

Download the Michigan Team Nutrition Preschool Booklist at the Michigan Team Nutrition Web site. Go to: www.tn.fcs.msue.msu.edu

The books on this booklist were reviewed for accuracy of content and according to specific criteria. See the introduction for more information.

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Welcome To The Michigan Team Nutrition PRESCHOOL BOOKLIST

ABOUT THIS RESOURCE

The Michigan Team Nutrition Preschool Booklist contains the annotations for over 250 books about food, healthy eating, and physical activity for children that are preschool age or younger. Many of the books on this list are also appropriate for children in older grades – it's up to you to decide; teachers and educators know their students best!

If you're reading this introduction, chances are you're probably interested in nutrition, physical activity, reading or a combination of all three. **That's great.** Teaching children to read, how to choose and eat healthy foods, and how to have fun being physically active are very important jobs. **Thanks for your commitment!**

Nutrition educators can use the Michigan Team Nutrition Preschool Booklist to locate and learn about books with positive food, nutrition and physical activity messages that will help them...

- Create enthusiasm for learning about and tasting new foods;
- Teach children about the food, food customs, and physical activity habits of others;
- Motivate children to be physically active and to enjoy physical activity;
- Nurture healthy habits, while at the same time help children develop beginning literacy skills.

WHO IS THE BOOKLIST FOR?

This booklist is for preschool teachers, daycare providers, childcare center staff and other people who work in early childhood settings, WIC staff members, Extension staff members, dietitians, nutritionists, health educators, school nurses, librarians, parents, foodservice staff members or anyone interested in reading, learning about healthy foods, and growing up healthy.



Read On!



Children's Eating And Physical Activity Habits Are Not What They Should Be...

DID YOU KNOW...?

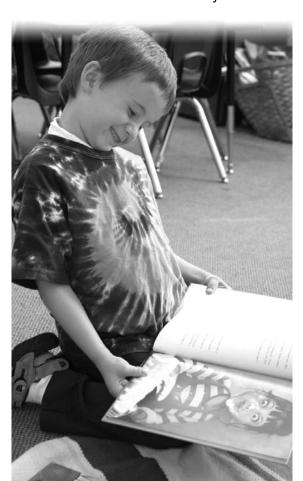
- The number of children aged 6–11 who are overweight has more than doubled in the past 20 years, while the number of overweight adolescents has tripled.¹
- A telephone survey of over 1,000 parents of children ages 6 months to 6 years found that children spend about two hours a day watching television, playing video games or using a computer — which was three times as long as spent reading or being read to. The survey also found that 30 percent of children ages 3 and under have a TV in their bedroom.²
- The Nutrition Education Aimed at Toddlers Survey done in rural areas of Michigan indicated that:
 - Only 9 percent of the toddlers ate at least one serving of food from each of the five food groups in a 24-hour period.
 - Two-thirds of toddlers consumed fruit, but when fruit juice was excluded only about one-third of the toddlers ate a fruit.
 - Only one-fourth of the toddlers consumed a vegetable daily.³
- Findings from a 2003 national survey about foods consumed by U.S. infants and toddlers found that:
 - Infants as young as 7 months are being given soft drinks.
 - The most common vegetable eaten by toddlers is French fries.
 - Most toddlers eat sweets, desserts or salty snacks at least once daily.⁴
 - National Center for Health Statistics. Health, United States, 2002 With Chartbook on Trends in the Health of Americans. Hyattsville, Maryland: 2002.
 - The Henry J. Kaiser Family Foundation. (2003) Zero to six. Electronic media in the lives of infants, toddlers and preschoolers. Available online at: www.kff.org
 - Horodynski, M. A., Hoerr, S., & Coleman, G. (2004). Nutrition education aimed at toddlers: A pilot program for rural, low-income families. Family & Community Health, 27, 103-113.
 - Fox et al. (2004). Feeding Infants and Toddlers Study: What foods are infants and toddlers eating? Journal of the American Dietetic Association, 104: S22-S30.



Children in the United States Could Be Better Readers, Too

DID YOU KNOW...?

- Children develop much of their capacity for learning in the first three years of life, when their brains grow to 90 percent of their eventual adult weight. When parents talk, sing, and read to their child; links among the child's brain cells are strengthened and new links are formed.⁵
- Despite the considerable evidence of a relationship between reading regularly to a child and that child's later reading development, six in ten babies and five in ten toddlers are not read to regularly by parents or family members.⁶
- Many pediatricians believe that a child who has never held a book or listened to a story is not a
 fully healthy child. Reading aloud to young children is so critical that the American Academy of
 Pediatrics recommends that doctors prescribe reading activities along with other advice given
 to parents at regular check-ups.⁷
- Reading to preschoolers is the most important thing families can do to prepare them for reading.⁸
- A child from a low-income family enters kindergarten with a listening vocabulary of 3,000 words, while a child of a middle-income family enters with a listening vocabulary of 20,000 words.



- 5. U.S. Department of Education. (2004) Fast Facts on Raising Readers. What Families Can Do. America Reads Challenge.
- 6. Ibid.
- 7. Ibid.
- 8. Adams, M.J. (1990). Beginning to Read: Thinking and Learning about Print. Champaign, IL: Center for the Study of Reading.
- 9. Hart, B., & Risley, T.R. (1995). Meaningful Differences in the Everyday Experience of Young American Children. Baltimore, MD: Paul H. Brookes.



Why Link Nutrition And Physical Activity with Reading?

There is a natural link between nutrition, physical activity, and reading. Young children are particularly interested in stories that describe or depict things that are connected to their own everyday lives such as food, eating, grocery shopping, cooking, playing with friends, and family mealtime. Reading books that focus on preparing and eating healthy foods and being physically active can motivate children to adopt positive food and physical activity behaviors that can last a lifetime.





How Were the Books Chosen for This List?

Each book on this list has been reviewed using the following process and according to the criteria below, to see that it contains accurate nutrition content and positive food and physical activity messages:

- 1. Books about food, healthy eating, and physical activity were selected for review.
- 2. Books were read by the reviewers and once out loud to children.
- 3. Books were screened to see if they met specified criteria using the following checklist. It was required that all boxes (see below) be checked.
- Appropriate for preschool age children.
- Promotes or supports one or more of the Team Nutrition messages.
- No negative messages or illustrations about any one food or group of foods. If the phrase "junk food" is mentioned at all, minimal reference is made to "junk food." Book retains the overall theme: *All Foods Can Fit.*
- No negative messages or illustrations about body size or body image.
- No negative messages, illustrations, or stereotypes about other cultures or ethnicities.
- Physical activity (if mentioned) is referenced and depicted in a positive, not negative, way.

How Were the Books Rated?

Books were rated to make it easy for educators to identify those with the strongest nutrition and physical activity messages. Books were categorized into the following three categories and assigned a rating of a 1, 2, or 3:

- 1. Easily identifiable, positive nutrition, food, and physical activity message(s) that focus on increasing children's' knowledge about nutrition and improving their eating and/or physical activity habits.
- 2. Positive nutrition, food, and physical activity messages and themes to help children gain awareness about, and increased exposure to, a variety of nutritious foods and physical activity behaviors.
- 3. Positive nutrition, food, and physical activity underlying themes but no specific message.

Important Note: Many of the books on this list received a rating of 2 or 3. All of the books on this list can be used effectively to teach nutrition and/or physical activity concepts when properly linked to the Dietary Guidelines, MyPyramid, or the Team Nutrition messages.



How is the Michigan Team Nutrition Booklist Organized?

To find out more about Team Nutrition go to the Michigan Team Nutrition Web site: www.tn.fcs.msue.msu.edu, or the National Team Nutrition Web

site: www.fns.usda.gov/tn

There are two different ways to search for a book using the Michigan Team Nutrition Preschool Booklist: "Search by Theme" and "Search by Title."

The first section, "Search by Theme," enables you to search for books that are associated with a specific theme, e.g. Fruits and Vegetables, Physical Activity, Keeping Clean, and more. Many books are listed under more than one theme. This section also tells you the page number in the Michigan Team Nutrition Preschool Booklist, where you will find the book annotation and other important information about each book. There are 37 different themes. The themes are:

ABC's Grains Physical Activity Dairy African-American Food & Dental Health **Growing Fruit** Pizza Family Eating Out Intergenerational Potluck **Body Parts** Fall Harvest Keeping Clean Read and Move **Books with Recipes** Family Mealtime Making Soup Sandwiches Manners Seasons and Weather **Bread** Farm to Table MI Agriculture Breakfast Food Art Shopping Spanish Translations Colors and Shapes Fruits & Vegetables MyPyramid Cooking Fun with Food Other Cultures Food & Taste Something New Counting and Math Gardenina Customs

The second way you can search for a book is to "Search by Title". This section is organized alphabetically and contains short annotations for each book. In addition to the annotations this section also contains the following information for each entry:

- Author
- Publisher and date published*
- ISBN #
- F (fiction) or N (non-fiction)
- Rating
- Team Nutrition Message Number: There are five Team Nutrition messages. Each book has been assigned one primary Team Nutrition message, however, many books on this list support/promote more than one Team Nutrition message. A few books on this list have been assigned NA which means they do not directly support one of the TN messages but do support/promote other areas related to child health such as handwashing or dental care.

The Team Nutrition messages are:

- 1. Eat a variety of foods.
- 2. Eat more fruits, vegetables and whole grains.
- 3. Eat lower fat foods more often.
- 4. Get your calcium-rich foods.
- Be physically active.
- Nibbles for Health Newsletter Number. Each book has been matched with the Nibbles for Health Newsletter that it best supports. See the next page for more information on Nibbles for Health.

^{*}The publisher and the date published information for each book on our booklist are subject to change. Books frequently go in or out of print, and publishers and publishing dates change. The best way to find a book you are looking for is to search for it by title and/or author.



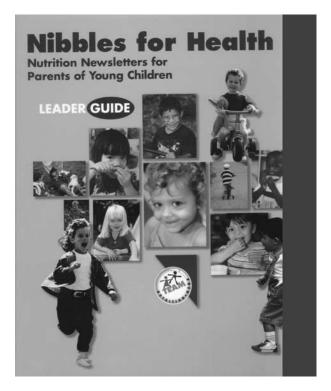
About Nibbles for Health

Nibbles for Health is a resource developed in 2003 by the U.S. Department of Agriculture's (USDA) Team Nutrition program. Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers. This kit contains 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face in getting children to choose and eat healthy foods and to be physically active. Nibbles for Health also includes guidance for child care center staff on conducting three "sharing sessions" that focus on healthy lifestyles for families.

The family newsletters and other nutrition education materials included in *Nibbles for Health* can be used in settings other than child care centers such as preschools, Head Start programs or the Women, Infants and Children (WIC) program, to help parents and other caregivers promote healthful eating and active living to young children.

Books on the Michigan Team Nutrition Preschool Booklist have been matched to the Nibbles for Health newsletters by number. (See the next page for a list of the topics of these newsletters.) Teachers/educators might consider sending a newsletter home after a book that complements a specific newsletter has been read to children. For more information or to download Nibbles for Health go to: http://teamnutrition.usda.gov/ and select Resource Library.

Special Note: Some of the newsletters in Nibbles for Health depict/refer to the now-outdated Food Guide Pyramid and the Dietary Guidelines 2000. Periodically these resources are updated. For updated age-sex- and activity level-specific information on what young children should eat and how much they should eat go to www.mypyramid.gov.



