



MAX AND RUBY'S MIDAS:

Another Greek Myth

By Rosemary Wells E WELLS

Ruby tries to keep her brother Max from eating so many sweets by reading him an altered version of the story of King Midas, in which a little bunny turns everyone he loves into dessert!

SWEET TOOTH

By Margie Palatini E PALAT

Stewart's loud, obnoxious sweet tooth constantly gets him into trouble, until Stewart uses a healthy diet to take control of the situation.



THE LUCK OF THE LOCH NESS

MONSTER: A Tale of Picky Eating

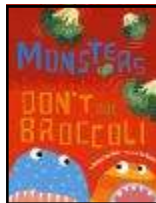
By A.W. Flaherty E FLAHE

A young American girl's picky eating habits transform a small worm into the famous Loch Ness monster. Includes facts about the biology of pickiness.

MONSTERS DON'T EAT BROCCOLI

By Barbara Jean Hicks E HICKS

In this rollicking picture book, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two. This hilarious book will have youngsters laughing out loud and craving healthy monster snacks of their own.



A Few Books About Nutrition



THE MONSTER HEALTH BOOK:

A Guide to Eating Healthy, Being Active, and Feeling Great for Monsters and Kids!

By Edward Miller J 613.7 MILLE

Beginning with a concise discussion of each food group and the new food pyramid, and including sections on exercise, drugs, and self-esteem, this informative and lively book will help kids pick up nourishing foods and get into wholesome habits.

THE EDIBLE PYRAMID:

Good Eating Every Day

By Loreen Leedy EASY J 613.2 LEEDY

The smart cat waiter at the Edible Pyramid restaurant shares a menu for healthy eating with the establishment's stylishly dressed animal customers. Revised in 2007 to include the USDA's redesigned food pyramid.



GOOD ENOUGH TO EAT: A Kid's

Guide to Food and Nutrition

By Lizzy Rockwell J 613.2 ROCKW

Lizzy Rockwell describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each, as well as the process of digestion, and the food pyramid. This book boasts cheerful illustrations and clear presentation.



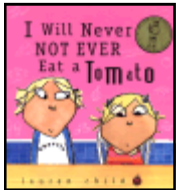
Books About Picky Eaters

Updated 4/2010

PERROT MEMORIAL LIBRARY
YOUTH SERVICES DEPARTMENT
90 SOUND BEACH AVENUE
OLD GREENWICH · CT · 06870
(203) 637-8802
WWW.PERROTLIBRARY.ORG



Spinach, peas, broccoli—oh, the horrors! Help your little one overcome his picky eating habits with these picture books.



I WILL NEVER NOT EVER EAT A TOMATO

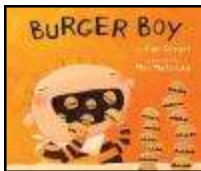
By Lauren Child E CHILD

Lola has lots of “forbidden foods,” such as carrots, peas, potatoes, fish sticks, and especially tomatoes. Her older brother Charlie finally convinces her to eat some carrots after he recasts them as “orange twiglets from Jupiter.”

BREAD AND JAM FOR FRANCES

By Russell Hoban E HOBAN

Frances decides she wants to eat *only* bread and jam at every meal--until—surprise!—her parents grant her wish.



BURGER BOY

By Alan Durant E DURAN

Benny likes burgers. Benny loves burgers. In fact, burgers are the only food that Benny ever eats. "If you don't watch out, you'll turn into a burger one day," warns his mom. And one day, Benny does. Hilarious illustrations capture Benny's wacky transformation and the chaos that ensues.



LITTLE PEA

By Amy Krouse Rosenthal E ROSEN

Little Pea hates eating candy for dinner, but his parents will not let him have his spinach dessert until he cleans his plate. A very cute reversal of the usual scenario.

NOW I WILL NEVER LEAVE THE DINNER TABLE

By Jane Reade Martin E MARTI

"I will never finish my spinach. Even if that means sitting here until I am grown up with children of my own." When her perfect older sister forces Patty Jane to remain at the dinner table until she finishes her spinach, she broods about being stuck there forever and devises a plan to get rid of her sister. Illustrated by Roz Chast of *New Yorker* fame.



OLIVER'S VEGETABLES

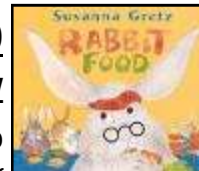
By Vivian French E FRENC

Oliver only likes to eat French fries. When he goes to stay with his grandparents, his grandfather tells him he can have fries if he can locate the potatoes growing in his garden—otherwise he has to sample whatever veggie he comes across first!

RABBIT FOOD

By Susanna Gretz E GRETZ

Mom and Dad call up Uncle Bunny to help little John overcome his hatred of vegetables. But Uncle Bunny has a secret food hatred of his own...



PRINCESS PICKY

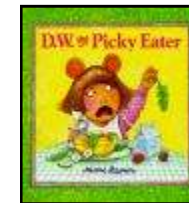
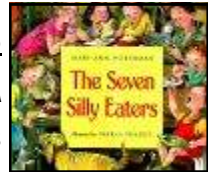
By Marjorie Priceman E PRICE

When Nicki refuses to eat her vegetables, she goes from being called Princess Perfect to Princess Picky, and the worried king orders his staff to create bribes fit for a finicky royal eater.

THE SEVEN SILLY EATERS

By Mary Ann Hoberman E HOBER

Peter wants warm milk, Lucy wants pink lemonade, and Jack applesauce. Each new addition to the household brings a new demand for a special food. It isn't until Mom's birthday arrives that a present from her children solves the problem.



D.W., THE PICKY EATER

By Marc Brown E BROWN

Because her picky eating habits cause some problems, Arthur the aardvark's younger sister D.W. has to stay home when the family eats out.

