

Healthy Reading Grades 2-4

Annotated Book List



This packet contains three annotated lists of books for the target audience of second, third, and fourth grade readers. These lists contain titles from past **Battle of the Books (BOTB)** lists for grades 2-4, and some older titles that may already be in your library that relate to health issues but have never appeared on the BOTB lists. We've labeled these **Other Recommended Books**. The third category, **Books On Our Shelf**, has other titles that may be new to some Alaska school libraries.

The books in each category are listed here in alphabetical order by title. In the Chart of Alignment the titles are generally grouped in order of level of reading difficulty. As always, the reading ability of the individual student or group should dictate the reading selection level. Many of these titles will work equally well in fourth and eighth grades, depending on the reader. Teachers will want to read the books before assigning sections.

Battle of the Books - Annotated Book List

2nd Grade List

Cloudy With a Chance of Meatballs – Barrett (E BAR) (unpaged picture book)

In the town of Chewandswallow life is delicious. It rains soup and juice, snows mashed potatoes and blows storms of hamburgers. Suddenly, the weather takes a turn for the worse.

Giant Jam Sandwich – Lord (E LOR) (story in rhyme, unpaged picture book)

When four million wasps fly into town, the residents devise a clever way to get rid of them.

Johnny Appleseed – Kellogg (921 CHA) (unpaged picture book)

A tall tale about John Chapman, aka Johnny Appleseed. The book describes his life as a nature lover and apple grower on the American frontier.

Popcorn Book – de Paola (641.6 DEP) (unpaged picture book)

A book of history and interesting information about popcorn, including two popcorn recipes.

3rd/4th Grade List



Aliens for Breakfast – Etra/Spinner (FIC ETR) (Stepping Stone book, 62 pages, 8 chapters, illustrations on some pages)

Richard finds an intergalactic special agent in his cereal box and joins in the fight to save Earth from the Dranes. Other titles in this series include Aliens for Lunch – Spinner/Etra (FIC SPI) (Stepping Stone Book, 63 pages, 9 chapters, some illustrations) and Aliens for Dinner – Spinner (FIC SPI) (Stepping Stone Book, 79 pages, 10 chapters, some illustrations).

Beetles, Lightly Toasted – Naylor (FIC NAY) (16 chapters, 134 pages, no illustrations)

Andy has one chance to win the fame and fortune connected with the 5th grade essay contest and this year the theme is conservation! As time was running out to think of a topic, suddenly the cat pounced and devoured a beetle. Could recipes featuring insects make the grade?

Bravest Dog Ever: The True Story of Balto – Standiford (636.7 STA) (Step into Reading 2, 48 pages, illustrations on most pages)

The story of the life of Balto, the sled dog hero of the 1925 run to Nome in the diphtheria epidemic. Of the two Balto books this is the easier reading version. Unit companion: Balto and the Great Race – Kimmel (636.73 KIM)

Chocolate Touch – Catling (FIC CAT) (12 chapters, 126 pages, some illustrations)

A cautionary tale where everything turns to chocolate for greedy John Midas. This is a funny story that would open doors to discussions of nutrition.



Everybody Bakes Bread – Dooley (E DOO) (unpaged, many illustrations, 6 pages of bread recipes)

A search through the international neighborhood for a three-handled rolling pin solves a family quarrel and introduces delicious breads from around the world. Unit companion: Everybody Cooks Rice (641.6 DOO)

Helen Keller – Davidson (921 KEL) (Scholastic Biography series, 10 chapters, 95 pages, photos and illustrations, some editions contain the Braille alphabet)

This biography of the lives of deaf-blind Helen Keller and her beloved teacher and companion, Annie Sullivan, chronicles the triumphs and despairs of this remarkable team. Their association lasted more than fifty years. This is the more challenging reading of the two Helen Keller books listed in this document.

How to Eat Fried Worms – Rockwell (FIC ROC) (41 chapters, 116 pages, some illustrations)

The bet? Eat fifteen worms in fifteen days. The challenges? How to find delicious ways to prepare worms for meals and how to keep from losing (or winning) the bet.