NIBBLES FOR HEALTH NUTRITION NEWSLETTERS FOR PARENTS OF YOUNG CHILDREN:

- 1 Healthful Eating for Your Family*
- 2 Food Guide Pyramid for Your Young Child
- 3 How Much is Enough?*
- 4 Healthful Eating...Food Labels Help!
- 5 Child Care, What Will My Child Eat?
- 6 Why Breakfast?
- 7 For Growing Bones...Which Milk?
- 8 Enjoying the Family Meal
- 9 Healthful Choices For Vegetarian Families
- 10 Family Food Shopping: Spend Less, Get More
- 11 Family Meals Fast, Healthful!
- 12 Let's Eat Out! Healthful Fast Foods
- 13 Let's Eat Out! Making Meals Pleasant
- 14 Handling a "Choosy" Eater
- 15 Together...Let's Try New Foods!
- 16 Teaching Good Food Habits
- 17 Trying, Sharing, Enjoying Different Foods
- 18 Is My Child's Appetite Normal?
- 19 Watching My Child Grow!
- 20 Juice or Fruit Drinks?
- 21 Easy Weekend Lunch Ideas

- 22 Why Snacks?
- 23 Fats in Foods: How Much for Kids?
- 24 Iron in Foods: Does My Child Get Enough?
- 25 Keeping Your Child's Healthy Smile!
- 26 Feeding Another Baby Sister or Brother
- 27 Food Allergies. Or Just Food Fussiness?
- 28 Milk for Kids With Lactose Intolerance
- 29 Does My Child Have a Weight Problem?
- 30 Supplements...Do Kids Need Them?
- 31 The ABC's of Hand Washing
- 32 Let's Cook Together
- 33 Fight BAC! Keep Family Food Safe
- 34 Grow a Family Garden!
- 35 Pack a Family Picnic!
- 36 Active Living for Families
- 37 Child's Play!
- 38 Let's Move...Cold Weather Fun!
- 39 Let's Move...Warm Weather Fun!
- 40 Getting Nutrition Advice For Your Family
- 41 Pyramid Servings: How Much? How Many*

Why are Some Books Missing from the List?

Reviewing books for the Michigan Team Nutrition Preschool Booklist is an on-going process. A book might be missing from our list because it is one we have not reviewed yet, or it may have been excluded because it did not meet our criteria. If you know of a good book that you think should be on our list, please send an e-mail to Chris Flood, Michigan Team Nutrition Preschool Booklist Coordinator, at: floodc@msu.edu.

Downloading the Booklist

You can download all or part of the Michigan Team Nutrition Preschool Booklist at the Michigan Team Nutrition Web site: www.tn.fcs.msue.msu.edu



^{*} denotes a newsletter with outdated information that is either based on an older version of the Dietary Guidelines or The Food Guide Pyramid. For up-to-date information on what and how much preschool age children should eat go to www.mypyramid.gov

Getting Started: Using the Michigan Team Nutrition Preschool Booklist to HelpYoung Children Eat Healthier and be More Active

There are lots of different ways you can use books on this booklist to get kids excited about learning about choosing and eating healthy foods and being active. Below are several ideas to get you started.

To encourage young children to try new foods read...

- D.W. the Picky Eater and ask children to make a goal to try a new food at meal or snack time;
- Eating Well and talk about how it's important to eat lots of different types of food especially fruits and vegetables;
- Today is Monday or Rabbit Food and ask each child to share what his/her favorite food is
 and why. After each child tells the group what his/her favorite food is, ask the group to raise
 hands if they would be willing to try that food;
- Bebe Goes Shopping and taste animal crackers dipped in fruit-flavored yogurt;
- Green Eggs and Ham and taste "green" foods such as green peppers, kiwi, avocado, and more.

To teach young children to eat more fruits and vegetables read...

- Growing Colors and set out a basket of colorful fresh whole fruits and vegetables for kids to touch, smell and name their colors. Choose one or two, wash them, and cut them into bitesize samples for kids to taste;
- Handa's Surprise and help them learn to peel and eat a fresh tangerine;
- Banana! and eat bananas coated with yogurt or peanut butter then rolled in crushed cereal for a snack;
- Apples, Apples or Apple Farmer Annie and take children on a field trip to an apple orchard. Encourage them to taste a new kind of apple;
- Alphabet Salad: Fruits and Vegetables from A to Z and make a fresh fruit or vegetable
 salad using foods you read about in the book. Ask students to name the beginning letter of
 each fruit or vegetable you add to the salad;
- Chicks and Salsa and invite children to try fresh vegetables dipped in salsa as a snack.
- From Milk to Ice Cream and make ice cream in a coffee can (you can find the directions on the Internet). Top the ice cream with fresh or canned fruit.

To teach young children to enjoy being active read...

- Clap Your Hands and show children how to move along with the story. Read the book a
 second time and leave out the last word in each rhyme, allowing kids to guess the last word
 by "filling in the blank";
- The Bouncing, Dancing, Galloping ABCs and have children dance while learning and singing their ABCs;
- How Can You Dance? or I Can Skip, Hop, Jump to students outside. Have children spread out (at least an arm's distance from each other) and to follow along with the movements.



There has Never Been a Better Time to Link Nutrition and Physical Activity Education with Reading

When you read books from the Michigan Team Nutrition Preschool Booklist to or with children, they will learn basic nutrition and physical activity education concepts and beginning reading and literacy skills — at the same time!

Teaching children to read and to eat healthy is a big job, but an extremely important one. By using the books on this list you can help children develop a love for reading, print awareness and beginning literacy skills, and important nutrition and physical activity information that could potentially have a long-lasting effect on their eating habits, physical activity habits and reading habits.

Happy Reading!





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Title TN Message Nib# Rating F/N

26 Big Things Small Hands Do

Paratore, Collen 5 37 3 N

Free Spirit Publishing, 2004 ISBN: 1-57542-166-6

From A to Z, children's hands make things and perform actions that represent a word for each letter. This delightful picture book is a true celebration of the many things children can do. Large, colorful illustrations enhance this appealing picture book which can also be used to teach children about all the ways they can use their hands to be physically active.

A is for Apple: and all things that grow!

Bryant, Megan E. and Monique Z. Stephens Grosset & Dunlap, 2002 ISBN: 0-448-42865-2

Large, colorful fruits, vegetables and plants illustrate the letters of the alphabet in this engaging picture book for young children. The last two pages of the book provide interesting factual information on each item presented with a letter of the alphabet.

A Little Bit of Soul Food

Sanger, Amy Wilson

Tricycle Press, 2004 ISBN: 1-58246-109-0

Beginning with biscuits and grits with gravy for breakfast, a young child describes the favorite foods family members eat throughout the day. This sturdy board book is colorful and appealing, however the illustrations might be confusing to some children. The food illustrations are made from cut paper and fabric that is then photographed to appear as actual food. The back cover lists the food in the book and explains what they are; for example: chitlins—a hog's small intestine.

Alligator Arrived with Apples: A Potluck Alphabet Feast

Dragonwagon, Crescent

Aladdin Paperbacks, 1992 ISBN: 6-8971-613-3

Alligator arrived with apples and allspice, while Zebra zipped over a zaftig zucchini. This colorful, lively alphabet book uses rhymes and alliteration to celebrate a Thanksgiving feast that goes from A to Z.

Alphabet Salad: Fruits and Vegetables from A to Z, An

Schuette, Sarah L. Capstone Press, 2003 ISBN: 0-7368-1683-6

This alphabet book consists of large, colorful photographs of a fruit or vegetable for each letter of the alphabet with accompanying information. The book also includes fruit and vegetable facts, a vocabulary list with definitions, a bibliography of print and web site resources and an index. Note: the Food Guide Pyramid, created in 1992, appears in the back of this book. This food guidance system is now outdated. For information on the new MyPyramid, go to www.mypyramid.gov.

Alphabet Soup: A Feast of Letters

Gustafson, Scott

Calico Books, 1990 ISBN: 8-0924-299-0

When Otter moves to a new house, he discovers a big soup pot and invites 26 of his closest friends to a potluck party. From A to Z, armadillo to zebra, each one brings food to add to the pot. Using alliterative language and detailed illustrations, this alphabet book is also good for children who can read. It could be used as a model to create their own books using a food, nutrition or physical activity theme.



Title TN Message Nib# Rating F/N

Alvie Eats Soup

Collins, Ross Scholastic Press, 2002 ISBN: 0-439-55607-4 1 14 3 F

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No matter what his parents say or do, Alvie will only eat soup. To make matters worse, his granny, a world famous chef, is coming to visit. This witty picture book with whimsical illustrations that contribute to its delightful tongue-in-cheek humor will appeal to all ages and is a good springboard for a soup-making or soup-tasting experience.

Animal Action ABC

Pandell, Karen 5 38 3 N

Scholastic Inc., 1996 ISBN: 1-92976-692-0

Photographs of both animals and children enhance this lively read and move ABC book. Each letter of the alphabet introduces an action such as "howl," kick" and "yawn" accompanied by a short rhyming verse. The end of the book contains five pages of "Nature Notes for Older Readers" about the animals and their habitats.

Animal Picnic, The

Perkins, Leslie D.

Scholastic Inc., 1994 ISBN: 5-9027-360-4

Part of the *Beginning Literacy Series*, this witty story tells how the animals gather to have a picnic with a child. Rhyming is used to describe what each animal brought, such as "The cheetahs brought pitas. The mice brought rice." Beginning readers will enjoy this humorous book and find it easy to read.

Anno's Faces

Anno, Mitsumasa 2 9 2 N

Philomel Books, 1989 ISBN: 3-9921-711-8

First published in Japanese, the English translation of this unique picture book introduces children to a variety of fruits, vegetables, legumes and nuts. Each page is illustrated with the food's name written underneath it. And, when a plastic viewer is placed on the food, faces appear. This becomes a disadvantage if the plastic viewer is lost, since the faces no long appear, but even without the viewer, this book could be used effectively as a wordless picture book.





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Title TN Message Nib# Rating F/N

Apple Farmer Annie

Wellington, Monica

Puffin Books, 2001 ISBN: 0-14-240124-2

This simple story about Annie, an apple farmer, provides young children with basic information about where apples come from and the various ways they're eaten, from cider to apple muffins. Brightly colored folk-art illustrations contribute to the appeal of this story. It concludes with two pages of recipes that children could make with adult help.

Apple Picking Time

Slawson, Michele Benoit

Crown Publishers, 1993 ISBN: 0-517-58971-0

It's autumn and all over the valley, families are preparing to rise early and head out to the orchards to pick apples. Anna, her parents and grandparents pick all day long with time out for a picnic. This year, Anna is bigger and older and picks enough apples to fill an entire bin all by herself. This charming celebration of apples, family, community and autumn is illustrated with appealing oil paintings.

Apple Pie Tree, The

Hall, Zoe

Scholastic Inc., 1996 ISBN: 5-9062-382-6

Two sisters describe how their tree "grows the best part of apple pie." Through simple text and paper collage illustrations, the reader can follow the apple tree through the seasons until the apples are picked and the sisters bake a pie with their parents' help. A recipe to make apple pie is included, along with details about how bees pollinate the apple blossoms.

Apple Pie, A

Spirin, Gennady - artist

Philomel Books, 2005 ISBN: 0-399-23981-2

A Apple Pie is a traditional English alphabet nursery rhyme that can be traced back to 1671 and has been published with many variations throughout the years. Award-winning artist Gennady Spirin beautifully illustrates this version in gentle, muted tones that evoke days and children of the Victorian era. Beginning with A Apple Pie, we follow a group of lively children in their many adventures with a famous Victorian apple pie. Each painting is detailed and offers many opportunities to explore and appreciate outstanding art and a timeless story that appeals to all ages.

Apples

Berger, Samantha and Betsey Chessen

Scholastic Inc., 1999 ISBN: 4-3904-592-4

This unique picture book shows classic apple paintings by famous artists such as Picasso, Cézanne and Warhol. A simple counting book, it can be used for advanced readers to find all the apples in the artwork and to compare the different artistic ways of painting apples. The book concludes with brief information about the artists and their paintings; some discussion questions are included.

Apples and Pumpkins

Rockwell, Anne

Scholastic Inc., 1989 ISBN: 6-8971-861-6

With colorful illustrations and simple text, this book describes a family's trip to Comstock Farm to pick apples and pumpkins. After their day at the farm, they return home to carve the pumpkins into jack-o-lanterns and pass out apples on Halloween night.

Title **TN Message** Nih# Rating F/N

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Apples, Apples

Zoehfeld, Kathleen Weidner

Harper Collins Publishers, 2004 ISBN: 0-06-053787-6

This sturdy board book for young children takes them on a trip with the bear family to an apple farm. They pick apples and return home to bake delicious goodies. Rhyming language and colorful illustrations add to the book's appeal.

