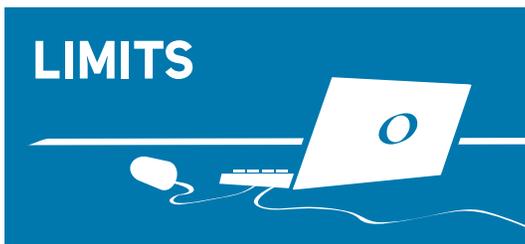


A F.I.T. FAMILY



A F.I.T. Family's Healthy Habits

EATS balanced meals together as a family

PLAYS actively for at least 60 minutes per day

LIMITS screen time to less than 2 hours daily

READS aloud together

SLEEPS adequately with consistent bedtime routines

Framework for Integrated Teaching



F.I.T. CLUB

FARMING FITNESS FOOD

F.I.T. CLUB

200 Middle Highway #12
Barrington, RI 02806

teachfitclub.org

A Rhode Island Non-Profit 501(c)(3) Corporation

RECIPES FOR READING



F.I.T. FAMILY

SERVING BOOKS DAILY

Children's literature

full of food, fitness and farming

to read aloud together

with your family

teachfitclub.org

PIZZA

- The Little Red Hen (Makes a Pizza)* by Philemon Sturges
- The Little Red Hen* by Jerry Pinkney
- Secret Pizza Party* by Adam Rubin
- Tops & Bottoms* by Janet Stevens
- E-I-E-I-O: How Old MacDonald Got His Farm* by Judy Sierra
- Secrets of the Garden* by Kathleen W. Zoehfeld
- Maisy Grows a Garden* by Lucy Cousins
- The Tale of Peter Rabbit* by Beatrix Potter



APPLES & ORANGES

- The Very Hungry Caterpillar* by Eric Carle
- Apples* by Gail Gibbons
- Living Sunlight* by M. Bang and P. Chisholm
- Each Peach Pear Plum* by J. and A. Ahlberg
- What If There Were No Bees?* by Suzanne Slade

SCRAMBLED EGGS

- Rosie's Walk* by Pat Hutchins
- Green Eggs and Ham* by Dr. Seuss
- Two Eggs, Please* by Sara Weeks
- From Egg to Chicken* by Anita Ganeri

TACOS

- Dragons Love Tacos* by Adam Rubin
- Round is a Tortilla* by Roseanne G. Thong
- The Tiny Seed* by Eric Carle
- How a Seed Grows* by Helene Jordan
- Sophie's Squash* by Pat Zietlow Miller
- Green is a Chile Pepper* by Roseanne G. Thong

MILK & CHEESE

- Moo* by Matthew Van Fleet
- Click, Clack, Moo: Cows That Type* by Doreen Cronin
- Moo, Baa, La La La!* by Sandra Boynton
- Big Red Barn* by Margaret Wise Brown

THE COLORS OF MY KITCHEN

- Jamberry* by Bruce Degan
- Blueberries for Sal* by Robert McCloskey
- I Will Never Not Ever Eat a Tomato* by Lauren Child
- The Food Parade* by Elicia Castaldi



TO MARKET

- To Market, To Market* by Anne Miranda
- Maisy Goes Shopping* by Lucy Cousins
- Market Day* by Lois Ehlert
- A Day at the Market* by Sara Anderson

COCK-A-DOODLE-DOO

- Pancakes for Breakfast* by Tomie DePaola
- Pancakes, Pancakes!* by Eric Carle
- If You Give a Pig a Pancake* by Laura Numeroff

MY LUNCHBOX

- The Giant Jam Sandwich* by John V. Lord
- Bread & Jam for Frances* by Russell Hoban
- Lunch* by Denise Fleming
- Picnic* by John Burningham

EATING A GARDEN

- Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert
- Creepy Carrots!* by Aaron Reynolds
- The Carrot Seed* by Ruth Krauss
- Pick, Pull, Snap!* by Lola Schaeffer

WHAT'S FOR DINNER?

- Growing Vegetable Soup* by Lois Ehlert
- Gazpacho for Nacho* by Tracey Kyle
- Strega Nona* by Tomie DePaola
- Pigs Love Potatoes* by Anika Denise
- A Fine Dessert: Four Centuries, Four Families, One Delicious Treat* by Emily Jenkins

LET'S DANCE & PLAY!

- Dancing Feet!* by Lindsay Craig and Marc Brown
- Barnyard Dance!* by Sandra Boynton
- Giraffes Can't Dance!* by Giles Andreae
- Pete the Cat: I Love My White Shoes* by Eric Litwin
- Duck on a Bike* by David Shannon
- Biggest, Strongest, Fastest* by Steve Jenkins
- Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault
- Where the Wild Things Are* by Maurice Sendak
- The Snowy Day* by Ezra Jack Keats
- Ten Little Fingers and Ten Little Toes* by Mem Fox and Helen Oxenbury
- Move!* by Robin Page



- Goodnight Moon* by Margaret Wise Brown
- Don't Let the Pigeon Stay Up Late!* by Mo Willems
- Pajama Time!* by Sandra Boynton
- I Am Not Sleepy and I Will Not Go to Bed* by Lauren Child
- Time to Sleep* by S. Jenkins and R. Page
- Sleepytime Me* by Edith Hope Fine
- Tuesday* by David Wiesner
- In the Night Kitchen* by Maurice Sendak
- Five Little Monkeys Jumping on the Bed* by Eileen Christelow
- Good Night Gorilla* by Peggy Rathmann
- Harold and the Purple Crayon* by Crockett Johnson
- 10 Minutes till Bedtime* by Peggy Rathmann
- The Napping House* by Audrey Wood
- Guess How Much I Love You* by Sam McBratney
- Interrupting Chicken* by David Ezra Stein
- The Nuts: Bedtime at the Nut House* by Eric Litwin
- The Night World* by Mordicai Gerstein