Justin and the Best Biscuits in the World – Walter (FIC WAL) (12 chapters, 122 pages, a few illustrations)

Justin resents doing women's work. A visit to Grandpa's ranch and the festival's blue ribbon for his Grandpa's biscuits convinces Justin that chores can be easy if you know how to do them. Many details of the accomplishments of Black cowboys in the Old West are featured.

Mother Teresa: Sister to the Poor – Giff (921 TER) (Women of Our Time series, 58 pages, 5 chapters, some illustrations)

A biography of the nun who was world renowned for her work with the poor and sick in India and elsewhere.

Mrs. Piggle-Wiggle - MacDonald (FIC MAC) (8 chapters, 119 pages, some illustrations)

The effective cures and hilarious habits of the beloved Mrs. Piggle-Wiggle fill the chapters of this book. Chapter 7, The Slow-Eater-Tiny-Bite-Taker Cure, relates most to health and eating issues. Many other chapters would encourage discussions related to sleeping habits, cleanliness, etc.

One Day in the Tropical Rain Forest – George (508.315 GEO) (Trophy Chapter book, One Day series, 66 pages, 10 chapters, bibliography, index, some illustrations)

Today the tropical rain forest will be destroyed unless an unnamed butterfly can be discovered. A minute-by-minute, hour-by-hour account of the day for the plants, animals, scientists, and laborers whose actions will determine the forest's fate.

Sadako and the Thousand Paper Cranes – Coerr (921 SAS) (9 chapters, 64 pages, some illustrations)

Sadako was a real girl who lived in Japan from 1943 to 1955, when she died of leukemia as a result of the atomic bomb dropped on Hiroshima. Her courage made her a heroine to the children of Japan.

Seven Kisses in a Row – MacLachlan (FIC MAC) (7 chapters, 57 pages, some illustrations)

Emma can see that Aunt Evelyn and Uncle Elliot have a lot to learn about being parents. Emma learns to accept “different strokes for different folks” when her aunt and uncle come to take care of her and her brother.

Stories Julian Tells – Cameron (FIC CAM) (6 episodes, 71 pages, some illustrations)

This is the first of the many books about brothers Julian and Huey and their friend Gloria. Told with good humor, the three friends find trouble and solutions in refreshing adventure stories. Some of the volumes are collections of short stories; some are short novels. The next title in the series is More Stories Julian Tells (FIC CAM) (5 chapters, 82 pages, many illustrations). Others include Stories Huey Tells (FIC CAM) and Gloria's Way (FIC CAM).

Taste of Blackberries – Smith (FIC SMI) (8 chapters, 73 pages, some illustrations)

Jamie, the joker and the tease, is allergic to bee stings, but doesn't know it. His sudden death brings grief and pain to his friend, who works at understanding the tragedy. Unit companion: Mick Harte Was Here – Park (FIC PAR)

Other Recommended Books - Annotated Book List

Everybody Cooks Rice – Dooley (641.6 DOO) (unpaged, large color illustrations, 5 pages of rice recipes)



Carrie canvasses the neighborhood, trying to round up her younger brother in time for dinner. Every household she visits represents a different ethnic heritage--Fendra Diaz's grandmother lives in Puerto Rico, Madame Bleu hails from Haiti, the Huas have emigrated from China, etc. All the families are either preparing or consuming dinner, and Carrie discovers that despite divergent backgrounds, "everybody cooks rice."

Unit companion: Everybody Bakes Bread (E DOO)

Hang Tough, Paul Mather - Slote (FIC SLO) (17 chapters, 156 pages, no illustrations, past title on the 5th/6th BOTB list)

Paul's passion is baseball, but first he has to win a bigger battle – with leukemia. Despite a lengthy hospital stay Paul helps his team and works to get back to the pitcher's mound.

Magic School Bus Inside the Human Body - Cole (612 COL) (unpaged, illustrated throughout with charts, reports and a true/false test about the book)

Ms. Frizzle takes the school bus inside Arnold's body to see how food provides energy for human bodies. A great read and a terrific model for science teaching.