Apples, Apples, Apples

Wallace, Nancy Elizabeth

Winslow Press, 2000 ISBN: 7-6145-181-1

The Rabbit family has fun visiting an orchard where they play and learn about apples. Factual information about apples is interwoven into the story line. Bright, cut-out illustrations add to the appeal of this story. The book also provides a recipe for making applesauce, directions for apple prints, a list of apple sayings and music for an apple song.

At the Grocery Store

Greene, Carol

The Child's World, Inc., 1998 ISBN: 1-56766-565-9

Large, color photographs and simple text in this informative young children's book explain the products and services at a grocery store. A small cartoon on each page provides more information. A glossary and index are included; this book might be helpful for new immigrants or children learning English as a second language because of the definitions of simple terms.

Autumn is for Apples

Knudsen, Michelle

Random House, 2001 ISBN: 0-375-81090-0

Told in rhyming verse, this picture book celebrates autumn and apples. A family travels to an apple orchard, picks fresh, crisp apples and enjoys their sweet and juicy flavor. Returning home, they enjoy their favorite fruit in many different ways.

Baby Food

Freymann, Saxton and Joost Elffers

Arthur A. Levine Books, 2003 ISBN: 0-439-11017-3

Fruits and vegetables are carved and cleverly arranged to look like many different animal babies, concluding with a human baby. This book, with colorful, bold photographs and simple captions, is an amusing way to help children identify fruits and vegetables and may spark their own artistic creativity or interest in trying a new fruit or vegetable.

Banana!

Allen, Jonathan F Boxer Books, 2006 ISBN: 1-905417-07-1

What happens when a mischievous monkey, a jungle full of animals, and bunches of bright yellow bananas that make the animals

trip and slip, come together in one boldly illustrated book? Lots of fun and action for everyone! This book could be a wonderful springboard to a new food-tasting experience involving bananas and other fruits.



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Title TN Message Nib# Rating F/N

Bear About Town

Blackstone, Stella 5 39 2 F

Scholastic Inc., 2000 ISBN: 1-84148-373-7

Bear likes to walk to town and do something different each day. Bright, distinctive illustrations accompany the simple language patterns and easy vocabulary. This picture book could be used as the basis for chart stories when learning the days of the week or as a great warm-up book before taking a walk. It could be read independently by beginning readers or used as a model for writing similar stories.

Bearobics: A Hip-Hop Counting Story

Parker, Vic 5 37 3 F

Viking, 1996 ISBN: 0-67087-034-X

Push back the chairs and make room for children to enjoy these lively rhymes. Children will shake and strut their stuff just like the animals in the colorful illustrations! After the "bearobic" workout, this book can be used as a springboard for children to create their own rhymes.

Bebe Goes Shopping

Elya, Susan Middleton 1 10

Harcourt, Inc., 2006 ISBN: 978-0152-05426-7

With rhyming text and ample use of Spanish words, this charming picture book takes us on a trip to the grocery store (supermercado) with a mother (mama) and her baby boy (bebe). Mama tries to select groceries, but the bebe keeps distracting her until she gives him a box of animal crackers. Throughout the story, Spanish words are used in context so that it is easy to determine their meaning. Colorful, cartoon-style illustrations add to the fun of taking a trip to the grocery store and learning new words in Spanish. The book concludes with a glossary of the Spanish words, their pronunciation and definitions in English.

Being Active

Schuh, Mari 5 36 1 N

Capstone Press. 2006 ISBN: 0-7368-5368-5

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes different ways to be active and why it's good for us to exercise. This book supports the physical activity component in MyPyramid.

Bend and Stretch: Learning About Your Bones and Muscles

Nettleton, Pamela Hill

Picture Window Books, 2004 ISBN: 1-4048-0256-8

This informational book clearly describes bones and muscles and explains how they function in our bodies. Large, clear illustrations accompany the explanations. Each two-page spread also includes a boxed insert of related information. The book concludes with additional information, glossary, a bibliography of print and web resources and an index.

Biggest Sandwich Ever, The

Gelman, Rita Golden

Scholastic Inc., 1980 ISBN: 0-81726-454-X

A man who is building the biggest sandwich imaginable joins two children on a picnic. The rhythmic text and whimsical illustrations will make children laugh as they listen to or read this fanciful book. It can be used for creative drama as children retell the story. It can also be a springboard to creative writing, art or cooking activities, as children design or create their own "biggest food ever."



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Title **TN Message** Nih# Rating F/N

Bing Yuk!

Dewan, Ted Random House, 2005 ISBN: 0-385-75059-5

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Bing is a cartoon-style bunny who likes lots of healthy foods like apples, bananas, and cheese but not -- tomatoes! One day during snack time his friend, Flop, tries to get Bing to try Flop's favorite food—a red, juicy, gooey, sweet tomato. Bing throws the tomato to the floor and makes a big mess! Flop tells Bing that was a naughty thing to do, and together they decide that Bing will settle for a carrot instead. A good discussion opener for a discussion on trying new foods.

Blueberries for Sal

McCloskev. Robert

Scholastic Inc., 1948 ISBN: 6-7017-591-9

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This classic picture book stands the test of time as a warm, loving story of the parallels between humans and animals. Sal and her mother go blueberry picking to find berries to can for winter meals. Little Bear and his mother also go hunting for blueberries to eat and store for winter. What happens when both Sal and Little Bear are separated from their mothers still delights today's young children.

Bones

Krensky, Stephen

Random House, 1999 ISBN: 4-3944-634-1

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Using simple vocabulary and colorful illustrations, this easy, informational book introduces young children to how bones help us move. The book describes basic concepts such as the skeleton, muscles and joints. A Step 1 Book in the Step into Reading series, this book could be used as a read-aloud or read independently by children reading at first-grade level.

Book of Fruit. A

Lember, Barbara

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Ticknor & Fields Books for Young Readers, 1994 ISBN: 319566-989-8

Beautifully illustrated with hand-tinted photographs, this picture book presents 14 fruits and how and where they grow. Most of the photos are common fruits that children view close up and then in the environment where they grow. This book could be used as an introduction for a fruit-tasting party. For older students, it could lead to a photography project or an art activity.

Brave Potatoes

Speed, Toby and Barry Root

Puffin Books, 2000 ISBN: 0-399-23158-7

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With rhythm, humor and imaginative language, this fanciful picture book spins a wild tale of prize potatoes at the county fair that foil the attempts of Hackemup the chef to turn them into chowder. Along the way, we meet a variety of other vegetables destined for the cooking pot. This read-aloud book is a celebration of creativity, imagination and the power of words.

Bread and Jam for Frances

Hoban, Russell

Scholastic Inc., 1964 ISBN: 64430-96-0

All Frances wants to eat is bread and jam—nothing else. But when her parents give her what she wants, Frances tires of it. "How do you know what I'll like if you won't even try me?" she exclaims. This classic picture book makes a wonderful read-aloud and introduces children to the importance of trying and eating a variety of foods.



Title TN Message Nib# Rating F/N

Bread Bread Bread

Morris, Ann 2 17 1 N

Scholastic Inc., 1989 ISBN: 68806-334-9

Photographs from around the world show types of bread that people eat and enjoy. Using simple text, it introduces children to different eating customs. An index provides information about each photo, including the country where it was taken. This book can serve as a springboard for children to share their family's eating customs.

Brush Your Teeth Please: A pop-up book

McGuire, Leslie 1 25 3 F

Reader's Digest, 1993 ISBN: 8-957-7474-7

This sturdy pop-up board book for young children uses colorful animals with mouths that open wide as they brush and floss their teeth. Using an interactive format, children help to brush or floss each animal's teeth and quickly learn the predictable text. The story concludes with a small mirror where children can show their happy smiles. A good lead-in for a discussion about foods for healthy teeth.

Brushing Well

Frost, Helen 1 25 2 N

Pebble Books, 1999 ISBN: 0-7368-0112-X

This sturdy book uses simple text and colorful photographs of happy children engaged in the steps of brushing their teeth. The book has a table of contents, list of words to know and their definitions, list of additional books and internet sites, and a combined index/word list.

Bug Dance

Murphy, Stuart 5 38 3 F

Harper Collins Publishers, 2002 ISBN: 0-06-446252-8

Bugs in Coach Caterpillar's gym class discover that knowing basic directions helps them learn a new dance. Part of the *MathStart* series at level 1 for ages 3 and up, the math concept in this informational book is direction: right, left, backward and forward. With clever text and humorous illustrations, this book entertains as it teaches. It also includes words and music to "The Bug Dance" and two pages of additional information and activities. An excellent book to get kids up and moving.

Carla's Sandwich

Herman, Debbie 1 21 2 F

Flashlight Press, 2004 ISBN: 0-972-92252-0

Carla likes unique sandwiches — some might even call them weird — and she brings them to school every day. The other children call Carla's sandwiches "gross," "disgusting" and "sick," but Carla doesn't mind. When Buster forgets his sandwich on the day of the class picnic, Carla finds a way to change everyone's mind about her creative food choices. This delightful book is lots of fun and can serve as a springboard for encouraging children to try new foods. The whimsical illustrations of children add to the book's humorous appeal and reflect the diverse nature of our country.

Carrot Seed, The

Krauss, Ruth 2 34 3 F

Scholastic Inc., 1945 ISBN: 6443-210-6

This classic picture book tells the story of a boy who plants a carrot seed and faithfully tends it, although no one else in his family believes it will grow. And then, one day a carrot comes up. Intended for young children, beginning readers will also enjoy the simple text. Originally published in 1945, this book stands the test of time and still appeals to children.



Title TN Message Nib# Rating F/N

Cat and Dog Make the Best, Biggest, Most Wonderful Cheese Sandwich

Graves, Kimberlee

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Creative Teaching Press, 1997 ISBN: 1-57471-254-3

Cat and Dog make a cheese sandwich, but then they make it bigger and bigger and better and better. Simple vocabulary, repeating refrains and colorful illustrations add to the humor and appeal of the story. An Emergent Reader Book, Level III, this title concludes with related activities that parents and teachers can do with young children.

Cat and Dog: The Super Snack

Graves. Kimberlee

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Creative Teaching Press, 1997 ISBN: 1-57471-251-9

Cat and Dog want a snack. They pour a cup of raisins and a cup of peanuts together and it makes a good snack. But then they want something more. Using simple language and repeating refrains, Cat and Dog and their friends keep adding more until they have a super snack with enough for everyone. An Emergent Reader Book, Level III, this title concludes with related activities that parents and teachers can do with young children. Colorful, appealing illustrations enhance this clever story. A good lead-in for a discussion about healthy snacking.

Chicks and Salsa

Reynolds, Aaron

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Bloomsbury Publishing, 2005 ISBN: 1-58234-972-X

The chickens on the Huthatcher Farm are tired of chicken feed, so the rooster decides to do something about it. After watching a cooking show on TV from the farmhouse window, the rooster creeps into the garden to gather tomatoes and onions and make salsa. Then the ducks and fish join in. This delightful tale continues as more and more animals want to try new dishes. Witty and imaginative with bold illustrations, this picture book concludes with several recipes children can prepare with an adult's help. This clever story will tickle your students' funny bones while demonstrating how much fun can be had preparing and eating new foods.

Clap to the Music

Horn, Nancy

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McGraw-Hill, 1998 ISBN: Unavailable

Part of the *Spotlight on Literacy* series for kindergartners, each page of this eight-page book has a simple four-word sentence with an accompanying illustration related to a music and movement theme. Using patterns and repetition, beginning readers could read this book independently.

Clap Your Hands

Cauley, Lorinda Bryan

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37

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Scholastic, 1992 ISBN: 0-590-47067-1

Colorful and whimsical illustrations of children and animals spring to life as they hop, jump, spin, roar and twirl in this adorable, beautifully illustrated read and move rhyming book as they clap and move along with the story.

