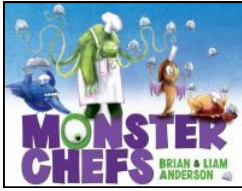
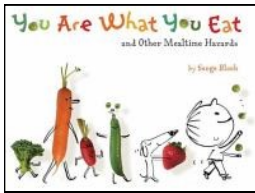


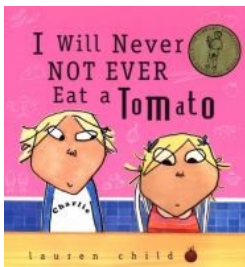
Picky Eaters



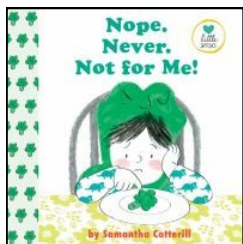
Anderson, B. Monster Chefs. The horribly horrible monster king summoned his four equally horrible chefs. "I am tired of eating only eyeballs and ketchup," roared the king. "Find me something new to eat or you will find yourselves on my menu!" Trembling with fear, they each set off in a different direction to look for something truly scrumptious. But what, besides eyeballs and ketchup, could a monster king possibly want to eat? What one finally brings back may change dinnertime in the kingdom forever! jP Anderson



Bloch, S. You Are What You Eat and Other Mealtime Hazards. Mealtime should be a piece of cake, but this finicky eater eats like a bird. And that drives his mom bananas because he really should have three square meals a day nut? Maybe he'll discover that variety is the spice of life! Children might find these sayings puzzling at first, but the illustrations which mix whimsical line drawings with photographs of inanimate objects, make everything clear... and will leave readers of all ages pleased as punch. jP Bloch

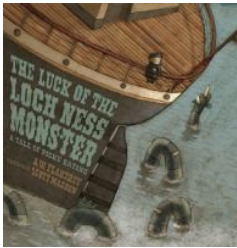


Child, L. I Will Never Not Ever Eat a Tomato. Lola is a fussy eater. A very fussy eater. She won't eat her carrots (until her brother Charlie reveals that they're orange twiglets from Jupiter). She won't eat her mashed potatoes (until Charlie explains that they're cloud fluff from the pointiest peak of Mount Fuji). There are many things Lola won't eat, including — and especially — tomatoes. Or will she? jP Child

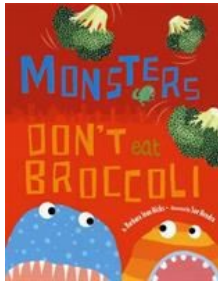


Cotterill, S. Nope. Never. Not for me! Children are often picky eaters and convincing them to try new foods can be a challenge. In this engaging story, a young child refuses to try a bite of broccoli--that is, until her mom guides her through a careful exploration of the new food. First she looks, then she sniffs, then touches, and finally takes one tiny bite. What do you know? Broccoli isn't so overwhelming after all! jP Cotterill

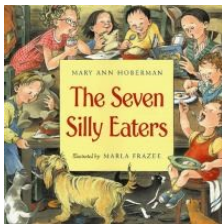
Picky Eaters



Flaherty, A. The Luck of the Loch Ness Monster: A Tale of Picky Eating. Once upon a time, on a long, slow trip to Scotland, a little girl named Katerina-Elizabeth tossed her oatmeal overboard—again, and again, and again. She was a picky eater, and oatmeal was her least favorite food. And once upon a time, a small worm, no bigger than a piece of thread, swam alongside an ocean liner bound for Scotland and ate bowl after bowl of tossed oatmeal. He had never tasted anything as wonderful as oatmeal in his whole life. This whimsical picture book tells a picky (and not-so-picky) eater inspired story of the legendary Loch Ness Monster! jP Flaherty



