Day." There are no special qualifications, other than that it has to be healthy. Blue's friends all seem to know exactly what to bring, but Blue isn't so sure. Best for 5 and older.



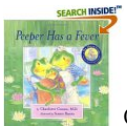
Cowan, Charlotte. *Katie caught a cold*.

Katie, a bear, is sneezing and sniffing and cannot practice for the ice-skating show. Mother consults Dr. Hippo. This series clearly describe the conditions and offer kids and caregivers suitable medical advice. Best for 5 years and older.



Cowan, Charlotte. *Sadie's Sore Throat*.

Sadie, a giraffe, is preparing to go to the school fair but develops a sore throat. Mother consults Dr. Hippo. This series clearly describe the conditions and offer kids and caregivers suitable medical advice. Best for 5 years and older.



Cowan, Charlotte. *Peeper has a fever*.

Little Peeper, a frog, is excited about the special picnic, but is not allowed to attend because he has a fever. Mother consults Dr. Hippo. This series clearly describe the conditions and offer kids and caregivers suitable medical advice. Best for 5 years and older.



Downey, Lynn. *The Flea's Sneeze*.

All the farm animals sleep peacefully, except for the flea who suffers from a cold. That all changes when the flea startles all the animals with a loud sneeze.



Dussling, Jennifer. *Picky Peggy*.

Peggy, who is known for being a picky eater, decides to become "Peggy the bold eater" after learning a lesson from her pet duckling.



Fleming, Denise. *Lunch*.

A very hungry mouse eats a large lunch of colorful fruits and vegetables. Good choice for the younger crowd.



Frankel, Alona. *Prudence's Get Well Book*.

What does Prudence do when she gets sick? With her mother's help, Prudence follows the doctor's orders and gets plenty of rest so that she can get better. Best for 5 and older.



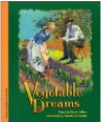
Hershenhorn, Esther. *Chicken Soup by Heart*.

When Rudie's sitter gets the flu, he uses her recipe to make her a batch of special chicken soup, including the secret recipe of stories from the heart. Best for 5 and older



Hest, Amy. *Don't You Feel Well, Sam?*

When Sam has a cough, Mrs. Bear tends to him all through the cold night. Sam doesn't want to take his medicine, but Mom knows how to get him to open wide. She holds him and keeps him warm by the fire; they sip tea with honey, and wait for it to snow.



Jeffers, Dawn. *Vegetable Dreams*.

Erin dreams of having a vegetable garden but her parents don't think she is ready to take on such a responsibility. Luckily, Mr. Martinez, her elderly neighbor, has a lifetime of gardening experience and offers to share his plot with her. Together, they plan for, plant, and carefully tend the seedlings. As the vegetables grow, so does their friendship. Best for age 4 and older.



London, Jonathan. *The Lion Who Had Asthma*.

Sean, pretending to be a lion, uses his nebulizer mask and his imagination to aid in his recovery following an asthma attack. Includes information on childhood asthma and how to control its symptoms.



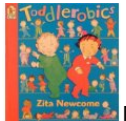
Mercer Mayer. *Good for me and you*.

Little Critter discovers that eating right and exercising isn't just good for you--it can be fun too!



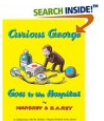
Mercer Mayer. *Just going to the dentist*.

When Little Critter visits the dentist for a checkup, he has his teeth cleaned and examined, and a cavity filled, and finds that going to the dentist is not so bad.



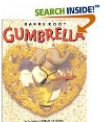
Newcome, Zita. *Toddlerobics*.

A group of toddlers has fun as they stretch high, bend low, clap their hands, bump bottoms, and generally enjoy exercising. Children listening to the book can follow along for their own workout. Good for the younger crowd.



Rey, H.A. & Margret. *Curious George goes to the hospital*.

George, as curious as ever, goes to the hospital after swallowing a piece of jigsaw puzzle. While recuperating, George goes to the playroom with the other child patients. While the children enjoy George's energy, he gets in trouble with the hospital staff, until little Betsy comes to his rescue. Best for 5 years and older.



Root, Barry. *Gumbrella*.

Gumbrella loves nursing sick animals back to health, but she hates letting them go. When her patients finally make a break for it, Gumbrella becomes quite distressed. Hearing of this, her former patients return and care for her.



Sharmat, Mitchell. *Gregory the Terrible Eater*.

A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice.

Stone, Rosetta. *Because a Little Bug Went Ka-choo!*

The mere sneeze of a bug triggers a chain reaction involving, among others, cows, turtles, policemen, and an entire circus parade.