Clarabella's Teeth

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Clarion Books, 2003 ISBN: 0-618-33379-7

What could be more fun than brushing your teeth with a crocodile named Clarabella and her animal friends? Lively language, repetition and vivid, imaginative illustrations make this witty picture book about good dental hygiene one that children will want to hear or read over and over again.



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Title TN Message Nib# Rating F/N

Clara's Dancing Feet

Richardson, Jean and Joanna Carey

G. P. Putnam's Sons, 1986 ISBN: 3-9921-388-0

Clara loves to dance, anywhere and everywhere. But, when she takes dance lessons, something strange happens to her feet. This heart-warming tale about overcoming shyness makes everyone want to get up and dance. It also offers a good opportunity to discuss similar experiences with shyness that children may have had and how they overcame them.

Colors of Us, The

Katz, Karen
Henry Holt and Company, 1999 ISBN: 8-0505-864-8

How many shades of brown are there? Seven-year old Lena discovers a rich variety of skin tones when she walks through her multicultural neighborhood. She likens the colors of her friends to some of her favorite foods and spices, such as cinnamon, chocolate, honey, pizza crust and coffee toffee. This picture book with its bright, bold illustrations is a positive affirmation of our diversity.

Come and Play with Us!

Kubler, Annie

Child's Play, 1995 ISBN: 0-85953-793-5

A *Discovery Flaps* book designed by Oxfam and Child's Play, this book presents children from all around the world playing and being active in a variety of ways. Each two-page layout has a combination of both narration and information to interest the reader and also has a flap to lift to see more illustrations. The book concludes with a map of the world and a list of questions to encourage discussion.

Come Out and Play

Ajmera, Maya and John D. Ivanko

Charlesbridge, 2001 ISBN: 1-57091-385-4

Kermit the Frog provides a lively foreword to this attractive book. Large, colorful photographs accompanied by brief text show children from around the world involved in play. The last two pages describe the many things kids have in common when they play, no matter where they live. This book could serve as an excellent springboard for class discussion or a model for a school photo album.

Cook-A-Doodle-Doo!

Stevens, Janet and Susan Stevens Crummel

Harcourt Brace & Company, 1999 ISBN: 1-5201-924-3

Big Brown Rooster is sick of chicken feed and wants something new. He remembers the story of his famous great-grandmother, Little Red Hen. What happens next is a hilarious adventure as Big Brown Rooster, Pig, Turtle and Iguana work together to make strawberry shortcake. Most pages have basic information about ingredients and how to measure and bake. The illustrations are big and the authors' comical use of homonyms adds to the fun. The book concludes with a recipe for "Great-Granny's Magnificent Strawberry Shortcake." It makes a good read-aloud and could be used to introduce a group cooking project.

Cooking with the Cat

Worth, Bonnie

Random House, 2003 ISBN: 0-375-82494-4

The Cat in the Hat is back and he wants to cook! Based on the book by Dr. Seuss, this hilarious story takes us through the misadventures of a boy and girl as they cook with the Cat in the Hat, but who will clean up? Rhyming text and colorful Dr. Seuss-style illustrations provide lots of fun for young children.



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Title TN Message Nib# Rating F/N

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Cool as a Cucumber

Smallwood, Sally

Zero to Ten Limited, 2002 ISBN: 1-84089-418-0

This sturdy fold-out concept book introduces toddlers to eight common vegetables using colorful, appealing photographs with a minimum of text. Each four-page section begins with a raw vegetable and a photograph of it before it is harvested. Next, it shows a young child getting ready to eat the vegetable and a page of the various ways it is prepared. The section concludes with comparing an attribute of the vegetable to several other kinds of food.

Crunch Munch

London, Jonathan

Silver Whistle, 2001 ISBN: 0-15-202603-7

Animals like to eat and so do children. Some nibble, some chew, some peck, and some zap. What do you do when you eat? Witty illustrations and lively rhyming verse will have youngsters giggling as they gobble their way through this funny book.

Curious Geroge Makes Pancakes

Rey, Margret & H.A.

Houghton Mifflin Company, 1998 ISBN: 0-395-91903-7

Children (and adults) who love this inquisitive monkey will delight in his latest escapades. George and the man with the yellow hat go to the annual pancake breakfast, a fundraiser for the children's hospital. Suddenly George finds himself making pancakes, much to the delight of the crowd. But then George gets into trouble. This charming picture book will not disappoint the fans of Curious George as it delivers an important message.

D.W. the Picky Eater

Brown, Marc

Little, Brown and Co., 1995 ISBN: 3-1610-957-6

D.W. has a long list of foods she won't eat. When she throws a tantrum in a restaurant, her family decides to leave her at home with the babysitter the next time. But, when the family tells her they are going to eat out for Grandma Thora's birthday, D.W. decides to change her ways. D.W. is part of the popular Arthur series that has strong appeal in its realistic yet humorous portrayal of typical childhood experiences, including the fear of tasting new foods.

Daddy Makes the Best Spaghetti

Hines, Anna Grossnickle

Clarion Books, 1986 ISBN: 0-395-98036-4

This picture book shows Daddy and Corey grocery shopping and preparing a spaghetti dinner, Mommy and Corey cleaning up and then Daddy playing make-believe games with Corey as he bathes and prepares for bed. A small, sturdy board book with appealing text and illustrations, this book celebrates family life.

Danny Goes to the Dentist

Robinson, Robert

McGraw-Hill Children's Publishing, 2002 ISBN: 1-57768-987-9

Mom takes Emma and Danny to the dentist for a check-up. They both have their teeth cleaned, and the dentist discovers that Danny has a cavity. This story explains each procedure, including filling the cavity, using simple, basic language and full-page illustrations. The illustrations are warm and friendly and contribute to the non-fearful atmosphere the book creates.



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Title **TN Message** Nih# Rating F/N

Dim Sum for Everyone!

Lin. Grace Alfred A. Knopf, 2001 ISBN: 0-37581-082-X

A little girl and her family visit a dim sum restaurant. Using bright illustrations and simple text, this picture book shows the family enjoying many different kinds of dim sum. The last two pages provide factual information about the dim sum tradition. A great book to read before sampling foods from a different culture.

Dinosaurumpus!

F Mitton, Tony 5

Scholastic, Inc., 2002 ISBN: 0-439-39514-3

Whimsical dinosaurs romp, stomp, shake and roar in this colorful picture book. Children are invited to get active and join in the dinosaur romp that leads them through a lively workout ending when the dinosaurs finally fall asleep and the only sounds that can be heard are dinosaurs snoring.

Does a Lion Brush?

Ehrlich, Fred

Blue Apple Books, 2002 ISBN: 1-9297-6664-5

Does a lion brush his teeth? A bear? An alligator? This simple book for young children explains why animals don't need to brush to keep their teeth clean and then provides a step-by-step procedure for children to use when brushing. The introductory question and answer format and the large, clear illustrations complementing the brief text make this an engaging picture book for young children and beginning readers.

Dog Food

Freymann, Saxton and Joost Elffers

Arthur A. Levine Books, 2002 ISBN: 0-439-11016-5

Fruits and vegetables are carved and cleverly arranged to look like dogs performing a variety of actions. This book, with colorful, bold photographs and simple captions, is an amusing way to help children identify fruits and vegetables and may spark their own artistic creativity or interest in tasting new fruits and vegetables.

Drinking Water

Schuh, Mari

Capstone Press, 2006 ISBN: 0-7368-5375-8

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the benefits of drinking water and why drinking water is good for us. This book supports MyPyramid.

Eat Your Dinner, Please

McGuire, Leslie

Reader's Digest Children's Books, 2003 ISBN: 0-7944-0039-6

This pop-up book depicts several animals as they eat their dinners of spaghetti, peas, soup and vegetables. Pull-tabs engage young children as they lift the spoon to the tiger's mouth and other funny actions. Bright, colorful illustrations enhance this amusing board book.



Title Nih# Rating F/N TN Message

Eat Your Peas, Louise!

Snow, Pegeen

Children's Press, 1985 ISBN: 5-1642-067-4

Will Louise ever eat her peas? In this Rookie Reader book, beginning readers discover what finally gets Louise to eat her peas. A word list is provided. Children could use this simple book as a model for writing or telling their own story about a food they've been

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Eat!

Intrater, Roberta Grobel

be persuaded to eat.

26 Ν Scholastic Inc., 2002 ISBN: 0-439-42006-7

This board book for young children has a large photograph of a baby's face eating food on each page. Simple text relates to the photographs that depict children of all ethnicities eating.

Eating

Swain, Gwenyth

Carolrhoda Books, Inc., 1999 ISBN: 1-57505-257-1

Simple rhyming text and colorful photographs of people from around the world, many of whom are children, provide basic information about food and eating customs. The book concludes with two pages of additional information about each photograph, including the geographical location. Note: the Food Guide Pyramid, created in 1992, appears in this book. This food guidance system is now outdated. For information on the new MyPyramid, go to www.mypyramid.gov.

Eating Pairs: Counting Fruits and Vegetables by Twos

Schuette, Sarah L.

Capstone Press, 2003 ISBN: 0-7368-1676-3

Starting with two heads of cabbage, this picture book not only helps children learn to count by twos, it provides them with basic facts about many fruits and vegetables. Large, bold, brightly colored illustrations will attract the attention of youngsters. The book concludes with a vocabulary list, recommended books, internet resources and an index.

Eating the Alphabet: Fruits and Vegetables from A to Z

Ehlert, Lois

Harcourt Brace Jovanovich, 1989 ISBN: 1-5200-902-7 Lois Ehlert's bold, distinctive illustrations of fruits and vegetables fill the pages of this alphabet book. Each letter has at least one clearly labeled, edible food and a three-page glossary offers information about each food. This is an excellent picture book to intro-

duce young children to a variety of fruits and vegetables. Older children could use it as a model for writing and illustrating their own alphabet book. It is also a good introduction to a food-tasting experience.

Eating Well

Mitchell. Melanie 1 15 Ν

Lerner, 2006 ISBN: 978-0-8225-2449-6

Colorful multiculutural photographs depict young children eating and enjoying a variety of delicious and healthy foods from MyPyramid. General serving sizes are taught for each food group and physical activity is emphasized as well. A good basic introduction to the concepts of MyPyramid.



Title TN Message Nib# Rating F/N

Edible Alphabet, An

Christensen, Bonnie 2 15 2 N

Dial Books for Young Readers, 1994 ISBN: 8-0371-404-1

Detailed wood engravings of edible plants from A to Z provide an introduction to familiar and unfamiliar plants from around the world. Each page shows a letter of the alphabet, the name of the plant and an illustration with children and adults using the plant. The book concludes with two pages of information that describe each plant and how each is used for food.

Eggbert, The Slightly Cracked Egg

Ross, Tom 1 24 3 F

G. P. Putnam's Sons. 1994 ISBN: 6-9811-444-2

Eggbert loves to paint, and his beautiful pictures always cheer up others in the refrigerator. But when it's discovered that he is slightly cracked, he is sent away in disgrace. Eggbert wanders many places trying to find a way to fit in until he makes an amazing discovery. This picture book with its vivid illustrations is a splendid celebration of creativity and being different.

Emma's Eggs

Ruurs, Margriet 3 6 3 F

Stoddart Kids, 1996 ISBN: 0-773-73334-5

Emma has just started laying eggs and is confused. She tries to lay eggs that look exactly like what she sees the farmer and his family doing with her eggs. But they don't want her to step on her eggs to scramble them or paint them with bright colors. Finally, she lays a perfect egg and decides to sit on it, keeping everyone away from it. But Emma gets a big surprise! This witty picture book will appeal to children with its brightly colored illustrations and sense of the absurd.

Enormous Carrot, The

Vagin, Vladimir 2 34 3 F

Scholastic Press, 1998 ISBN: 5-9045-491-9

Bright, bold illustrations enhance this version of a favorite Russian folktale, "The Enormous Turnip," that demonstrates the benefits of working together to solve a problem. Rabbits Floyd and Daisy ask their animal friends for help when they discover that they can't pull an enormous carrot out of the garden by themselves. The repeating refrain and ongoing action make this an excellent book for a read-aloud, choral reading or creative drama.

