

All of the following books are available in the Curriculum Materials Center at MSUM. This bibliography focuses on children's health topics.

Taking Care of Yourself and Health

Aliki. *My Five Senses*. New York: Crowell, 1989. [Curric. 612 A411m] *PreS-2nd*

Balestrino, Philip. *The Skeleton Inside You*. New York: Crowell, 1999. [Curric. 612 B178s] *PreS-3rd*

Brown, Marc. *Arthur's Eyes*. Boston: Little, Brown, 1979. [Curric. Easy B8779a] *PreS-2nd*

Carle, Eric. *From Head to Toe*. New York: HaperCollins, 1997. [Curric. 613.7 C278f] *1st-4th*

Cole, Joanna. *How You Were Born*. New York: Morrow, 1984. [Curric. 612 C689h] *PreS-2nd*

Grigsby, Susan. *Open Wide: The Ultimate Guide to Teeth*. Lake Forest: Sea Grass Press, 2017. [Curric. 617.6 G85780] *K-3rd*

McCarthy, Meghan. *Strong Man: The Story of Charles Atlas*. New York : A.A. Knopf, 2007. [Curric. 796.4 M1235s] *K-3rd*

Miller, Edward. *The Tooth Book: A Guide to Healthy Teeth and Gums*. New York: Holiday House, 2008. [Curric. 617.6 M6478t] *K-3rd*

Newcome, Zeta. *Toddlerobics*. Cambridge, MA: Candlewick, 1999. [Curric. Easy N541t] *PreS-1st*

Pipe, Jim. *You Wouldn't Want to Live Without Sleep!*. United States: Franklin Watts- Imprint of Scholastics, 2016. [Curric. 613.7 P664y] *3rd-6th*

Showers, Paul. *Hear Your Heart*. New York: HaperCollins, 2001. [Curric. 612 S559h2] *K-4th*

Showers, Paul. *Sleep is for Everyone*. New York: HaperCollins, 1974. [Curric. 612 S559s] *PreS- 3rd*

Simon, Seymour. *The Brain: Our Nervous System*. New York: Mulberry, 1997. [Curric. 612.8 S596b] *K-4th*

Simon, Seymour. *The Heart: Our Circulatory System*. New York: Mulberry, 1996.
[Curric. 612.1 S596h] K-4th

Simon, Seymour. *Bones: Our Skeletal System*. New York: Mulberry, 1998.
[Curric. 612.7 S5965b] K-4th

Spilsbury, Louise. *Why Should I Go to Bed Now? And Other Questions About a Healthy Mind*.
Chicago: Heinemann Library, 2003. [Curric. 612.82 S756w] K-5th

Infections, Disease, Sanitation, and Hygiene

Balkwill, Frances. *Germ Zappers*. NY: Cold Spring Harbor Laboratory, 2002.
[Curric. 616.07 B1869g] 1st-4th

Berger, Melvin. *Germs Make Me Sick!* New York: Crowell, 1985. [Curric. 616.9 B496g]
PreS-3rd

Berger, Melvin. *Why I Cough, Sneeze, Shiver, Hiccup, and Yawn*. New York: Crowell, 1983.
[Curric. 612 B496w] 2nd-5th

Brandenberg, Franz. *I Wish I Was Sick Too!* New York: Greenwillow, 1976. [Curric. Easy B817i]
Any Age

Brown, Marc. *Arthur's Chicken Pox*. Boston: Little, Brown, 1994. [Curric. Easy B8779ac] K-2nd

Rice, Judith. *Those Mean Nasty Dirty Downright Disgusting but Invisible Germs*. St. Paul: Toys
'n Things Press, 1989. [Curric. 589.9 R496t] K-3rd

Silverstein, Alvin. *Common Colds*. New York: Franklin Watts, 1999. [Curric. 616.2 S587c]
3rd and up

Verdick, Elizabeth. *Germs Are Not for Sharing*. Minneapolis: Free Spirit Publishing, 2006.
[Curric. 613 V484g] PreS-1st

Preventing Injury and Safety Issues

Brown, Marc. *Dinosaurs, Beware! A Safety Guide*. Boston: Little, Brown, 1982.
[Curric. 363.1 B879d] PreS- 3rd