Thorpe, Kiki. *Ah-Choo!*

Oswald goes to get some soup for Henry, who has a cold. But at the end of the day, Oswald ends up with much more than just soup.



Wells, Rosemary. *Felix Feels Better.*

Felix feels bad and does not want to eat or play, so his mother takes him to Doctor Duck, who makes everything better.



Winnick, Karen B. *Barn Sneeze.*

When the wind blows through the barn, it sets off a chain reaction of sneezes among the animals that eventually wakes up farmer Sue, When she brings some hot tea, it proves the perfect cure--and Sue's undoing. Young children will enjoy the silly premise and animal sneezing sounds (""Moo-CHOO,"" ""Oink-CHOO,"" etc.).

Yolen, Jane. *How Do Dinosaurs Get Well Soon?*

Though one might think that dinosaurs would not behave well when they have the flu, they actually do what they should to take care of themselves.

## Non-Fiction:



Berger, Melvin. *Germs Make Me Sick!*

This Reading Rainbow book explains how bacteria and viruses affect the human body and how the body fights them. While best for 5 and older, the colorful illustrations make it usable for younger children one on one.



Cole, Joanne. *The Magic School Bus Inside Ralphie: A Book About Germs.*

Ralphie is sick and can't come to school for Broadcast Day, so Ms. Frizzle's class climbs aboard the bus and visit him. The class travel through Ralphie's bloodstream to find out how germs make him sick and how his body can make him well again. Best for 5 years and older.

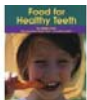


Feeney, Kathy. *Get Moving: Tips on Exercise.*

An introduction to the benefits of exercise, including warming up, drinking water, muscle strength, and eating right. Part of Capstone Press's *Your Health* series. Best for 4 years and older.

Frost, Helen. *Eating Right.*

Part of Pebble Books *The Food Guide Pyramid* series, this easy-to-read book uses Simple text and photographs to describe the food guide pyramid and show examples of food in each group.



Frost Helen. *Food for Healthy Teeth.*

Part of Pebble Books *Dental Healthy* series, this easy-to-read book lists foods that make teeth strong.



Gordon, Sharon. *You Are What You Eat*.

Part of the *Rookie Read-About Health* books, this book discusses basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.



Katz, Bobbi. *Germs! Germs! Germs!*

This *Hello Reader! Science* book describes in rhyme how germs attack the body to cause illness and how careful people make life difficult for germs.

Rice, Judith. *Those Itsy-Bitsy Teeny-Tiny Not-So-Nice Head Lice*.

This resource describes head lice, how to detect them, how to treat them, and how to prevent their spreading, and offers ways to prevent reinfestation. Bilingual English/Spanish. Best for 5 and older.



Rice, Judith. *Those Mean Nasty Dirty Downright Disgusting but Invisible Germs*.

A little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals. Bilingual English/Spanish. Best for 5 and older.

Rice, Judith. *Those Ooey Goopy Winky Blinky but invisible Pinkeye Germs*

Children will learn how pinkeye germs can be spread and how to treat and prevent them. This book includes health information for teachers and caregivers. Bilingual English/Spanish. Best for 5 and older.



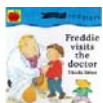
Rockwell, Lizzy. *The Busy Body Book: A Kid's Guide to Fitness*.

An introduction to the human body, how it functions, and its need for exercise. While best for 4 and older, the colorful illustrations make it usable for younger children one on one.



Schaefer, Lola M. *We Need Doctors*.

Part of Pebble Books *Helpers in Our Community* series, this book uses simple text and photographs to present doctors and their role in the community.



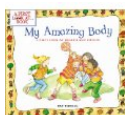
Smee, Nicola. *Freddie visits the doctor*.

When Freddie and his toy bear both get sore throats, Mom takes them to the doctor who examines them and sends Freddie home with medicine. Very simple text and bright illustrations make this non-fiction one that could be shared in a storytime for preschoolers.



Snyder, Inez. *Doctor Tools*.

Part of the Welcome Books *Tools* series, this book explains what happens when Maya goes to the doctor for a check-up and the tools the doctor uses.



Thomas, Pat. *My Amazing Body*.

This lively picture book explores the importance of a good diet and plenty of exercise, and encourages kids to make positive decisions about caring for themselves. Kids discover that even healthy people get ill sometimes, but that our bodies have special abilities to protect us and restore our health. Best for 4 year and older.