Enormous Potato, The

Davis, Aubrey 2 34 3 F Scholastic Inc., 1997 ISBN: 15-5074-669-3

How do you get the biggest potato in the world out of the ground? In this retold folktale, it takes a lot of help. A farmer plants a potato eye and the rest is a comical surprise. Big, bold illustrations and repetitive text make this an enjoyable read-aloud. It also lends itself to creative drama.

Family

Monk, Isabell 1 8 2 F

Carolrhoda Books, Inc., 2001 ISBN: 15-7505-485-X

Hope and her parents go to Aunt Poogee's farm for their family's annual summer party. A multicultural gathering of aunts, uncles and cousins feast on their favorite foods and share laughter and playful teasing. Hope brings a new and unusual dessert, but she is worried the family may not like it. Recipes for "Aunt Frances' Corn Puddin'," "Hope's Sweet and Sour Pickles" and other dishes are provided. This joyous picture book provides a springboard for children exploring new foods.



Title **TN Message** Nih# Rating F/N

Farming Gibbons, Gail

Holiday House, 1988 ISBN: 0-8234-0682-2

This informational book provides an introduction to farms and the work done on them throughout the seasons. Simple text and folk art illustrations combine to make this an engaging picture book. A good book to read before a discussion on where foods come from.

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Feast for 10

Falwell, Cathryn

1 F Scholastic Inc., 1993 ISBN: 3-9572-081-8

This simple counting book tells about an African-American family engaged in shopping and preparing for a meal. The brightly colored illustrations and brief text lead children in counting from one to ten twice; first, as they shop and, second, as they prepare for dinner and share a healthy meal.

Feel Good Book, The

Parr, Todd

Little, Brown and Company, 2002 ISBN: 0-316-07206-0

What are the things that make you feel good? Using simple, repetitive language and colorful, primitive-style drawing, this picture book describes several of these things, such as "Watching your grandma and grandpa dance feels good" and "eating carrots with a bunny feels good."

Field Day

Mayer, Mercer

McGraw-Hill Children's Publishing, 2002 ISBN: 1-57768-813-9

This story describes the good times Miss Kitty's class has when she takes them outdoors for field day. The simple text with repetitive language is enhanced with the charming Little Critters' illustrations. The book concludes with seven pages of educational activities and support material. A wonderful read before a school, center or backyard field day.

Finn Cooks

Muller. Birte

North-South Books, 2004 ISBN: 0-7358-1935-1

Finn really likes to eat, but he wants to eat candy, chips and sweet stuff instead of the healthy, balanced meals his mother prepares. Finally, his frustrated mother lets him shop and prepare anything he wants for one whole day. Finn thinks it is the best day of his life until he gets a stomachache. This charming picture book tells how Finn learns an important lesson. Large, bold illustrations enhance

First Book of Sushi

this wise and witty story.

Sanger, Amy Wilson Ν Tricycle Press, 2001 ISBN: 15-8246-050-7

This sturdy board book, filled with fascinating illustrations and terms, is for young children and introduces them to many Japanese foods. Some of the terms, such as "uni urchin roe" and "futomaki," may be unfamiliar to many readers, but they are readily identifiable through the illustrations. Use this book to encourage children to respect foods from other cultures and to try new foods.



Title **TN Message** Nih# Rating F/N

Food for Thought: The Complete Book of Concepts for Growing Minds

Freymann, Saxton and Joost Elffers

Arthur A. Levine Books, 2005 ISBN: 0-439-11018-1

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Freymann uses his signature style of arranging fresh fruits and vegetables in a variety of unusual poses to represent basic concepts: shapes, colors, numbers, letters and opposites. Bold and colorful, these photographs, adored by children and adults, are creative and evoke reaction and discussion.

Food Is Fun!

Leonard. Marcia

Harper Festival, 2000 ISBN: 69401-366-8

This simple, but colorful, book is designed for preschool or kindergarten children. Each two-page spread features a short rhyme about some aspect of food, accompanied by a photograph of a child with that food on the opposite page. The photographs reflect a multicultural society.

Food Safety

Gordon, Sharon

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Children's Press. 2001 ISBN: 0-516-22294-5

Part of the Rookie Read-About Health series, this informational book helps young readers learn how to use their senses to decide if food is safe to eat or not. It is enhanced with clearly written text and bright, bold photographs, reflecting the diversity of our culture. The book concludes with two pages of important vocabulary, accompanied by photographs and an index.

Food: Pull the Tabs! Change the Pictures!

Garidis. Christa

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Quarto Children's Book, 2005 ISBN: 0-7624-2344-7

Using pull tabs, this board book asks and then answers a question about the food on each page. The answer is revealed when the tab is pulled.

Franklin Plays the Game

Bourgeois, Paulette and Brenda Clark

Scholastic, Inc., 1995 ISBN: 0-590-22631-2

Franklin loves soccer and wants to be the best player on his team. But he isn't very good and the harder he tries, the worse he plays. Goose, Beaver and his other friends on the team want to score a goal too, but the harder they try, the worse they play. Finally, when they start using teamwork, they begin to score goals and more important, they have fun being active together!

Froggy Bakes A Cake

London, Jonathan

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Scholastic Inc., 2000 ISBN: 4484-215-34

When Froggy's father asks him to help bake a cake for his mother's birthday, the result is disastrous but comical. Froggy wants "to do it myself," but creates one mess after another. In a light-hearted manner, the Froggy series portrays typical problems children experience and how they solve them.



Title TN Message Nib# Rating F/N

Froggy Eats Out

London, Jonathan

Viking, 2001 ISBN: 6-7089-686-1

Froggy and his parents go to a fancy restaurant to celebrate their anniversary. Froggy tries to behave, but he fidgets and squirms and slurps his spaghetti. When he gets embarrassed and hides under the table, things really get out of hand. Finally, his family decides to eat at the "fast flies" place where they happily munch and crunch their dinner.

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Froggy Goes to the Doctor

London, Jonathan

Puffin Books, 2004 ISBN: 0-412-40193-5

Froggy has a doctor's appointment for a check-up but he's afraid the doctor will give him a shot. He tries to persuade his mother that he doesn't need to go but that doesn't work. At the doctor's office, Froggy jumps and leaps and scoots and wiggles and just about drives everyone crazy. Fortunately he is healthy and doesn't need a shot. And the doctor is happy to send loveable, little Froggy home with his mother!

Froggy Plays Soccer

London, Jonathan

Scholastic Inc., 2000 ISBN: 0-439-08641-8

Likeable Froggy is back again, and this time he's really excited about playing soccer in the BIG GAME! If his team, the Dream Team, beats the Wild Things, they will win the City Cup. But Froggy has to remember one important thing: Don't use your hands. Like the other Froggy stories, readers can identify with the successes and mistakes Froggy makes as he behaves in very normal ways and learns from his experiences.

Froggy Rides a Bike

London, Jonathan

Viking, 2006 ISBN: 0-670-06099-2

What's more exciting than learning to ride a new, shiny two-wheeler bike? Froggy is excited and ready to learn but like all children, he's just a little bit afraid. Dad helps Froggy and after some mishaps and spills with a few bumps and bruises, lively Froggy masters his bike!

Froggy's Day with Dad

London, Jonathan

Viking, 2004 ISBN: 0-670-03596-3

Froggy has a special Father's Day planned for his dad from making breakfast all by himself to a trip to the fun park to play miniature golf, all topped off by a gift made by Froggy. But as always with Froggy, things don't go quite as planned. Froggy flips and flops his way through another set of hilarious Froggy misadventures with which children and their fathers will readily identify.

From Cow to Ice Cream

Knight, Bertram T.

Children's Press, 1997 ISBN: 5-1626-066-9

This book uses large, colorful photographs and easy-to-understand text to describe how ice cream is made, beginning with dairy cows and ending in grocery stores and ice cream shops. The book is enhanced by cheerful scenes of smiling, multicultural children enjoying many flavors of ice cream. The last page contains several interesting facts about ice cream, such as how and when ice cream cones were invented.



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Title TN Message Nib# Rating F/N

From Milk to Ice Cream

Taus-Bolstad, Stacy

Lerner Publications, 2003 ISBN: 0-8225-0668-8

Part of the *Start to Finish* series, this title describes how ice cream is made from milk. Using simple language and large photographs, the process is clearly explained. This short informational book also includes a table of contents, glossary and index. A wonderful book to read to children before an ice-cream-making or tasting experience.

From Shoot to Apple

Taus-Bolstad, Stacy

Lerner Publications, 2003 ISBN: 0-8225-0719-6

Part of the *Start to Finish* series, this title describes how apples grow. Using simple language and large photographs, the process is clearly explained. This short informational book also includes a table of contents, glossary and index.

From the Garden: A Counting Book About Growing Food

Dahl, Michael

Picture Window Books, 2004 ISBN: 1-4048-0578-8

The book begins with mama pulling one fat tomato from the garden and ends with 12 plates of salad, all with ingredients the family has grown and gathered. Large, vivid illustrations add to this counting book's appeal. The book concludes with fun facts, activities, glossary, Web site resources and index.

From Wheat to Pasta

Egan, Robert

Children's Press. 1997 ISBN: 5-1626-069-3

Large, color photographs accompany a simple text that describes the steps in making pasta, from growing and harvesting the wheat to making the dough and packing and shipping the final product. The book shows ideas for alternate ways to use pasta other than eating it and concludes with a page about six different kinds of pasta. This book is part of the *Change series*.

Fruit is a Suitcase for Seeds, A

Richards, Jean

The Millbrook Press, 2002 ISBN: 0-7613-1622-1

This picture book describes the life cycle and purpose of seeds, using the metaphor of fruit as a suitcase for seeds. Full-page water color illustrations and simple text convey the scientific concepts in an attractive and easy-to-understand manner. The final two pages present questions and answers about fruits, vegetables and seeds. A great discussion starter for the topic of where fruits come from.

Fruit Shapes

Orange Avenue Publishing, 2003 ISBN: 1-59340-024-1

Constructed of heavy cardboard with cutout shapes, this board book displays a variety of fruits, each with a different color. The appealing colors and large shapes are accompanied by the name of the fruit in bold, dark print. The book concludes by exclaiming: "I love fruit!"

PAGE 37

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Fruits and Vegetables

Rosa-Mendoza, Gladys

Me and Mi publishing, 2002 ISBN: 1-931398-10-0

Constructed of heavy cardboard, this book presents fruits and vegetables in English and Spanish. Large, bright illustrations and simple sentences introduce common fruits and vegetables to young children. The last two pages provide a list of the fruits and vegetables and pronunciation guides in both English and Spanish.

Full, Full, Full of Love

Cooke, Trish

Candlewick Press. 2003 ISBN: 7-636-1851-9

Jay Jay loves his Grannie and especially her Sunday dinners. Sunday dinner at Grannie's house is always full: full of hugs, laughter, good food and family and friends. Using rhythmic language and large, colorful, appealing illustrations, this picture book celebrates the joyous gathering of an African American family.

Germs Are Not for Sharing

Verdick, Elizabeth

Free Spirit Publishing, 2006 ISBN: 1-57542-196-8

This study board book tells children in a variety of situations how not to spread germs. "Achoo! Achoo! What do you need to do?" With simple text and large, colorful illustrations, the book shows a young boy getting a tissue, blowing and wiping his nose, then tossing the tissue into a wastepaper basket. The children and adults in this book reflect the diversity of our culture. The last two pages provide tips for parents and caregivers on how to help little ones stay healthy and not spread germs.

Germs on their Fingers!

Ferrin, Wendy Wakefield

The Wakefield Connection, Inc., 2001 ISBN: 0-9703632-0-6

Two books in one: this story is told in English for half of the book. The reader then flips it over, begins reading again and the same story is told in Spanish. A mother finds a clever way to deal with her worries about germs on her children's dirty hands and how to spread the solution to others. Bold, colorful illustrations complement the simple text.

Germs! Germs! Germs!

