

HealthWorks!

- Arnold, Tedd **No Jumping on the Bed** Penguin, 1987
Despite his parent's warnings Walter jumps on the bed with disastrous and humorous results.
- Barron, Rex **Showdown at the Food Pyramid** G.P. Putnam's Sons,
2004
When snack foods take over the food pyramid and make it collapse, members of the various food groups have to work together using the Great Food Guide to rebuild it.
- Bateman, Teresa **Hamster Camp: how Harry got fit** Albert Whitman, 2005
Concerned about Harry's weight gain and lack of exercise his pet hamster arranges for him to spend a month at a unique camp, where Harry is transformed into someone who understands that eating right and staying in shape can be fun.
- Carlson, Nancy **Get up and Go!** Viking, 2006
Encourages readers to turn off the television and play games, walk dance, and engage in sports.
- Davis, A **This is My Workout** Penworthy, 1987
Out ob Print
- Leedy, Loreen **The Edible Pyramid: good eating everyday** Holiday House, 2007
- Liberto, Lorenzo **Matt the Rat Fights Back** Harvest Sun Press, 2005
(Bilingual Spanish/English) After spending a summer eating junk food and staying indoors, Matt the Rat discovers that he is out of shape when school begins again, but with the help of friends and family, Matt learns the value of a healthy diet and exercise.
- Miller, Edward **The Monster Health Book: a guide to eating healthy, being active, & feeling great for monsters & kids!** Holiday House, 2006
- Rockwell, Lizzy **The Busy Body Book: a kid's guide to fitness** Crown, 2004
An introduction to the human body, how it functions and its need for exercise.