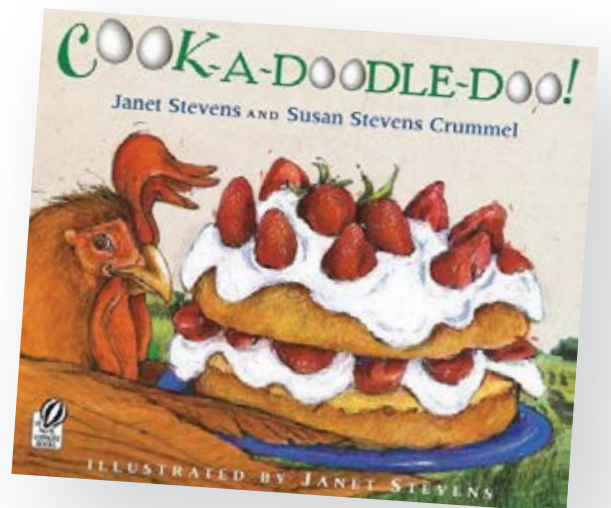
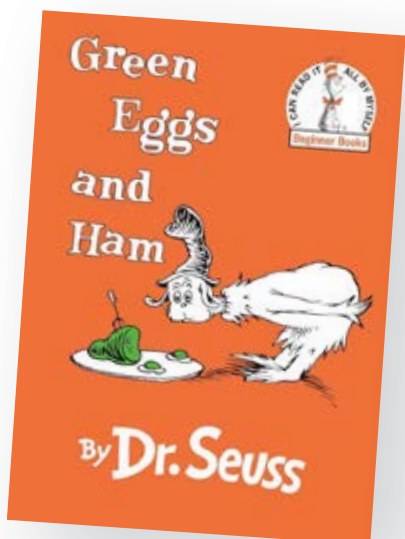
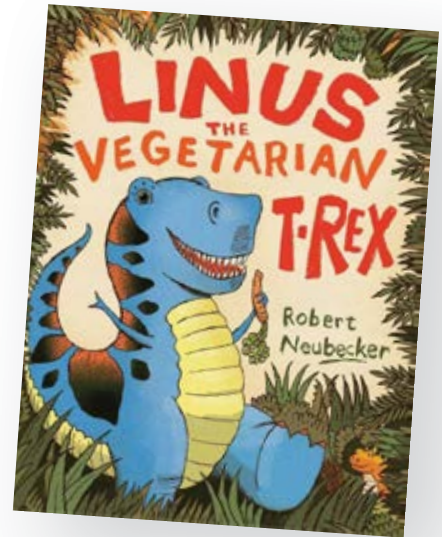
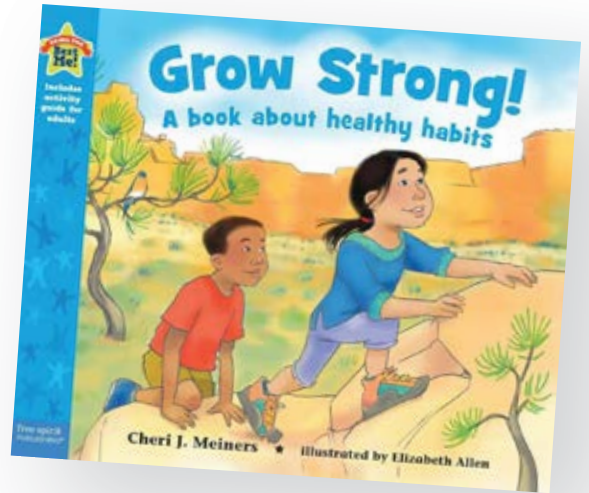
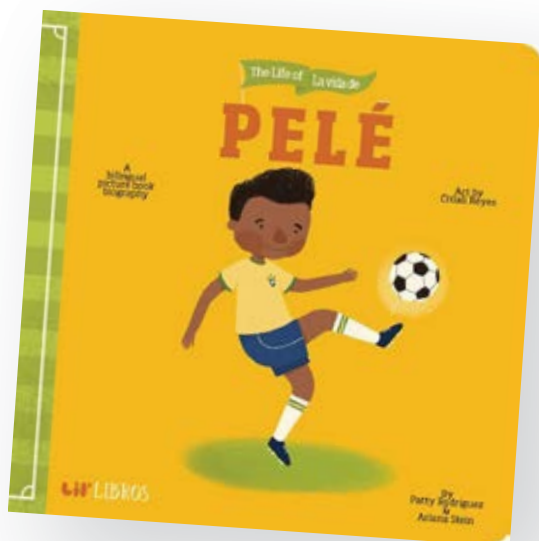
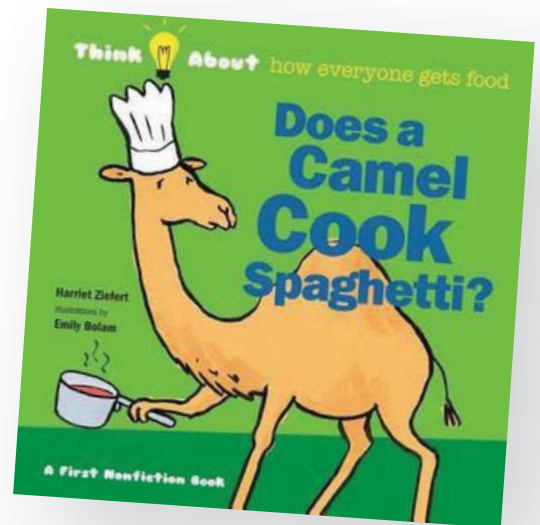
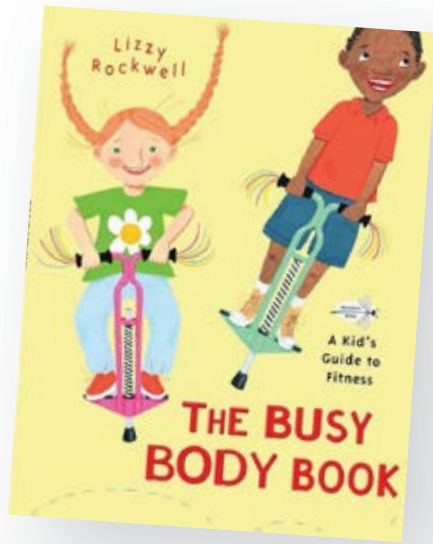


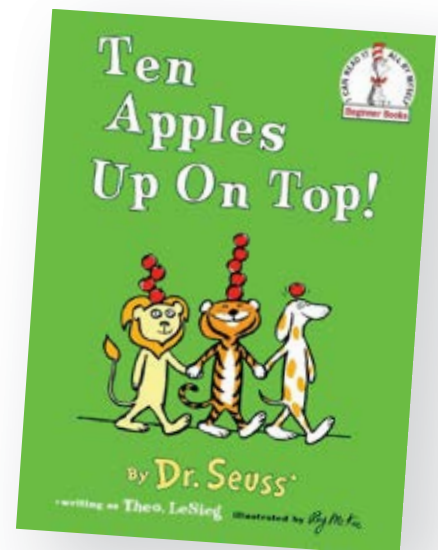
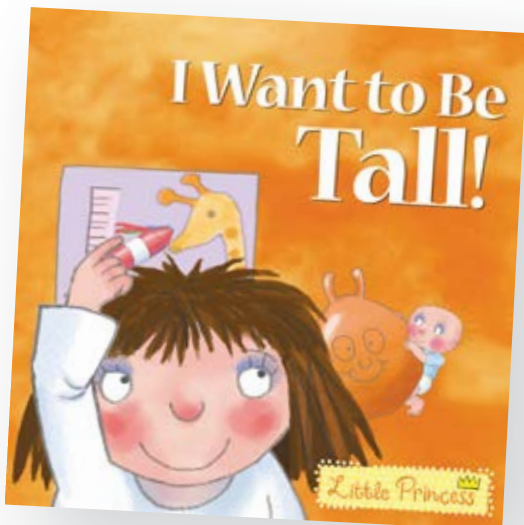
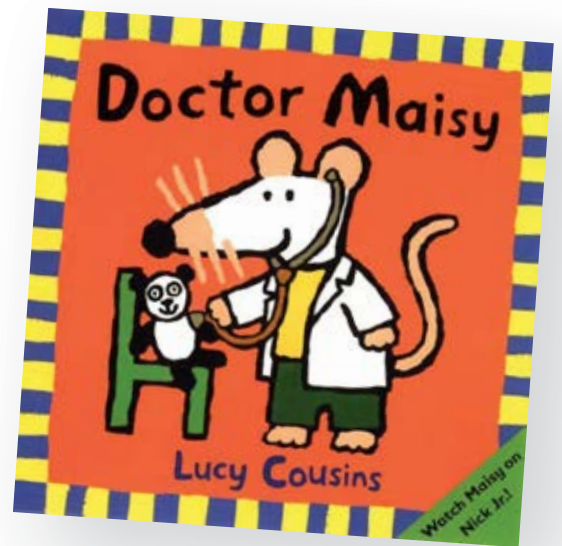
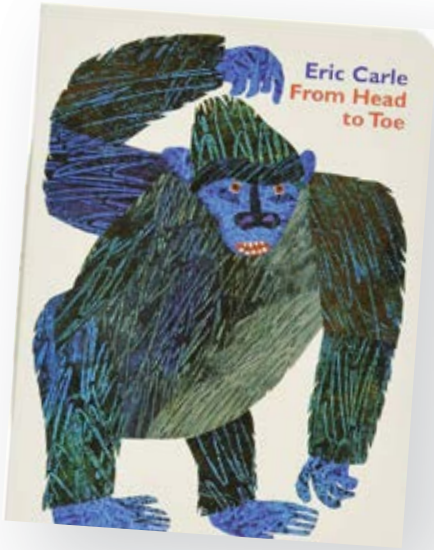
SUGGESTED BOOK LIST Health & Fitness

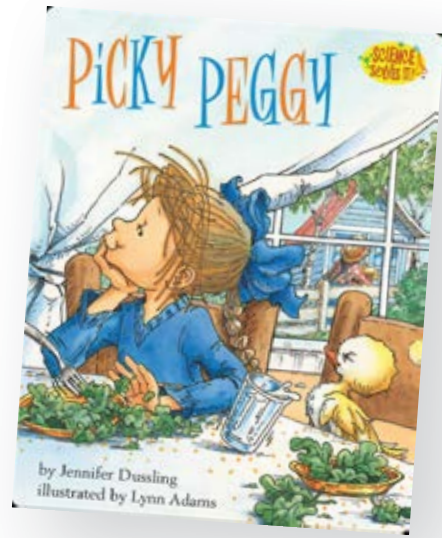
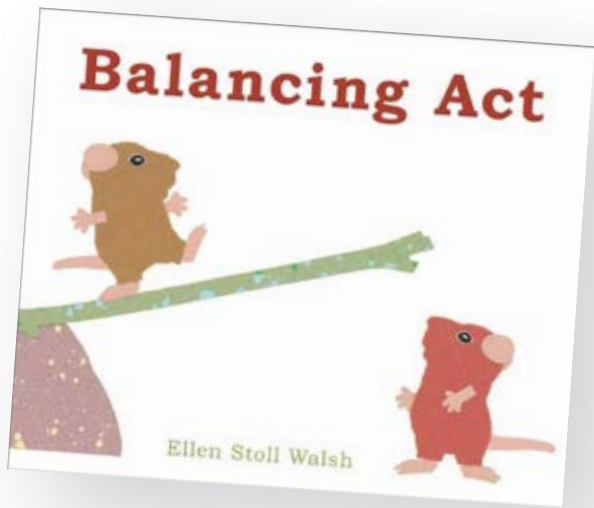


LESSON 1 GRAINS	LESSON 2 VEGETABLES	LESSON 3 FRUITS	LESSON 4 DAIRY	LESSON 5 PROTEIN