1 Katz. Bobbi Ν Scholastic Inc., 1996 ISBN: 0-590-67295-9

Germs are everywhere and in this informational book, germs assume a first person stance as they describe what they do, how they multiply and why things are their enemies. Part of the Hello Reader Science Series, Level 3, for grades 1 and 2, although appropriate for preschool, this book presents a brief but engaging overview enhanced with witty cartoon-style illustrations.

Giant Carrot, The

Dial Books for Young Readers, 1998 ISBN: 8-0371-823-3

F Peck. Jan 2

Adapted from a favorite Russian folktale, "The Turnip," this story features a family who plants a carrot seed. Each family member does something to help the carrot grow, but what Little Isabelle does is the most unusual. She dances and sings around the carrot and makes it grow bigger and bigger. This imaginative picture book with folk art illustrations makes an excellent read-aloud. It has a recipe for "Little Isabelle's Carrot Puddin'."



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Title **TN Message** Nih# Rating F/N

Giraffes Can't Dance

Andreae, Giles

Orchard Books. 2001 ISBN: 0-439-28719-7

Gerald the giraffe longs to dance at the annual African Jungle Dance. But his neck is too long, and his legs are too skinny, and he stumbles and falls. All the other animals laugh at him and call him names until a little cricket helps him find his own special music. This delightful story will amuse and inspire youngsters who have ever felt like they just can't do what all the others do. Rhyming verse and colorful illustrations convey the wit and charm of this picture book.

Good for Me and You

Mayer, Mercer

Harper Collins Publishers, 2004 ISBN: 0-06-053948-8

Little Critter discovers that healthy eating and physical activity are not only good for you, they can be lots of fun! With his family and friends, Little Critter engages in a variety of activities that demonstrate the theme of better living through good food and good exercise. Much of the humor in this book comes from the ironic contrast between the text and the illustrations. Note: the Food Guide

Pyramid, created in 1992, appears in this book. This food guidance system is now outdated. For information on the new MyPyramid,

go to www.mypyramid.gov.

Grandpa and Me

Katz. Karen

Little Simon, 2004 ISBN: 0-689-86644-5

A lift-the-flap book, this charming story shows a little girl and her grandpa making pizza. On each page she asks a guestion and the reader must lift the flap to find the answer. This sturdy board book, with its interactive format, is colorful and engaging.

Grandpa's Garden Lunch

Greenwillow Books, 1990 ISBN: 6-8808-816-3

Caseley, Judith 2 34 F

Grandpa likes to work in his garden, and Sarah loves to help him. She learns many things when they work together, and one day he invites her to a special lunch. Everything for lunch has some connection to Grandpa's garden, from the flowers that decorate the table to the zucchini cake for dessert. This picture book, with its attractive, watercolor illustrations, helps young children learn about the benefits and pleasure of bringing food from garden to table.

Great Pancake Escape, The

Many, Paul

Walker & Company, 2002 ISBN: 0-8027-8795-9

What could be more ordinary than a father making pancakes for his children? Funny and extraordinary things happen when this notso-ordinary dad uses the wrong recipe book to prepare the pancakes. Soon the children are chasing their spirited pancakes down the driveway, through the town and to the park. How will they ever recover their breakfast? This hilarious picture book, enhanced with large, super-realistic illustrations, will delight readers of all ages.

Greatest Gymnast of All, The

Murphy, Stuart

HarperCollins Publishers, 1998 ISBN: 0-06-027608-8

Zoe demonstrates her understanding of spatial opposites, such as up and down, inside and outside and forward and backward, as she performs her gymnastic routine. Part of the MathStart series at level 1 for ages 3 and up, the math concept in this informational book is opposites. With clever text and humorous illustrations, this book entertains as it teaches. It also includes two pages of ad-

ditional information and activities.



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Green Eggs and Ham

Seuss, Dr.

Random House, 1960 ISBN: 0-394-80016-8

What could be more fun than Dr. Seuss's Green Eggs and Ham? This classic, with its rhyming text and zany illustrations, delights children of all ages and introduces them to the concept of trying new foods.

Gregory, the Terrible Eater

Sharmat, Mitchell

Scholastic Inc., 1980 ISBN: 5-9043-350-4

What family hasn't had the problem of a child who is a "terrible eater"? It happens in all families, even goat families! Gregory has his family worried because he doesn't like good, goat food such as cans, boxes and shoes. Instead, he insists on eating awful things like fruits, vegetables and eggs. How his family solves the problem of a fussy eater makes for a funny, tongue-in-cheek picture book with an important lesson for everyone about trying new foods.

Group Soup

Brenner, Barbara

Viking, 1992 ISBN: 0-6708-286-7X

The Rabbit children are very hungry and can hardly wait for Mama Rabbit's delicious dinner, but Mama left them a message to make their own dinner. They decide to work together to make soup, except for Rhoda, who finally consents to contribute something to the soup. This book is part of a series by Bank Street College of Education about values, and stresses the importance of cooperation and sharing. The first page has words and music for "Count Me In," a song Rhoda made up. This book can be used as a lead-in to a soup-making project where each child brings an ingredient from home.

Growing Colors

McMillan, Bruce

Lothrop, Lee & Shepard Books, 1988 ISBN: 6-881-311-23

This appealing picture book uses color photographs and one-word captions to introduce 14 fruits and vegetables and their colors. Each two-page spread has a large, close-up photo of a single fruit or vegetable, the color word to describe it and a smaller photo of the plant. Additional pages explain that fruits and vegetables grow in a variety of colors and describe how the plants were photographed. This book can be used as an introduction to colors and fruits and vegetables for young children. It also could be used as a springboard for creative projects for older children such as photography, painting and learning more about plants.

Growing Vegetable Soup

Ehlert, Lois

Scholastic Inc., 1987 ISBN: 1-5232-575-1

Vivid colors and large, bold print make this deceptively simple picture book come alive. Noted author and illustrator, Lois Ehlert, takes children through the steps of growing, harvesting and preparing vegetables for soup. Although simply written for young children, this book can serve as a catalyst for introducing older school children to a variety of vegetables and how to make soup. A recipe for vegetable soup is included.

Gus and Button

Freymann, Saxton and Joost Elffers

Arthur A. Levine Books, 2001 ISBN: 4-3911-015-7

Gus, a mushroom person, and his faithful dog, Button, leave their bland, colorless town to see the world. They brave the scary Howling Forest and discover a world of colorful fruits and vegetables, and they learn an important lesson about life. The imaginative illustrations in this book are created entirely from food.



Title TN Message Nib# Rating F/N

Handa's Surprise

Browne, Eileen 2 39 2 F

Candlewick Press, 1999 ISBN: 7-6360-863-7

Handa puts seven delicious fruits in a basket, balances it on her head and starts out for her friend's village. She plans to surprise her friend and wonders which fruit she will like best. But along the way, without Handa knowing it, animals quietly take the fruit piece by piece from her basket. So, how is it that she arrives at the village with a basket full of tangerines? This book, with simple text and large, colorful illustrations, is part of the *Reading Together* series and features information before and after the story so parents can help their children learn to read. The author also acknowledges the children in the book who are from the Luo tribe of southwest Kenya.

Harvest Time

Mayer, Mercer 2 36 3 F

McGraw-Hill Children's Publishing, 2004 ISBN: 1-57768-578-4

This story describes harvest time at grandpa and grandma's farm where Little Critters enjoy picking pumpkins and apples, going on a hay ride, helping grandpa with outdoor chores and cooking with grandma. The book is further enhanced by Little Critters charming illustrations. Seven pages of education activities, such as sequencing and rhyming words that focus on reading skills, are included in the back of the book.

Healthy Snacks

Schuh, Mari 3 22 1 N

Capstone Press, 2006 ISBN: 0-7368-5369-3

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly defines healthy snacks and why eating healthy foods for snacks is good for us. This book supports MyPyramid.

Hola! Jalapeno

Sanger, Amy Wilson 1 17 2 N

Tricycle Press, 2002 ISBN: 1-58246-072-8

Part of a series of small, sturdy board books on ethnic foods, this title celebrates Mexican foods. Each page features bright, colorful photographs. The back cover defines the words used in the book.

Honey Cookies

Hooper, Meredith 1 22 2 F

Frances Lincoln Children's Books, 2004 ISBN: 1-84507-395-9

Ben asks grandma to help him make Honey Cookies. When he asks her what ingredients are needed, Grandma helps Ben discover much more than how to bake cookies. He learns things such as where milk, eggs, and wheat come from, and why "dried bark" (cinnamon) is put in the batter. The book concludes with a recipe for Honey Cookies. Bold, colorful illustrations and lyrical text combine to give this book the extra ingredient of intergenerational love and warmth.

Hop Jump

Walsh, Ellen Stoll 5 39 3 F

Harcourt Brace & Company, 1996 ISBN: 0-15-292871-5

What happens when a frog gets bored with hopping and jumping? The answer? Dancing! This delightful picture book with sparse text and whimsical illustrations tells the story of a frog who leads the way in doing things a little bit differently and influencing the other frogs to give it a try. This book is sure to get youngsters up and moving!



Title TN Message Nih# Rating F/N

How Are You Peeling? Foods with Moods

Freymann, Saxton and Joost Elffers

Scholastic Press, 1999 ISBN: 4-3959-841-9

This clever book about emotions uses common fruits and vegetables sculpted as characters expressing moods and feelings. The photos are humorous, and the questions with them encourage a discussion of feelings. A "Note About The Art" is included and could serve as the launch pad for an art activity or creative writing experience.

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How Can You Dance?

Walton, Rick

G. P. Putnam's Sons, 2001 ISBN: 0-399-23229-X

This book's use of rhyming, repetition and lively language will turn readers into dancers! Quirky, creative illustrations add to the appeal and the desire to move and turn and twist and bend.

How My Family Lives in America

Kuklin, Susan

Bradbury Press, 1992 ISBN: 6-8982-221-9

Using realistic photographs and informational text, this book tells the story of the everyday life of three American families with diverse ethnic and cultural backgrounds. Told from the perspective of a child in each family, we learn about many aspects of their heritage. At least one page is devoted to the food customs of families from Africa, Taiwan and Puerto Rico. There are recipes and photos for "Sanu's Tieou Dienn," "Eric's Habichuelas" and "April's Cold Sesame Noodles."

How to Speak Moo!

Fajerman, Deborah

Barron's Educational Series, 2002 ISBN: 0-7641-2285-1

apple. The last page gives children a chance to use the illustrations to retell the story.

The only thing cows say is moo, but if you think all moos sound alike, you need to read this hilarious picture book. Using rhyming, clever phrasing and bright illustrations, the funny world of moo-speak comes alive to entertain us. This charming book would make an effective read-aloud when discussing farm animals and where milk comes from.

I Am an Apple

Marzollo, Jean

Scholastic Inc., 1997 ISBN: 5-9037-223-8

Using paper-collage illustrations and simple text, this Hello Reader! Preschool - Grade 1 book takes the reader on an apple-growing journey. From bud to ripening apple, through harvest and gathering seeds for future trees, readers learn about the life cycle of an

I Can Move

Wayland Publishers, 1991 ISBN: 0-8761-473-5X

Suhr, Mandy

Part of the I'm Alive series, this informational book explains how our bones and muscles help us move. It has a two-page drawing of a human skeleton with major bones labeled. With simple text and lively, cartoon-style illustrations, it could be used as a read-aloud or read independently by children reading at the first-grade level. The last page contains information for adults about activities to help children learn more about how we move.



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Title **TN Message** Nih# Rating F/N

I Can Skip, Hop, Jump

Wingate, P.

Buster Books, 2003 ISBN: 0-7641-5733-7

Constructed of heavy cardboard with a sturdy handle, this small read and move book focuses on simple physical activities that preschoolers are learning to do. Each page shows a child performing an action accompanied by a simple sentence stating what the child can do. Colorful and lively, this interactive book is one of the titles in the My Carry-Around Actions Book series.

