



# Resource List:

## What Makes My Food Healthy?

Learning about healthy foods helps young children build lifelong habits while also showing them why local foods are often a healthier choice. When kids explore colorful fruits, vegetables, whole grains, and proteins, they learn which foods help them grow strong and feel their best. Connecting these foods to nearby farms and gardens teaches them that fresh, local options usually travel shorter distances, keep more nutrients, and come from people who care for the land and their community. This early understanding encourages curiosity, confidence in trying new foods, and appreciation for the farmers who grow nourishing ingredients. You can extend this topic with activities about food groups, tasting local produce, or healthy snacks to deepen children's learning.

### EDUCATIONAL HAND-OUTS & ACTIVITIES:

- [Colorful Plate Spinners](#)
- [Dr. Yum Food Education](#)
- [Tomatoes for Neela](#)
- [1 Big Salad](#)
- [FFI Early Childhood Curriculum](#)
- [Center for Ecoliteracy](#)
- [Supporting Healthy Eating Habits](#)
- [Dietary Guidelines](#)
- [Healthy Food Hunt](#)
- [Create a Rainbow of Healthy Foods](#)
- [My Healthy Foods Book](#)
- [Food Hero](#)
- [My Plate](#)
- [Why Eat Locally Grown Food](#)

### BOOKS TO READ:

- [Tomatoes for Neela](#) - Padma Lakshmi
- [1 Big Salad](#) - Juana Medina
- [I Will Not Ever Eat a Tomato](#) - Lauren Child
- [Little Pea](#) Amy Krouse Rosenthal
- [Monsters Don't Eat Broccoli](#) - Barbara Jean Hicks
- [Growing Vegetable Soup](#) - Lois Ehlert
- [Learning About Vegetables for Kids](#) - MyFirstTeacher Series

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