



Nutrition Books For Children Aged 2-5

About this list

Nutrition is an important component to ensure healthy growth and provides energy for your child to explore, learn, and play in the world around them!

Below are some books on nutrition and eating habits that you can read with your child. For more information about nutrition, you can also read the RBS pamphlets linked below.



Nutrition books for children

- *The Sugar Story: Why Too Much Sugar is Bad for You* by Emelie Kamp
- *Brush Your Teeth, Please: A Pop-Up Book* by Jean Pidgeon
- *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
- *I Can Eat a Rainbow* by Olena Rose
- *Little Pea* by Amy Krouse Rosenthal
- *Why Should I Eat Well?* By Claire Llewellyn

RBS Information Pamphlets

- [Healthy Eating and Nutrition Tips For Children Aged 2-5](#)
- [All About Sugar For Children Aged 2-5](#)
- [Healthy Living Tips & Resources \(Ages 1-5\)](#)