Cole, Joanna. *The Magic School Bus: Inside the Human Body*. New York: Scholastic Inc. 1989.
[Curric. 612 C689m] PreS-3rd

Gibbons, Gail. *Fire! Fire!* New York: Crowell, 1984. [Curric. 628.9 G441f] K-4th

Mattern, Joanne. *Safety at School*. Edina: ABDO Pub., 1999. [Curric. 363.11 M4357s] K-3rd

Mattern, Joanne. *Safety on the Go*. Edina: ABDO Pub., 1999. [Curric. 363.12 M4357s] K-3rd

Rathmann, Peggy. *Officer Buckle and Gloria*. New York: Putnam, 1995. [Curric. Easy R234o]
PreS-3rd

Nutrition

Aliki. *Corn is Maize: The Gift of the Indians*. New York: Crowell, 1976. [Curric. 633 A411c] K-4th

Carle, Eric. *The Very Hungry Caterpillar*. New York: Putnam, 1987. [Curric. Easy C278v2]
PreS and up

Charles, Donald. *Fat, Fat Calico Cat*. Chicago: Childrens Press, 1977.
[Curric. Easy C475f] Any Age

Degen, Bruce. *Jamberry*. New York: HaperTrophy. 1983. [Curric. Easy D317sn] PreS and up

De Paola, Tomie. *The Popcorn Book*. New York: Holiday House, 1978. [Curric. 641.6 D419p]
K-3rd

Dooley, Norah. *Everybody Bakes Bread*. Minneapolis: Carolrhoda Book, 1996.
[Curric. Easy D691e] 1st-4th

Ehlert, Lois. *Eating the Alphabet*. San Diego: Harcourt Brace Jovanovich, 1989.
[Curric. Easy E329e] PreS-2nd

Fisher, Enid. *Food and Health*. Milwaukee: Gareth Stevens, 1998. [Curric. 613.2 F533f]
4th and up

Gibbons, Gail. *The Milk Makers*. New York: Macmillian, 1985. [Curric. 637 G441m] K-3rd

Gourley, Robbin. *First Garden: The White House Garden and How it Grew*. Boston: Clarion
Book, 2011. [Curric. 635 G718f] 1st-4th

Hayes, Sarah. *Eat Up, Gemma!* New York: Mulberry, 1988. [Curric. Easy H418e] PreS-4th

Kelly, True. *School Lunch*. New York: Holiday House, 2005. [Curric. Easy K294s] K-6th

Leedy, Loren. *The Edible Pyramid*. New York: Holiday House, 1994. [Curric. 613.2 L484e] K-3rd

McMillian, Bruce. *Growing Colors*. New York: Lothrop, Lee, and Shepard Books, 1988.
[Curric. 535.6 M167g] *K-3rd*

Meiners, Cheri. *Grow Strong!* Golden Valley MN: Free Spirit Publishing, 2016.
[Curric. 613 M5144g] *PreS-2nd*

Mitchell, Melanie. *Eating Well*. Minneapolis: Lerner Publications, 2006. [Curric. 613.2 M6822e]
K-3rd

Mora, Pat. *Yum! Mmmm! Que Rico! Americas Sprouting's*. New York: Lee & Low Books Inc,
2007. [Curric. 811.54 M827y] *All Ages*

Morris, Ann. *Bread, Bread, Bread*. New York: Lothrop, Lee, and Shepard Books, 1989.
[Curric. 641.8 M875b] *K-3rd*

Pelkki, J. S. *Healthy eating*. New York: Children's Press, 2017. [Curric 613.2 P384h]
3rd-7th

Ritchie, Scot. *See What We Eat!: A First Book of Healthy Eating*. Toronto: Kids Can Press, 2017.
[Curric. 613.2 R611s] *PreS-1st*

Rockwell, Lizzy. *Good Enough to Eat*. New York: HarperCollins, 1999. [Curric. 613.2 R6844g]
K-4th

Sayre, April Pulley. *Go, Go Grapes!* New York: Beach Lane Books, 2012. [Curric. 641.34 S2754g]
PreS and up

