Healthy Reading, Healthy Kids
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Library Books Mentioned in Training

Healthy Habits

**ABC Doctor** by Harriet Ziefert
From Appointments, Bandages, and Check-ups through X-rays and feeling Yucky, this book takes kids on an informative and reassuring tour of the typical equipment, conditions and procedures they are likely to experience during visits to the doctor.

**Bear Feels Sick** by Karma Wilson
When Bear is too sick to play, his animal friends go to his cave to make him soup and tea and keep him company.

**Brush, Floss, and Rinse: Caring for Your Teeth and Gums** by Amanda Doering Tourville
This book is about how to care for your teeth.

**Clarabell’s Teeth** by An Vrombaut
Clarabell the crocodile cannot play with her friends because she is busy brushing her teeth—and crocodiles have lots of teeth.

**I Can See Just Fine** by Eric Barclay
Though Paige claims, "I can see just fine," her parents grow concerned and decide it's time for Paige to visit the eye doctor. Paige remains defiant until she finds the perfect frames and more importantly, perfect eyesight.

**I Know How We Fight Germs** by Kate Rowan
Sam and his mother talk about germs, viruses and bacteria, including how the body fights harmful germs and uses germs that are helpful.

**Llama Llama Home With Mama** by Anna Dewdney
Llama Llama's mother takes good care of him when he has to stay home from school because he is sick, but when Mama Llama begins to feel sick too, Llama Llama knows how to take care of her.

**A Sick Day for Amos McGee** by Philip Christian Stead
Amos McGee, a friendly zookeeper, always made time to visit his good friends. But one day he woke with the sniffles and the sneezes. Though he didn't make it into the zoo that day, he did receive some unexpected guests. (*Available in Spanish*)
Sick Simon by Dan Krall
By not covering his mouth or washing his hands, Simon spreads his cold to his teacher and classmates, much to the delight of three germs named Virus, Protozoa and Bacteria.

Take Care of Your Teeth by Don Curry
Rookie Read-About Health book about tooth care.

Time to See the Doctor by Heather Maisner
Ben has an earache, but he is too scared to let the doctor check him. When Amy volunteers to be examined and gets a sticker for being brave, Ben decides that maybe the doctor isn't so scary after all.

Healthy Eating

Bread and Jam for Frances by Russell Hoban
"Jam on toast," sings Frances about the food she likes most—until she has it for the sixth meal in two days. (Available in Spanish)

Fruits and Vegetables by Susan DerKazarian
A Rookie Read-About Health book about fruits, vegetables and nutrition.

Gobey Gets Full: Good Nutrition in a Nut Shell by Judy Caplan
Gobey the Health Nut teaches kids the basics of a healthy diet.

Good Morning Little Fox by Marilyn Janovitz
Little Fox and his father enjoy spending Saturdays doing things together, and one Saturday they discover that they also enjoy porridge.

Grains by Carol Anderson
A Rookie Read-About Health book about grains and nutrition.

Monsters Don’t Eat Broccoli by Barbara Jean Hicks
Illustrations and rhyming text reveal how imagination can spice up even the healthiest meal.

Using MyPlate by Rebecca Rissman
Simple text and photographs present the foods that are part of the MyPlate balanced diet and their nutritional importance.

Victor Vito and Freddie Vasco: Two Polar Bears on a Mission by Laurie Berkner
Two polar bears take a road trip across the United States to find exciting new foods to serve at their Klondike Cafe.

Exercise
The Busy Body Book by Lizzy Rockwell
This book is an introduction to the human body, how it functions and its need for exercise.
**Exercise (Rookie Read-About Health)** by Sharon Gordon
This book is a nonfiction book about exercise for children.

**Exercise!** by Katie Marsico
This book describes the benefits of exercise, the importance of building up stamina and the different ways to exercise.

**Get Up and Go!** by Nancy Carlson
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.

**I Like to Exercise** by Lisa Herrington
Discusses the importance of exercise and some ideas to help get the blood pumping and strengthen the entire body.