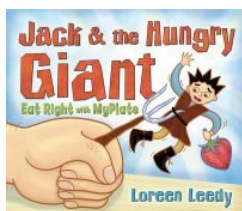
Hicks, B. Monsters Don't Eat Broccoli. In this rollicking picture book monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all! jP Hicks



Hoberman, M. The Seven Silly Eaters. Peter wants only milk, Lucy won't settle for anything but homemade lemonade, and Jack is stuck on applesauce. Each new addition to the household brings a new demand for a special meal. What's a mother to do? jP Hoberman

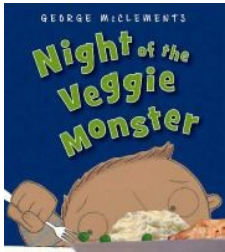


LaRoche, D. How Martha Saved Her Parents from Green Beans. Martha HATES green beans. When some mean, green bandits stroll into town, anyone who ever said "Eat your green beans" is in big trouble. But when the beans kidnap Martha's parents, Martha is forced to take action. She can think of only one way to stop the villainous veggies from taking over her town, and it's not pretty...or tasty! jP LaRoche



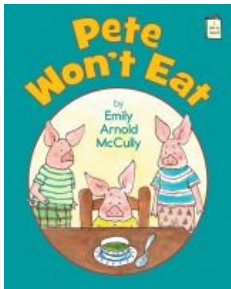
Leedy, L. Jack & the Hungry Giant Eat Right with MyPlate. Lucky for Jack, the giant he meets at the top of the beanstalk chasing him with a huge fork does not plan to eat him. He is more interested in nutrition than in devouring Jack. Using the USDA's MyPlate nutrition model, the giant makes Jack a scrumptious meal. As he cooks, he teaches Jack about the food groups--grains, proteins, fruits, vegetables, and dairy--and how much of each should be on Jack's plate. j 613.2 Leedy

Picky Eaters



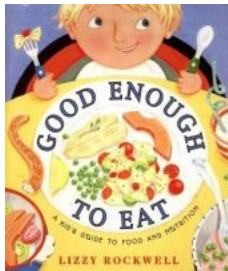
McClements, G. Night of the Veggie Monster. When a single pea touches the lips of this determined vegetable hater, our hero doesn't cry, whine, or refuse to swallow. He turns into a VEGGIE MONSTER ready to smash the chairs, ready to tip the table, ready to . . . GULP . . . down his peas? With inventive mixed-media illustrations and a short, snappy text that combines a child's dinnertime drama with a hilarious parents'-eye-view, this funny story just might inspire a few veggie monsters out there to give peas a chance.

jP McClements



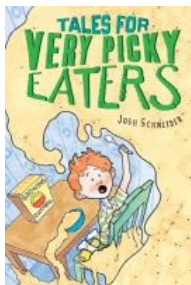
McCully, E. Pete Won't Eat. Pete's a picky little piggy. When Mom serves her four young piglets heaping bowls of green slop, Dot, Rose, and Gus are in hog heaven. But not Pete. No, "Pete won't eat." As his siblings run off and have fun outdoors, Pete faces a plight known to many a kid: the admonishment from a mom to "stay until you eat." In the meantime, Pete's growing curiosity about the slop leads him to take a bite and then another. Turns out, it's pretty good!

jP McCully



Rockwell, L. Good Enough to Eat: A Kid's Guide to Food and Nutrition. Written especially for kids, this practical, hands-on tool for families who want to eat a healthy diet, this book explains: the nutrient groups (carbohydrates, protein, fat, water, vitamins, and minerals), each nutrient's function and which foods contain which nutrients, how much of each nutrient a kid needs each day, and how the body digests food. It also includes kid-friendly recipes such as Alphabread and Full o' Beans Soup.

