



## 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.