



Taking Care of Me Booklist – English

*Below is the list of recommended books for the ten lessons in *Taking Care of Me*.

1. Fun with Fruits & Vegetables

I Like Vegetables, Sharon Lerner
Eat the Fruit, Plant the Seed, Millicent E. Selsam
The Carrot Seed, Ruth Krauss
Growing Vegetable Soup, Lois Ehlert

2. Great Grains

If You Give A Pig A Pancake,
Laura Numeroff
Pancakes For Breakfast,
Tomie De Poala
Bread, Bread, Bread, Ann Morris
The Letters Are Lost, Lisa Ernst

3. Discovering Dairy & Protein

The Egg, A First Discovery Book,
Gallimard Jeunesse
Green Eggs and Ham, Dr. Seuss
*The Edible Pyramid, Good Eating Every
Day*, Loreen Leedy
Gregory the Terrible Eater,
Mitchell Sharmat

4. Terrific Teeth

Brush Them Bright, Patricia Quinlan
The Wiggly Tooth Book, Linda Pohl
A Trip to the Dentist, Margot Linn
Loose Tooth, Steven Kroll

5. Let's Move!

From Head to Toe, Eric Carle
Murphy Meets the Treadmill,
Harriet Ziefert
Shadow Night, Kay Chorao
Can't Sit Still, Karen E. Lotz

6. My Healthy Body

Mother I Feel Sick, Send for the Doctor
Quick, Quick, Quick, Remy Charlip &
Burton Supree
Germs Make Me Sick!, Melvin Berger
Tusk! Tusk!, Anne Mitra
Clifford Visits The Hospital,
Norman Bridwell

7. Safe Outside

When I Cross The Street, Dorothy Chlad
*Watch Out for Banana Peels and Other
Important Sesame Street Safety Tips*,
Sarah Albee
Look Look Look, Tana Hoban
Rosie's Walk, Pat Hutchins

8. Fire Smart

Curious George at the Fire Station,
H.A. Rey
Fire Fighters A to Z, Chris L. Demarest
Curious George, H.A. Rey
*Miss Bindergarten Takes a Field Trip
with Kindergarten*, Joseph Slate

9. Safe At Home

*Watch Out for Banana Peels and
Other Important Sesame Street
Safety Tips*, Sarah Albee
Kid's Guide to First Aid, Lory Freeman
My Car, Byron Barton
Arthur's Fire Drill, Marc Tolon Brown

10. Growing & Knowing

Caps, Hats, Socks and Mittens, Louise
Borden
First Comes Spring, Anne Rockwell
I Read Signs, Tana Hoban
Carefulness, Janet Reihecky