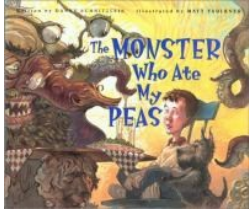
j 613.2 Rockwell



Schneider, J. Tales for Very Picky Eaters. James is a very picky eater. His dad has to get very creative in order to get James to eat foods he thinks he doesn't like. He presents James with a series of outlandish scenarios packed with fanciful and gross kid-friendly details, like pre-chewed gum as an alternative to broccoli and lumpy oatmeal that grows so big it eats the dog, in an effort to get James to eat. But it is eventually James himself who discovers that some foods are not so bad if you're willing to give them a try.

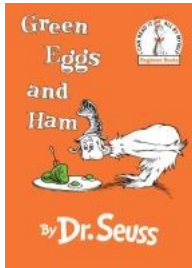
jE Schneider

Picky Eaters



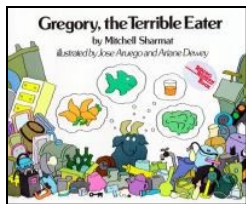
Schnitzlein, D. The Monster Who Ate My Peas. What do you dread eating the most? For the hero of this story, it's peas, and he thinks he's discovered a solution. He makes a bargain with a fiendishly funny monster. First the deal is simple: the monster will eat the boy's peas in exchange for his soccer ball. But with each new encounter, the monster's demands escalate, but when the monster asks for his puppy, the boy makes a surprising discovery.

jP Schnitzlein



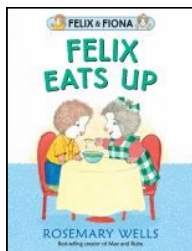
Seuss, D. Green Eggs and Ham. "Do you like green eggs and ham?" asks Sam-I-am in this Beginner Book by Dr. Seuss. In this most famous of cumulative tales, the list of places to enjoy green eggs and ham, and friends to enjoy them with, gets longer and longer. Follow Sam-I-am as he insists that this unusual treat is indeed a delectable snack to be savored everywhere and in every way!

jE Seuss



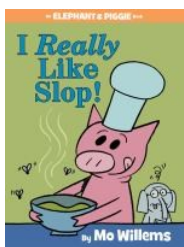
Sharmat, M. Gregory, the Terrible Eater. Gregory isn't like most goats. Instead of indulging in delicacies like old shoes, boxes, and bottle caps, he prefers to eat fruits, vegetables, eggs, and fish. Mother Goat and Father Goat are worried, but they finally get Gregory to eat like a proper goat, he doesn't just eat like a goat---he eats like a pig! Will Gregory be able to find a healthy balance before he eats everything in the house?

jP Sharmat



Wells, R. Felix Eats Up. Felix brings the same lunch to school every day: sprouts on buttered oat bread. He will also eat pasta with butter. And he loves macaroni and cheese. No need to try anything new. But on the night of his friend Fiona's half-birthday celebration, Felix finds himself facing down an unfamiliar – and anxiety-provoking – menu. Will he leave the restaurant hungry, or can Fiona convince him to give new tastes a try?

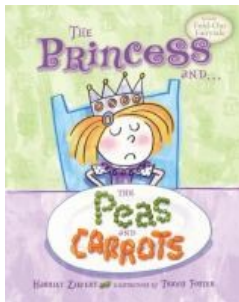
jE Wells



Willems, M. I Really Like Slop! It's lunch time, and Piggie is making one of her favorite treats – slop. She really likes slop, and she wants her friend Gerald to try some. Gerald isn't interested because of the smell, but Piggie is his best friend. Will Gerald find the courage to try it?

jE Willems

Picky Eaters



Ziefert, H. The Princess and the Peas and Carrots. Rosebud is a little girl who likes everything "just so"--her outfits, her room, her meals, etc. When presented with a dinner plate whose meal components are decidedly not "just so"--she pushes it all away, and, right off the table. Now, nothing is just so and everything is not right. After securing her promise to stop fussing, her parents help her get things back in good order, and the peas and carrots turn out to be really quite delicious! jP Ziefert

Compiled by the Rochester Public Library Children's Room.

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