Books On Our Shelf - Annotated Book List

Alexander and the Terrible, Horrible, No Good, Very Bad Day – Viorst (E VIO) (sentence patterns, unpagged picture book)



On the day that everything went wrong, there was gum in Alexander's hair, his best friend deserted him and there were lima beans for dinner. Nevertheless, it seems that, for everyone, some days are like that.

Balto and the Great Race – Kimmel (636.73 KIM) (14 chapters, 101 pages, b/w illustrations on some pages, Stepping Stone Book)

A retelling of the 1925 diphtheria epidemic in Nome with an exciting detailed story of the sled dogs and their race. This book reads like narrative fiction. Unit companions: Running Out of Time – Haddix and Bravest Dog Ever: The True Story of Balto - Standiford (BOTB 3-4 list, 1996)

Buddy The First Seeing Eye Dog – Moore (362.4 MOO) (9 chapters, 48 pages, Hello Reading, level 4; color illustrations most pages)

A true account of the training and life of the German shepherd that became the first seeing eye dog in America. Afterward contains additional information about Seeing Eye, Inc. Unit companion: Helen Keller: Courage in the Dark – Hurwitz

Civil War on Sunday – Osborne (E OSB) (10 chapters, 74 pages, b/w illustrations on some pages)

The Magic Tree House Series combines science fiction and historical fiction in a popular series for young readers. In # 21 of the series Annie and Jack meet nurse Clara Barton and help her treat wounded soldiers in the time of the Civil War in America. The afterword explains Barton's role in the founding of the American Red Cross.

Helen Keller: Courage in the Dark – Hurwitz (362.4 HUR) (5 chapters, 48 pages, Step into Reading, step 3; color illustrations on most pages)

A biography of the deaf-blind girl who overcame both handicaps with the help of her teacher, Annie Sullivan. Unit companion: Buddy The First Seeing Eye Dog – Moore

Mick Harte Was Here – Park (FIC PAR) (10 chapters, 89 pages, no illustrations)

Usually when you make a poor decision, you luck out. Once in a while, something changes forever. Mick never fell off his bike, so he refused to wear a bike helmet. Now the lives of Phoebe and her family and friends have been turned upside down. Unit companion: Taste of Blackberries - Smith (FIC SMI)

My Brother, Ant – Byars (E BYA) (4 stories, 32 pages, Puffin Easy to Read, Level 3; color illustrations on most pages)

A family story with two brothers who share a great relationship. In one story, older brother reads to younger and the three pigs become first figs, then bananas, and so on. One story addresses the monster under the bed.

Nibble, Nibble, Jenny Archer – Conford (FIC CON) (9 chapters, 60 pages, one b/w illustration per chapter)

Jenny Archer can't believe her luck when she is chosen to appear in a TV commercial for a new food. Jenny practices her enthusiasm everywhere she goes, much to the annoyance of family and friends. When Jenny's commercial is aired, it turns out she has been tricked into trying a kind of food that was meant for gerbils.

Running Out of Time – Haddix (FIC HAD) (25 chapters, 184 pages, no illustrations, BOTB 5-6 list, 2000-1)

When a diphtheria epidemic hits her 1840 village, thirteen-year-old Jessie discovers her home is actually a tourist site under observation by heartless scientists. And the year is really 1996. It's up to Jessie to escape from the village and save the dying children. Unit companions: Balto and the Great Race – Kimmel and Bravest Dog Ever: the True Story of Balto - Standiford

