

## HEALTHY FOODS BOOK



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In his book, Pollan discusses how our food became the food science-crazed system it is today and exemplifies how one can eat healthily and restore pleasure back into eating. You can purchase the book for \$15.99 at Shop PBS .

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### **11 Fantastically Fun Children's Books That Teach Healthy**

Some healthy foods can be very harmful to those with allergies or food sensitivities. Because so many classrooms are now Nut-Free zones, I included in this list this cute story about a boy with peanut allergies. Told in a playful way, students will understand the severity of allergies while also seeing kids in the class with allergies as normal peers.

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