**Lion Lessons** by Jon Agee
Learning to be a lion takes some serious lessons, but luckily, this kid has a teacher who is a real pro.

**Toddlerobics Animal Fun** by Zita Newcome
A group of toddlers has fun imitating a penguin, a crab, a duck, an elephant and other animals while they exercise.

**You are a Lion!: And Other Fun Yoga Poses** by Taeeun Yoo
Children pretend to be many different animals as they do various yoga poses.

### Songs Used in Training

**Magic Soap**
*(Tune: “Three Blind Mice”)*

Magic soap, magic soap. So we can eat after we all play.
Squirt, squirt here; squirt, squirt there. Oh, don’t you love washing hands this way?
It helps to wash all the germs away. With magic soap.

**Scrub Your Hands**
*(Tune: “Jingle Bells”)*

Scrub your hands, scrub your hands
When it’s time to eat.
Wash those germs straight down the drain
Before you take your seat.
Scrub the front and the back
Scrub them in-between!
With warm water and some soap
Your hands will soon be clean.

**I’ve Got All These Teeth in My Mouth**
*(Tune: “He’s Got the Whole World in His Hands”)*

I’ve got all these teeth in my mouth.
I’ve got all these teeth in my mouth.
I’ve got all these teeth in my mouth.
I’m going to brush them every day.
I’m going to brush the top teeth in my mouth.
I’m going to brush the bottom teeth in my mouth.
I’m going to brush in front and in the back.
I’m going to brush them every day.

I’m going to brush away letter A.
I’m going to brush away letter B.
I’m going to brush away letter C.
I’m going to brush them all away.

**Rhyme Used in Training**

**Let’s Fight Germs**

All the little germs, dirty and mean,
Hiding on your palms, *(point to where they’re hiding)*
Where they cannot be seen.
Wash them, *(rub hands together)*
Scrub them, *(rub knuckles together)*
Rinse them away. *(whisk hands across each other)*

Then we’ll have clean hands, *(hands palm up)*
Hip, hip, hooray! *(jazz hands)*
*(More verses: Hiding between your fingers,*
*Hiding behind your hands, Hiding on your thumbs,*
*Hiding under nails, Hiding on your wrists)*

**Websites**

Nutrition information: [www.choosemyplate.gov](http://www.choosemyplate.gov)
Plan Your Plate Game: [thecraftingchicks.com/plan-your-plate-game/](http://thecraftingchicks.com/plan-your-plate-game/)
Toothbrush activity: [growingbookbybook.com/2015/01/14/alphabet-activities-for-preschoolers-brush-away/](http://growingbookbybook.com/2015/01/14/alphabet-activities-for-preschoolers-brush-away/)

**Library Resources**

*You can find the following resources at [research.fairfaxcounty.gov/early-literacy](http://research.fairfaxcounty.gov/early-literacy).*

**1,000 Books Before Kindergarten**
The 1,000 Books Before Kindergarten program is designed to help caregivers prepare children for one of life’s big milestones: kindergarten. The goal is for children to read or be read 1,000 books before he or she enters kindergarten.

**Book Lists for Preschoolers: I Like Picture Books About…**
Find library book suggestions on a variety of subjects for preschoolers.

**Early Literacy Library Book Bags**
Book bag kits with 10-20 books on a variety of school-related themes. *Book bags are not available in branches. Customers must put bags on hold.*

**Fun With Reading!**
A bi-monthly publication highlights library books and early literacy extension activities for each book.

**Ready to Read Newsletter**
This bi-monthly newsletter shares early literacy information and related library resources.
*Available in Spanish*

**Thematic Resources**
Library books, songs, rhymes and websites on a variety of preschool-related themes.

**Read, Write, Talk, Sing, Play Poster Series**
Early literacy posters that highlight a book and suggest activities to read, talk, sing, write and play with young children. *Available in Spanish*

**What’s New in Children’s Picture Books?**
This publication shares new library books published in the last several years. *Available in Spanish*