Book Recommendations		State Standards																								Comprehensive Health Topics																			
		A: Core Knowledge												B: Well -Being			C: Relationships				D: Family & Community																								
		Eating Habits	Physical Fitness	Personal Hygiene	Harmful Substances	Safety	Environmental Conditions	Diseases	Disorders	Injuries	Consumer Health	Career Choices	Life Span	Responsible Decision Making	Communication Skills	Culture, Heritage, Traditions	Resolving Conflict	Communicating	Similarities & Differences	Respect	Attitude & Behavior	Responsible Actions	Public Policy	Public/Private Organizations	Volunteer Service											Drug Prevention	Community Health	Consumer Health	Environmental Health	Injury Prevention	Nutrition	Physical Activity	Personal Health	Family living & Sexuality	Tobacco Prevention
1	My Brother, Ant												X			X	X	X	X	X	X														X										
2	Cloudy with a Chance of Meatballs	X											X		X							X	X	X			X			X	X				X										
3	Popcorn Book	X											X									X										X		X											
4	Johnny Appleseed	X									X	X								X	X			X					X	X	X	X													
5	Giant Jam Sandwich												X			X						X	X				X		X	X	X														
6	Alexander and The Terrible, Horrible, No Good Very Bad Day			X									X	X		X	X										X	X			X				X										
7	Helen Keller Courage in the Dark							X	X			X		X						X					X				X			X													
8	Buddy, The First Seeing Eye Dog				X			X					X							X		X	X	X			X		X		X	X													
9	Bravest Dog Ever: The True Story of Balto		X		X	X	X								X		X					X	X	X	X		X		X		X	X													
10	Everybody Bakes Bread	X													X	X	X					X							X						X										
11	Aliens for Breakfast	X			X	X							X			X		X		X	X	X				X	X			X	X			X											
12	Mother Teresa Sister to the Poor	X		X			X	X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X		X	X	X	X			X										
13	One Day in the Tropical Rain Forest				X	X	X					X	X	X	X	X						X	X				X		X																
14	Civil War on Sunday				X				X		X		X			X											X	X		X		X	X												
15	Nibble, Nibble, Jenny Archer	X			X					X			X				X			X	X							X			X		X	X	X										

Books On Our Shelf

Battle of the Books

Other Recommended Books

Book Recommendations		State Standards																							Comprehensive Health Topics											
		A: Core Knowledge										B: Well -Being			C: Relationships			D: Family & Community																		
		Eating Habits	Physical Fitness	Personal Hygiene	Harmful Substances	Safety	Environmental Conditions	Diseases	Disorders	Injuries	Consumer Health	Career Choices	Life Span	Responsible Decision Making	Communication Skills	Culture, Heritage, Traditions	Resolving Conflict	Communicating	Similarities & Differences	Respect	Attitude & Behavior	Responsible Actions	Public Policy	Public/Private Organizations	Volunteer Service	Drug Prevention	Community Health	Consumer Health	Environmental Health	Injury Prevention	Nutrition	Physical Activity	Personal Health	Family Living & Sexuality	Tobacco Prevention	
16	Balto and The Great Race				X	X						X		X				X		X			X		X				X		X					
17	Stories Julian Tells	X				X		X				X	X		X	X	X	X	X	X	X										X		X	X		
18	Chocolate Touch	X		X	X				X			X			X	X	X	X	X													X	X			
19	Sadako and The Thousand Paper Cranes		X		X	X	X				X			X								X	X					X	X				X	X		
20	Mrs. Piggle - Wiggle	X		X		X	X					X	X		X	X		X	X												X	X	X			
21	Seven Kisses in a Row	X									X	X	X		X	X	X													X					X	
22	Taste of Blackberries	X			X	X		X			X	X			X		X					X	X													
23	Beetles, Lightly Toasted	X			X	X	X			X		X	X		X	X	X	X	X	X	X									X		X	X	X		
24	How to Eat Fried Worms	X			X							X			X	X				X	X						X			X		X				
25	Justin and the Best Biscuits in the World	X	X	X							X	X	X	X	X	X	X	X	X	X	X										X	X	X	X		
26	Everybody Cooks Rice	X												X		X	X	X												X					X	
27	Magic School Bus Inside the Human Body	X		X	X	X	X					X										X	X							X		X				
28	Mick Harte Was Here				X			X			X	X	X		X	X	X	X	X	X	X	X			X		X		X		X					
29	Running Out of Time						X				X	X	X	X	X	X				X	X	X	X			X		X		X		X	X			
30	Helen Keller					X	X				X		X		X	X	X	X	X	X	X	X	X					X				X				
31	Hang Tough, Paul Mather		X		X	X	X					X	X		X	X	X	X	X	X	X	X						X		X	X					

Books On Our Shelf

Battle of the Books

Other Recommended Books