I Smell Honey

Pinkney, Andrea & Brian

Red Wagon Books, 1997 ISBN: 0-15-200640-0

This sturdy board book shows a young child in the kitchen, helping mama as she prepares a delicious meal of sweet potato pie, catfish, red beans, and collard greens. Simple text and large, colorful illustrations combine to produce a warm, appealing book.

I Want My Banana!

Risk, Mary

Barron's Educational Series, 1996 ISBN: 0-8120-6580-8

One of the titles in the I can read Spanish series, this appealing picture book tells a simple story while introducing young children to a foreign language in a relaxed manner. Using one sentence per page written in both English and Spanish, it tells the story of a monkey who lost his banana, but finds it just in time. The book provides information for parents and teachers, a picture dictionary for key words and a simplified guide to pronouncing Spanish.

I Will Never Not Ever Eat a Tomato

Child. Lauren

Candlewick Press. 2000 ISBN: 7-6361-188-3

Charlie is supposed to give his little sister, Lola, her dinner, but Lola is a very fussy eater. How Charlie uses his imagination to get Lola to eat makes this a funny and delightful book. Big, bold illustrations accompanied by colorful photos of food add to the appeal. It could serve as a model for creative language activities as children make up other exotic names for ordinary foods, just as Charlie did.

If You Give A Pig A Pancake

Numeroff, Laura

Scholastic Inc., 1998 ISBN: 0-439-04621-1

This delightful picture book follows the format made popular in If You Give a Mouse a Cookie and other similar titles. It uses the familiar "if-then" pattern as the adorable pig takes the little girl through a series of hilarious adventures and concludes back at the beginning again with a pancake. Clever and witty, it's a perfect way to help young children understand cause and effect while enjoying an imaginative story and appealing illustrations.

I'm a Seed

F Marzollo, Jean Scholastic Inc., 1996 ISBN: 5-9026-586-5

Part of the Hello Reader, Level 1 Science series, this book features conversations between two seeds as they are growing. As the story unfolds, children can make predictions about each plant based on clues given by the seeds. One is a marigold plant: the other is a pumpkin plant. With appealing cut-paper illustrations and simple text, this picture book could be used as a read-aloud for young children or independent reading for beginning readers.



Title TN Message Nib# Rating F/N

I'm Growing

Alik

Harper Collins Publishers, 1992 ISBN: 0-06020244-0

"Look at me! I'm growing and growing and growing." In this delightful picture book, a young boy describes how his body is changing and growing and how others, both young and old, change too. The importance of eating healthy food and playing outdoors are also part of his story. The appealing illustrations reflect our diverse culture and enhance the information about human growth and development.

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In the Kitchen

Canizares, Susan and Betsey Chessen

Scholastic Inc., 1999 ISBN: 0-4390-458-6X

This easy-to-read informational book, part of the *Emergent Readers* series, asks the question, *What happens in the kitchen?* It then answers the question using colorful photographs with one-word captions. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books about cooking or family mealtime.

Inch by Inch: The Garden Song

Mallett, David

Harper Collins Publishers, 1995 ISBN: 6024-303-1

Simple but colorful illustrations enliven the words to "The Garden Song," a joyous celebration of gardening and singing. This picture book could be used by itself or with a gardening project. Illustrations of fruits and vegetables decorate the inside covers. The book includes the music for the song.

Jody's Beans

Doyle, Malachy

Candlewick Press, 1999 ISBN: 7-6360-687-1

This gentle, intergenerational story tells about Jody and her grandpa planting runner beans. It shows how they water, stake, pick, cook and eat the beans. Appealing, watercolor illustrations with a timeless quality show the growth of the beans throughout the summer. An index to learning about beans is included, as well as information about the author and illustrator. This book could serve as directions for children who want to plant and grow their own beans.

Just Enough Carrots

Murphy, Stuart J.

Harper Trophy 1997, ISBN 0-0644-671-12

A *MathStart* book, this clever story introduces the concepts of fewer, same and more as a rabbit and his mother go shopping. But why are they shopping for peanuts and worms along with their carrots? The book concludes with two pages of ideas to extend these math concepts.

Kiss the Cow!

Root, Phyllis

Candlewick Press, 2000 ISBN: 0-7636-0298-1

Mama May has many children, but none is more stubborn and curious than Annalisa. Mama May keeps her family in milk and cheese by singing a lovely song and kissing Luella, the cow, on her velvety brown nose. Annalisa decides to disobey her mother and try to milk Luella by herself with disastrous results. This humorous story is enhanced with charming, colorful illustrations.



Title TN Message Nib# Rating F/N

Let's Cook!

Crowther, Robert 1 32 2 N

Candlewick Press, 2004 ISBN: 0-7636-2266-4

This sturdy board book welcomes children to a diner where they can press out various foods, cooking tools and small appliances and then press them back in. Large and colorful, it has 20 press-out-and-play pieces. Throughout the book, children are also asked to count as they pretend to cook and eat.

Let's Eat!

Zamorano, Ana 1 17 2 F

Scholastic Inc., 1996 ISBN: 4-3906-758-8

Every day, Antonio's mama prepares a delicious meal, such as chickpea soup, empanada, sardinas, gazpacho or roast pollo for her extended family. But, one day Mama is not there—she has gone to the hospital to have a new baby. When she returns, the entire family celebrates with a feast of prawns, crab, squid, mussels and saffron rice for paella. Julie Vivas's distinctive illustrations show the love and warmth the Spanish family shares together with their food. It includes a glossary of Spanish words used in the text.

Let's Eat!

Kelley, True 1 16 2 N

E.P. Dutton, 1989 ISBN: 5-2544-482-3

Using simple headings and cartoon-style illustrations, this picture book shows aspects of eating, from how people eat to where food comes from to eating equipment and etiquette. Described as a "buffet-style" book, each page provides detailed illustrations. This book could be used to promote discussion about food.

Let's Get Rhythm

Miranda, Anne 5 37 3 N

Scholastic Inc., 1994 ISBN: 5-9067-590-7

This lively chant engages young children in a series of movements such as snapping, clapping, stamping and shaking. Lively illustrations demonstrate each action so children can read and move along with the book.

Let's Look at Kitchen

Tuxworth, Nicola 1 32 3 N Lorenz Books, 1997 ISBN: 1-85967-563-8

Part of the Let's Look At series, this sturdy book for young children explores the gadgets, dishes and foods to be found in the kitchen. Bold, colorful photographs with labels and simple text help young children develop their vocabulary. Photographs of children in this book reflect the diversity of our nation.

Let's Nosh!

Sanger, Amy Wilson 1 17 2 N

Tricycle Press, 2002 ISBN: 1-58246-081-7

Part of a series of small, sturdy board books on ethnic foods, this title celebrates "noshing" or snacking with traditional Jewish foods. Each page features bright, colorful photographs. The back cover defines the words used in the book.



Title TN Message Nib# Rating F/N

Little Apple: A Book of Thanks

Weninger, Brigitte

Scholastic Inc., 2001 ISBN: 7358-1427-9

This lovely picture book is the English translation of the original written in German and published in Switzerland. Using lyrical language and warm, appealing illustrations, it celebrates the beauty and wonder of apples while providing basic information about how they grow.

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Little Pea

Rosenthal, Amy Krouse

Chronicle Books, 2005 ISBN: 0-8118-4658-X

When you're a little pea, you must eat candy for dinner every night in order to grow up to be a big, strong pea and before you can have what you really want: a yummy dessert. In this delightful twist to the age-old dilemma of helping children develop healthy eating habits, Little Pea must eat five pieces of candy before he is allowed to have his favorite dessert of spinach. This charming story is for every family that struggles with getting children to eat their vegetables before having dessert.

Little Red Hen (Makes a Pizza), The

Sturges, Philemon

Scholastic Inc., 1999 ISBN: 4-3922-808-5

In this charming and amusing version of a familiar folk tale, The Little Red Hen decides to make a pizza but finds herself without a pizza pan and the necessary ingredients. As in the original version, duck, dog and cat are unwilling to help with the work but are very willing to partake of the results. However, this story has a surprise twist at the end. Along the way, children are introduced to a variety of foods, some of which may be new to them.

Little Red Hen Makes Soup

Williams, Rozanne Lanczak

Creative Teaching Press, Inc., 2003 ISBN: 1-57471-969-6

In a simple variation of the folktale, Little Red Hen and her friends make vegetable soup. The story uses repetition and has colorful illustrations. The book concludes with a list of new and review sight words.

Little Red Hen, The

Downard, Barry

Simon & Schuster Books for Young Readers, 2004 ISBN: 0-689-85962-7

New life and humor are infused into this version of the traditional folk tale about the little red hen who asks other animals to help her make bread and keeps receiving a resounding, "Not I." Large, bold photo collages of animals with human-style props provide a hilarious visual treat.

Lunch

Fleming, Denise

Scholastic Inc., 1992 ISBN: 8-0505-696-3

Mouse was sooo hungry. He ate many fruits and vegetables on the kitchen table. Large, brightly colored illustrations and simple text engage young children in learning about fruits and vegetables. This picture book lends itself to reading aloud over and over again; let children guess the names of the foods from the word and picture clues.



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Title **TN Message** Nih# Rating F/N

Lunch Box Surprise, The

Maccarone, Grace

Scholastic Inc., 1995 ISBN: 0-590-2626-7X

This Hello Reader, Level 1 book uses simple text to describe what each child brought to school for lunch, except for Sam, who forgot to bring anything! Never fear, the other children are wiling and eager to share what they have with Sam, from peas to tuna fish. The illustrations of children are cute and show a multicultural class with one child in a wheelchair. Use this book as a discussion starter for the topic of healthy lunches.

Make Way for Tooth Decay

Katz, Bobbi

Scholatic Inc., 1999 ISBN: 0-590-52290-6 Using rhyming verse and cartoon-style illustrations, we learn how bacteria make tooth decay and how to prevent it. Lively and witty,

it introduces basic dental hygiene concepts of saliva, plaque and cavities. From the Hello Reader! Science Level 3 series, this book is effective as a read-aloud for young children preceding a discussion or demonstration about how to care for your teeth.

Making Minestrone

Blackstone. Stella

Barefoot Books, 2000 ISBN: 1-84148-211-0

Multicultural illustrations featuring lively children surrounded by friendly animals show them exploring a garden and gathering vegetables to make minestrone soup. The rhyming text celebrates the gifts of nature that are used to make a nourishing soup. The recipe included in this picture book could be used for a class cooking project.

Market Day

Fhlert, Lois 10 F

Harcourt, Inc., 2000 ISBN: 1-5202-158-2

Using bold, folk art-collage illustrations, author/illustrator Lois Ehlert tells the simple story of a family taking its farm produce to market in the town square. This picture book includes a section called "Where did they come from? What are they made of?" It identifies the country of origin and describes the materials that make up the objects in her collage illustrations.

Markets

Chanko, Pamela and Samantha Berger

Scholastic Inc., 1999 ISBN: 6-1321-971-6

This easy-to-read informational book, part of the Emergent Readers series, asks the question: What do markets sell? It then answers the question using colorful photographs and simple sentences with repeating phrases. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books.

Max and Ruby's Midas

Wells, Rosemary

Puffin Books, 1995 ISBN: 0-8037-1782-2

Max's big sister, Ruby, is worried because Max loves to eat sweets and doesn't seem to know when to stop. She tires to cure him of his sweet tooth by reading a slightly altered version of the Greek myth about Midas and the magic touch. Rosemary Wells' story of young Prince Midas, who turns healthy foods into delicious desserts but accidentally also changes his family, is a delightfully witty fantasy with an important message about healthy eating.



Title TN Message Nib# Rating F/N

Max's Breakfast

Wells, Rosemary

Dial Books for Young Readers, 1985 ISBN: 0-8037-2273-7

Constructed of heavy cardboard, this book for young children tells the story of when Max doesn't want to eat his egg for breakfast. Simple text and clever illustrations show how one little rabbit outwits his mother.

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Milk to Ice Cream

Snyder, Inez

Scholastic Inc., 2003 ISBN: 0-516-24451-5

Part of the *Welcome Books* series, this informational book features a boy and his dad making ice cream. Using simple text and large photographs, it takes the reader step-by-step through the process of making ice cream at home. The book has a table of contents, vocabulary list, additional resources and an index.