Sayre, April Pulley. *Rah, Rah Radishes!* New York: Beach Lane Books, 2011.
[Curric. 641.35 S2754r] *PreS and Up*

Sears, William. *Eating Healthy, Feel Great*. Boston: Little, Brown, 2002. [Curric. 613.2 S4395e]
PreS- 3rd

Thompson, Lauren. *Chew, Chew, Gulp!* New York: Margaret K. McElderry Book, 2011.
[Curric. Easy T4738c] *PreS-2nd*

Wolf, Alex. *You Wouldn't Want to Live Without Vegetables!* New York: Franklin Watts, 2016.
[Curric. 635 W9133y] *3rd-7th*

Mental Health / Social Emotional

Aliki. *Feelings*. New York: Greenwillow, 1984. [Curric. 152.4 A411f] *PreS-3rd*

Bagley, Jessixa. *Boats for Papa*. New York: Roaring Brook Press, 2015. [Curric. Easy B146b]
PreS-2nd

Berger, Samantha., and Dan Santat. *Crankenstein*. New York: Little, Brown, 2013. [Curric. Easy B4966c] *K-3rd*

Berger, Samantha., and Bruce Whatley. *Martha Doesn't Say Sorry!* New York: Little, Brown, 2009. [Curric. Easy B4966m] *PreS-1st*

Berry, Joy Wilt., and Maggie Smith. *Being Helpful*. New York: Scholastic, 1996. [Curric. Easy B5345b] *PreS-1st*

Berry, Joy Wilt., and Maggie Smith. *Feeling Afraid*. New York: Scholastic Inc., 1995. [Curric. Easy B5345f] *PreS-1st*

Browne, Anthony. *How Do You Feel?* Somerville: Candlewick, 2011. [Curric. Easy B882h]
PreS-2nd

Carlson, Nancy. *I Like Me!* New York: Viking, 1988. [Curric. Easy C2837i] *PreS-K*

Curtis, Jamie. *I'm Gonna Like Me: Letting Off a Little Self-Esteem*. New York: Joanna Colter Books, 2002. [Curric. Easy C979i] *PreS-2nd*

Fisher, Enid. *Emotional Ups and Downs*. Milwaukee : Gareth Stevens, 1998.
[Curric. 305.231 F533e] *4th and up*

Graham, Bob. *How to Heal a Broken Wing*. Cambridge: Candlewick Press, 2008.
[Curric. Easy G7374ho] *PreS-2nd*

Hall, Michael. *Red: A Crayon's Story*. New York: Greenwillow Books, 2015.
[Curric. Easy H1783r] *PreS-3rd*

Harper, Anita. *What Feels Best*. New York: Putnam, 1988. [Curric. Easy H293w] *PreS and up*

Ludwig, Trudy. *The Invisible Boy*. New York: Alfred Knopf, 2013. [Curric. Easy L9485i] *1st-4th*

Meiners, Cheri J. *Be Positive!* Minneapolis: Free Spirit, 2013. [Curric. 152.4 M5144b] *PreS-3rd*

Meiners, Cheri J. *Bounce Back!* Minneapolis: Free Spirit, 2014. [Curric. 152.4 M5144bo]
PreS-3rd

Meiners, Cheri J. *Feel Confident!* Minneapolis: Free Spirit, 2013. [Curric. 152.4 M5144f]
PreS-3rd

