



# Recommended Nutrition Themed Books

*Introduce Healthy Eating Through Literature!*

[Night of the Veggie Monster](#)

[By: George McClements](#)

[I Can Eat the Rainbow](#)

[By: Olena Rose](#)

[How Did That Get in My Lunchbox?](#)

[By: Chris Butterworth](#)

[I Will Never Not Ever Eat a Tomato](#)

[By: Lauren Child](#)

[My Very Hungry Happy Tummy.](#)

[By: Samantha Armstrong](#)