

# Recommended Books



## Health & Fitness

<p><b>LESSON 1:</b> Grain</p> <p><b>Are You Eating Something Red?</b> by Ryan Sias</p>  <p><b>VOOKS</b></p>	<p><b>LESSON 2:</b> Vegetable</p> <p><b>Grow Strong!</b> by Cheri J. Meiners</p> 	<p><b>LESSON 3:</b> Fruit</p> <p><b>Apple Action</b> by Erin Benoit <i>Included in the Experience Toddler and Preschool Curriculum Kits</i></p> 	<p><b>LESSON 4:</b> Dairy</p> <p><b>Linus the Vegetarian T-Rex</b> by Robert Neubecker</p> 	<p><b>LESSON 5:</b> Protein</p> <p><b>Green Eggs and Ham</b> by Dr. Seuss</p> 
<p><b>LESSON 6:</b> Cleaning &amp; Safety</p> <p><b>Cook-A-Doodle-Do!</b> by Janet Stevens &amp; Susan Stevens Crummel</p> 	<p><b>LESSON 7:</b> Measure &amp; Pour</p> <p><b>The Busy Body Book</b> by Lizzy Rockwell</p> 	<p><b>LESSON 8:</b> Chop &amp; Stir</p> <p><b>End of the Rainbow Fruit Salad</b> by Erika Moore, Larry Puzniak &amp; Marianne Welsh</p> 	<p><b>LESSON 9:</b> Bake &amp; Cook</p> <p><b>Forest Friends: Fox and the Last Piece of Pie</b> by Leslie Falconer <i>Included in the Experience Toddler and Preschool Curriculum Kits</i></p> 	<p><b>LESSON 10:</b> Set &amp; Serve</p> <p><b>Does a Camel Cook Spaghetti?</b> by Harriet Ziefert</p>  <p><b>VOOKS</b></p>
<p><b>LESSON 11:</b> Race &amp; Run</p> <p><b>The Life of Pelé</b> by Patty Rodriguez &amp; Ariana Stein</p>  <p><b>VOOKS</b></p>	<p><b>LESSON 12:</b> Jump</p> <p><b>Oh, the Things You Can Do That Are Good for You!</b> by Tish Rabe</p> 	<p><b>LESSON 13:</b> Kick</p> <p><b>From Head to Toe</b> by Eric Carle</p> 	<p><b>LESSON 14:</b> Throw &amp; Catch</p> <p><b>Watch Me Throw the Ball</b> by Mo Willems</p> 	<p><b>LESSON 15:</b> Stretch</p> <p><b>Stretch</b> by Doreen Cronin</p> 
<p><b>LESSON 16:</b> Checkup</p> <p><b>Doctor Maisy</b> by Lucy Cousins</p> 	<p><b>LESSON 17:</b> Growth</p> <p><b>I Want to Be Tall!</b> by Laura Summers</p>  <p><b>VOOKS</b></p>	<p><b>LESSON 18:</b> Strength</p> <p><b>Ten Apples Up On Top!</b> by Dr. Seuss</p> 	<p><b>LESSON 19:</b> Balance</p> <p><b>Balancing Act</b> by Ellen Stoll Walsh</p> 	<p><b>LESSON 20:</b> Rest</p> <p><b>Picky Peggy</b> by Jennifer Dussling</p> 

Click each title for a link and further information.