<p>Are You Eating Something Red? by Ryan Sias</p> 	<p>Grow Strong! A Book About Healthy Habits by Cheri J. Meiners</p> 	<p>Apple Action! by Erin Benoit</p> <p style="color: #E67E22; font-weight: bold;">Included!</p> 	<p>Linus the Vegetarian T-Rex by Robert Neubecker</p> 	<p>Green Eggs and Ham by Dr. Seuss</p> 
<p>LESSON 6 CLEANING & SAFETY</p> <p>Cook-a-Doodle-Do! by Janet Stevens & Susan Stevens Crummel</p> 	<p>LESSON 7 MEASURE & POUR</p> <p>The Busy Body Book by Lizzy Rockwell</p> 	<p>LESSON 8 CHOP & STIR</p> <p>End of the Rainbow Fruit Salad by Eluka Moor, Larry Puzniak & Marianne Walsh</p> 	<p>LESSON 9 BAKE & COOK</p> <p>Forest Friends: Fox and the Last Piece of Pie by Leslie Falconer</p> <p style="color: #E67E22; font-weight: bold;">Included!</p> 	<p>LESSON 10 SET & SERVE</p> <p>Does a Camel Cook Spaghetti? by Harriet Ziefert</p> 
<p>LESSON 11 RACE & RUN</p> <p>The Life of Pelé by Patty Rodriguez & Ariana Stein</p> 	<p>LESSON 12 JUMP</p> <p>Oh, the Things you Can Do That Are Good for You! by Tish Rabe</p> 	<p>LESSON 13 KICK</p> <p>From Head to Toe by Eric Carle</p> 	<p>LESSON 14 THROW & CATCH</p> <p>Watch Me Throw the Ball by Mo Willems</p> 	<p>LESSON 15 STRETCH</p> <p>Stretch by Doreen Cronin</p> 
<p>LESSON 16 CHECKUP</p> <p>Doctor Maisy by Lucy Cousins</p> 	<p>LESSON 17 GROWTH</p> <p>I Want to Be Tall by Laura Summers</p> 	<p>LESSON 18 STRENGTH</p> <p>Ten Apples Up on Top! by Dr. Seuss</p> 	<p>LESSON 19 BALANCE</p> <p>Balancing Act by Ellen Stoll Walsh</p> 	<p>LESSON 20 REST</p> <p>Picky Peggy by Jennifer Dussling</p> 









BOOK of the DAY