- Meiners, Cheri J. *Stand Tall!***. Minneapolis: Free Spirit, 2015. [Curric. 152.4 M5144s]
PreS-3rd
- McKissack, Pat. *The Honest-To-Goodness- Truth***. New York: Atheneum, 2000. [Curric. Easy M1589h] *PreS-3rd*
- Milgrim, David. *Wild Feelings***. New York: Henry Holt and Company, 2015.
[Curric. Easy M6441w] *PreS-3rd*
- Munson, Derek. *Enemy Pie***. San Francisco: Chronical Books, 2000. [Curric. Easy M9694e]
PreS-2nd
- Pinkney, Jerry. *The Lion and the Mouse***. New York: Little, Brown and Co., 2009.
[Curric. 398.2 P6557Li] *K-4th*
- Stephens, Ann Marie. *CY Makes a Friend***. Pennsylvania: Boyds Mills Press, 2017.
[Curric. Easy S832c] *PreS-3rd*
- Thompson, Lauren. *The Forgiveness Garden***. New York: Feiwel and Friends, 2012.
[Curric. Easy T4738f] *K-1st*
- Verdick, Elizabeth. *Hands Are Not for Hitting***. Minneapolis: Free Spirit Publishing, 2009. [Curric. 371.782] *PreS-1st*
- Verdick, Elizabeth. *Words Are Not For Hurting***. Minneapolis: Free Spirit Publishing, 2004.
[Curric. 395 V484w] *PreS-K*
- Won, Brian. *Hooray For Hat***. Boston: Houghton Mifflin Harcourt, 2014. [Curric. Easy W8727h]
PreS-3rd
- Woodson, Jacqueline. *Each Kindness***. New York: Nancy Paulsen Books, 2012.
[Curric. Easy W898e] *K-3rd*

Get Up and Move

- Cronin, Doreen. *Stretch***. New York: Atheneum, 2009. [Curric. Easy C9475s] *PreS-K*
- Cronin, Doreen. *Wiggle***. New York: Atheneum, 2005. [Curric. Easy C9475w] *PreS-K*
- Fraser, Mary Ann. *I.Q Gets Fit***. New York: Walker and Co, 2007. [Curric. Easy F8421iq] *PreS-2nd*
- Green, Tamara. *Exercise is Fun***. Milwaukee : Gareth Stevens, 1998. [Curric. 613.7 G798e] *3rd-6th*

Spilsbury, Louise. *Why Should I Get Off the Couch?* Chicago: Heinemann Library, 2003.
[Curric. 613.7 S756w] 3rd and up

Spinelli, Eileen. *Miss Fox's Class Shapes Up.* Chicago: Albert Whitman & Company, 2011.
[Curric. Easy S7575m] PreS-3rd

Thomas, Jan. *Is Everyone Ready For Fun?* New York: Beach Lane Books, 2011. [Curric. Easy T4582i] PreS-2nd

Thompson, Lauren. *Hop, Hop, Jump!* New York: Margaret K. McElderry Book, 2012.
[Curric. Easy T4738ho] PreS-K

Yoo, Taeum. *You Are a Lion! And Other Fun Yoga Poses.* New York: Nancy Paulsen Books, 2012. [Curric. Easy Y59y] PreS-2nd

Going to the Doctor/Dentist

Beaty, Andrea. *Dr. Ted.* New York: Atheneum Books for Young Readers, 2008. [Curric. Easy B3697d] PreS-2nd

Berenstain, Stan/Jan. *The Berenstain Bears Go to the Doctor.* New York: Random House, 1981.
[Curric. Easy B489bg] PreS-2nd

Berenstain, Stan/Jan. *The Berenstain Bears Visit the Dentist.* New York: Random House, 1981.
[Curric. Easy B489bv] PreS-2nd

Brazelton, T. *Going to the Doctor.* Addison-Wesley, 1996. [Curric. 618.92 B827g] PreS

Brill, Marlene. *Doctors.* Minneapolis: Lerner Publications Co., 2005. [Curric. 610.92 B857d] K-2nd

Gails, Jenny. *The Dentist.* Crystal Lake: Rigby, 1998. [Curric. Textbooks 428.8 R56P74p no.1] K-4th

Kettelman, Helen. *If Beaver Had a Fever.* NY: Marshall Cavendish Children, 2011.
[Curric. Easy K435i] PreS-2nd

Singer, Marilyn. *I'm Getting a Checkup.* New York: Clarion Books, 2009. [Curric. 618.92 S617i] PreS-3rd

Steig, William. *Doctor De Soto.* New York: Square Fish, 2011. [Curric. Easy S818d] PreS-2nd

Whybrow, Ian. *Harry and the Dinosaur say "Rahhh!"*. New York: Random House, 2004.
[Curric. Easy W6294h] *PreS-2nd*

Compiled by Morgan Richards, CMC student assistant
March 2017
Updated February 2018