



Parables for Picky Eaters

Picture Books

The Berenstain Bears and Too Much Junk Food E Berenstain
Mama Bear starts a campaign to convince her family that they are eating too much junk food.

Healthy Snacks with Blue! E Blues

When Blue's class has to bring in healthy snacks, Blue chooses a fruit salad, which she makes with the help of Joe, Mr. Salt, and Mrs. Pepper.

I Will Never Not Ever Eat a Tomato E Child

A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter.

Burger Boy E Durant

Benny hates vegetables and eats nothing but hamburgers, until the day his mother's prediction proves true and he turns into a walking, talking--and running--burger.

The Luck of the Loch Ness Monster E Flaherty

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.

Lunch E Fleming

A very hungry mouse eats a large lunch comprised of colorful foods.

Monsters Don't Eat Broccoli! E Hicks

Illustrations and rhyming text reveal how imagination can spice up even the healthiest meal.

Bread and Jam for Frances E Hoban

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

Sugar Would Not Eat It E Jenkins

When Leo adopts a cat, he names her Sugar and tries to feed her a piece of his birthday cake, but no matter what Leo does to try to make her eat it, the cat simply refuses.

Pinkalicious E Kann

A little girl who is obsessed with the color pink eats so many pink cupcakes that she herself turns pink.

The King's Taster E Oppel

The royal chef takes Max the dog, the royal taster, on several international journeys to find a dish for the land's pickiest king.

Sweet Tooth E Palatini

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

Little Pea E Rosenthal

Little Pea hates eating candy for dinner, but his parents will not let him have his spinach dessert until he cleans his plate.

Gregory the Terrible Eater E Sharmat

A very picky eater, Gregory the goat refuses the usual goat staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice.

Beginning Readers

Food for Healthy Teeth ER Frost

Lists foods that make teeth strong.

Just Try It ER Jones

Tom is sure that he does not like peas, beans, broccoli, corn, or carrots, until one day he eats them all cooked together in a casserole.

Little Bear ER Namm

When it comes to eating, Little Bear definitely prefers honey to potatoes, peas, tomatoes, or cheese.

Good Food ER Reggier

A boy grocery shops for nutritious food with his father, and together they cook dinner for the family.

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