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Hearty Kids Library

Below are books available for the Hearty Kids Pilot Project. Please let us know if you discover additional books you would like for your Junior Reporters.

Gates, Mariam and Sarah Jane Hinder

Good Morning Yoga: A Pose-by-Pose Wake Up Story. Sounds True, 2016. 36 pages.

Summary: Start your day with some easy to do yoga poses. Try doing a downward dog, volcano and a lightning bolt. Poems and Illustrations aid in learning to do the poses.

Gibbons, Gail

The Fruits We Eat. Holiday House, 2015. 32 pages.

Summary: Everything about fruit that you didn't know to ask! Learn about the different kinds of fruit and how they grow.

Gibbons, Gail

The Vegetables We Eat. Holiday House, 2008, 32 pages.

Summary: Discover the many varieties of vegetables and why they are healthy food for our bodies. Learn fun facts about how they grow and different places you can get them (store, garden, farmers market).

Harper, Charise Mericle

Henry's Heart: A Boy, His Heart, and a New Best Friend. Henry Holt & Co., 2011. 40 pages.

Summary: Henry takes a walk and suddenly his heart starts beating faster. Henry rests and his heart slows down. Learn what makes Henry's heart speed up and slow down and how our hearts work.

Kerley, Barbara

A Cool Drink of Water. National Geographic, 2006, 32 pages.

Summary: Discover how people around the world get their drinking water. Find out why water is so important for our bodies and our survival.

Lyon, George Ella

All the water in the world. Atheneum Books, 2011, 40 pages.

Poetry and illustrations tell the story of the water cycle and the different ways we need and use water.

MacLean, Kerry Lee

Moody Cow Meditates Wisdom Publications, 2009, 32 pages.

Summary: Peter the Cow is having a terrible day. He misses the bus, gets into trouble and then is teased by his classmates. Find out how his grandfather comes to his rescue and helps Peter get rid of his bad mood by doing a fun exercise.



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MacLean, Kerry Lee

Peaceful Piggy Meditation. Albert Whitman & Co., 2004. 32 pages.

Summary: Everybody gets angry or worried at one time or another. Learn how to turn a bad day into a good day by taking a deep breath and meditating.

MacLean, Kerry Lee

Peaceful Piggy Yoga Albert Whitman & Co., 2008, 32 pages.

Summary: Pigs illustrate how to do some basic yoga poses. The book explains who does yoga and how it helps.

Manley, Heather

A Heart Pumping Adventure: An Imaginative Journey through the Circulatory System.

CreateSpace Independent Pub., 2011. 38 pages.

Summary: Human Body Detectives Merrin and Pearl take an informative journey through the blood stream. The book stresses the importance of diet and exercise on maintaining a healthy heart. Provides a diagram of the heart, a glossary, and directions on how to take your pulse.

Mansfield, Kathy

Rainbow Foods: Exploring Fruits and Veggies Through Colors. CreateSpace

Independent Pub., 2016. 40 pages.

Summary: Rhymes and colorful photos encourage children to explore the wide variety of fresh fruits and vegetables that are tasty to eat and healthy too.

Mayo, Gretchen Will

Applesauce (Where Does Our Food Come from?). Weekly Reader, 2004, 24 pages.

Summary: Find out how apples become applesauce. Provides a recipe for making applesauce. An index and glossary for additional information are included.

Salas, Laura Purdie and Violeta Dabija

Water Can Be... Milbrook Press, 2014, 32 pages.

Summary: Frost on a window pane, sprinklers in the summer are some ways the author illustrates water's effect on our lives and the world around us. Interesting facts, a glossary and further resources are provided. Rhyming verse and illustrations

Sayre, April Pulley

Let's Go Nuts!: Seeds We Eat. Beach Lane Books, 2013. 32 pages.

Summary: Poems explain the different kinds of seeds we eat including nuts, grains and beans. Included are fun facts about seeds and why they are nutritious to eat.

Sayre, April Pulley

Go, Go, Grapes!: A Fruit Chant. Little Simon, 2012. 32 pages.

Summary: Rhyming verse, colorful photographs and fun facts show how fruit are fun and healthy to eat.



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Sayre, April Pulley

Rah, Rah, Radishes!: A Vegetable Chant. Little Simon, 2014. 34 pages.

Summary: Catchy rhymes and colorful illustrations encourage children to explore and try eating the large variety of vegetables. The book explains the difference between fruits and vegetables, introduces fun facts and vocabulary terms.

Showers, Paul and Holly Keller

Hear Your Heart. Harper Collins, 2000. 40 pages.

Illustrations and simple text explain the heart and how it works. Simple activities are included for children to learn different heart concepts such as pulse, muscle contraction and heartbeat.

Simon, Seymour

The Heart: All About Our Circulatory System and More! Harper Collins, 2006, 32 pages.

Summary: Interesting facts and full page illustrations take readers on a journey through the circulation system. Topics include types of blood vessels, coronary bypass surgery, strokes, and anatomy of the heart.

Sosin, Deborah

Charlotte and the Quiet Place Plum Blossom Books, 2015, 40 pages.

Summary: Charlotte needs to find a quiet place. But her life is so busy and so very noisy. Discover the surprising way Charlotte finds her quiet place.