Miss Mabel's Table

Chandra, Deborah

Browndeer Press, 1994 ISBN: 1-5276-712-6

Using repetition and a cumulative counting rhyme, children become familiar with the ingredients for hot, golden pancakes and with the charming, red-headed lady who makes them. Illustrations on alternating pages depict Miss Mabel as she awakens, feeds her cat and travels to her restaurant on the other side of town. This charming picture book concludes with Miss Mabel serving pancakes at her restaurant to the people she met during her morning journey.

More Spaghetti, I Say!

Gelman, Rita Golden

Scholastic Inc., 1992 ISBN: 5-9045-783-7

Minnie the monkey can do many things with spaghetti, especially when she is trying to avoid playing with Freddy. A humorous *Hello Reader! Kindergarten – Grade 2* book that appeals to their sense of humor; children will have fun dramatizing the story and brain-storming other things to do with spaghetti or other foods. Beginning readers will also enjoy reading this book independently.

Mouse Mess

Riley, Linnea

Scholastic Inc., 1997 ISBN: 5901-0050-5

Mouse eats his way through the kitchen, leaving a mess behind him, but he blames the people in the house. This brightly illustrated

book with simple text makes a delightful read-aloud. The author uses appealing and attention-getting phrases to describe the foods and the mess Mouse makes. Children can follow the format in this picture book to describe their own favorite foods and eating experiences.

Musical Muffin Man, The

The Straight Edge Press, 2003 ISBN: 1-883043-45-X

A waterproof, non-toxic book for young children that lets them press the spot to hear the familiar tune of Muffin Man while turning the pages and looking at the illustrations. A fun book to read before a muffin-tasting or a muffin-making activity.



Title TN Message Nib# Rating F/N

My Amazing Body: A First Look at Health and Fitness

Thomas, Pat
Barron's Educational Series. 2000 ISBN: 0-7641-2119-7

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This colorful picture book both informs and celebrates children and their amazing bodies. Written in a clear and lively manner, it explores many aspects of health and fitness and encourages children to eat healthy, try new foods, be active and take good care of themselves. The book concludes with information for adults, glossary, organizations and bibliography of related books.

My Breakfast: A Book About a Great Morning Meal

Feldman, Heather

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Rosen Publishing Group, 2000 ISBN: 0-8239-5527-3

A young boy describes what he is having for breakfast before he leaves for school. Simple text and large, colorful photographs complement each other to produce a positive, enthusiastic message about the importance of a good breakfast. Part of the *My World* series, this book has a table of contents, pictorial vocabulary list, book and Internet resources, index and note to librarians, teachers and parents.

My Dentist is Not a Monster

Moffatt, Julia

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School Specialty Children's Publishing, 2004 ISBN: 0-7696-4030-3

It is Danny's first trip to the dentist and he is afraid. His brother told him all kinds of scary stories, including that the dentist is a big monster who lives in a cave and carries a sharp drill. Danny hides under his bed but his mother finds him, and together they go to the dentist. Much to his surprise, the dentist is very nice, and Danny has lots of fun. The simple text with bright illustrations conveys a positive message about dental hygiene.

My Two Hands/My Two Feet

Walton, Rick

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G. P. Putnam's Sons, 2000 ISBN: 3992-3338-5

This book is written as two-books-in-one. First, you read one story, and then turn the book over and read the other story. Using rhyming words, two girls describe how they use their hands and feet in their daily activities. This unique picture book has colorful, cut-paper illustrations. It could be used as a read-aloud read-and-move book with the class imitating what each girl does with her hands and feet.

My Very First Book of Numbers

Carie, Eric

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Philomel Books, 2006 ISBN: 0-399-24509-X

This interactive board book engages preschoolers in counting fruits and then turning pages as they find the corresponding half that matches with numerals from one to ten. Sturdy and colorful, this book helps little ones learn to count, recognize numbers, and learn the names of fruits.

No Milk!

Ericsson, Jennifer

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Tambourine Books, 1993 ISBN: 6-8811-306-0

How do you milk a cow? A city boy learns that patience and perseverance work in the long run. Simple, repetitive text makes this book a great read-aloud for young children and an effective chart story for beginning readers. The whimsical illustrations show the emotions of the characters and add an appealing touch to this picture book.



Title TN Message Nib# Rating F/N

Noisy Breakfast

Blonder, Ellen

Scholastic Inc., 1994 ISBN: 5-9027-559-3

The simple sentences on each page describe preparing and eating breakfast. The fanciful illustrations of a mouse and dog entertain the reader. Beginning readers will enjoy reading this picture book independently.

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Oliver's Fruit Salad

French, Vivian

Orchard Books, 1998 ISBN: 5-3130-087-0

In this sequel to *Oliver's Vegetables*, Oliver goes shopping with his mother to help choose fruits, and then helps cut them up and make fruit salad. But when it's time to eat, Oliver decides he doesn't like fruit, especially if it didn't come from Grandpa's garden. Big, bright illustrations and a clever text make this an excellent book to introduce young children to a variety of fruits; also works as a lead-in to a fruit-tasting experience.

Oliver's Vegetables

French, Vivian

Orchard Books, 1995 ISBN: 5-3109-462-6

Grandpa and Oliver have a bargain. Oliver can have French fries only if he finds them in the garden. If not, they will eat whatever Oliver picks. *Will Oliver ever find those potatoes?* Children will enjoy hearing or reading about Oliver's experiences in this appealing, intergenerational picture book as he tries new vegetables in his quest for French fried potatoes.

One Bean

Rockwell, Anne

Walker and Company, 1998 ISBN: 8-0278-648-0

This simple, informative book describes starting with one bean and growing a bean plant. Told through the eyes of a child, the text is engaging and the cut-paper illustrations appealing. It could be read aloud to young children as an introduction to a bean growing experience. The last two pages use smaller print to provide more information about beans and suggestions for additional activities.

One Little Spoonful

Aliki

Harper Collins Publishers, 2001 ISBN: 00-105036

This charming picture book for preschool children shows mama trying to feed baby, using rhyming and verbal games. Bright, colorful illustrations enhance the simple and humorous text and make this a book that toddlers would want to hear over and over again.

One Lonely Sea Horse

Freymann, Saxton and Joost Elffers

Scholastic Press, 2000 ISBN: 43911-014-9

This counting book about friendship is completely illustrated with vegetable and fruit sculptures. The artist uses nearly 50 different fruits and vegetables to show underwater scenes and sea creatures. This colorful picture book with rhyming text is a great way to introduce children to new foods. It could also serve as a model for an art project.



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Title TN Message Nib# Rating F/N

One Potato: A Counting Book of Potato Prints

Pomeroy, Diana

Harcourt Brace & Company, 1996 ISBN: 1-5200-300-2

Using potato print illustrations, this counting book features delicious looking fruits, vegetables and seeds to count up to 100. Both young and older readers will enjoy looking at the unusual illustrations and then making their own books using potato printing. Directions and ideas for a project are included.

One Watermelon Seed

Lottridge, Celia Barker

Oxford University Press, 1986 ISBN: 1-954-0735-0

Max and Josephine plant a garden starting with one watermelon seed and finishing with ten corn seeds. This charming counting book uses brightly colored illustrations and brief text to show the children planting and harvesting their garden. In the spring, the seeds and plants are counted one-by-one. In the fall, the produce is counted by tens, concluding with one hundred ears of corn that will become hundreds and thousands of big white crunchy puffs of popcorn during the cold, winter nights.

One, Two, Three!

Booth, David - Editor

The Wright Group, 1995 ISBN: 0-7802-2302-0

This collection of four short selections by four authors provides counting and rhyming experiences for young readers. Each is accompanied by colorful, whimsical illustrations that add to the appeal of their lively language. Used as jump rope rhymes, the selections are: "One White Sail: A Caribbean Counting Book;" "One, Two, Three!;" "Take Me Out to the Ball Game;" and "The Cat Came Back."

Orange Juice

Chessen, Betsey and Pamela Chanko

Scholastic Inc., 1998 ISBN: 5-9014-999-7

Part of the *Emergent Readers* series, this easy-to-read book presents basic information about where orange juice comes from. It uses colorful photographs and simple sentences with repeating phrases that engage beginning readers. The book concludes with two pages of more detailed information for the teacher and parent.

Our Community Garden

Pollak, Barbara

Beyond Words Publishing, 2004 ISBN: 1-58270-109-1

This delightful story describes the fun and learning that occur as a group of multiethnic children play and work in a community garden. Colorful folk art illustrations add an appealing dimension to this book. It concludes with a Web site of information about starting a community garden. A salsa recipe is included with this book.

Out and About at the Apple Orchard

Mayr, Diane

Picture Window Books, 2003 ISBN: 1-4048-0036-0

Take a field trip to the Shiny Apple Farm, and learn what is involved in growing apples. Part of a series, this book includes a floating fruit experiment, fun facts about apples, a glossary, additional print and Internet resources and an index.

PAGE 51

Title TN Message Nih# Rating F/N

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Out and About at the Bakery

Ericsson, Jennifer A.

Picture Window Books. 2003 ISBN: 1-4048-0037-9

Take a field trip to Franz's bakery and learn how baked goods are made. Part of a series, this book includes an activity for testing yeast, fun facts about bread, a glossary, additional print and Internet resources and an index.

Out and About at the Dairy Farm

Murphy, Andy

Picture Window Books. 2003 ISBN: 1-4048-0038-7

When a group of children go on a field trip to a dairy farm, they make a list of things to find out. Each two-page spread of this picture book contains basic information on one page and more in-depth information on the other side. The book concludes with a recipe for easy ice cream, fun facts about cows, vocabulary words, a list of resources and an index.

Pancakes for Breakfast

de Paola, Tomie

Scholastic Inc., 1978 ISBN: 1-5259-455-8

This delightfully illustrated, wordless picture book takes readers through all the necessary steps to gather the ingredients needed for pancakes. But what happens when the pets eat all the ingredients before breakfast is ready? Children will enjoy telling the story that the illustrations show. Creative drama, problem solving and writing can easily be incorporated in a lesson using this book.

Pancakes, Crackers, and Pizza

Eberts, Marjorie and Margaret Gisler

Scholastic Inc., 2002 ISBN: 0-516-24500-7

A Rookie Reader, this simple book presents Eddy eating foods that represent various shapes, such as triangle for pizza and square for cracker. Simply written and illustrated, this book concludes with a word list.

Parts

Arnold, Tedd

Scholastic Inc., 1999 ISBN: 0-439-07725-7 A young boy wonders what's happening to his body when he notices such things as pieces of hair in his comb, little bits of skin peeling off his toes and a loose tooth. Does this mean that the glue that holds his parts together isn't working anymore, or is it something

even worse?! This picture book cleverly explains how these and other bodily occurrences are normal. Colorful, exaggerated illustrations and witty text are combined to produce an amusing story that addresses some typical childhood fears.

Peanut Butter Rhino

Andriani, Vincent

Scholastic Inc., 1994 ISBN: 5904-8521-0

This whimsical story is about Rhino, who can't find his peanut butter sandwich because it is smashed on his backside. When he finally finds it, Elephant saves the day by sharing his sandwich with Rhino. Children will enjoy this simple and silly story; beginning readers will enjoy being able to read it independently.



Title **TN Message** Nih# Rating F/N

Peter in Blueberry Land Beskow, Elsa

Floris Books, 2005 ISBN: 0-86315-498-0

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Originally published in Sweden in 1901, this charming English version, published in 2005, tells the story of Peter, a little boy who goes into the forest with two baskets to fill with blueberries and cranberries as a birthday surprise for his mother. Peter is unable to find any berries until he meets the King of the Blueberries who takes him on a magical adventure and eventually all is happily resolved. With small, detailed illustrations reminiscent of Beatrix Potter and Kate Greenaway, this delightful fairy tale celebrates the power of love.

Pick, Pull, Snap!

Schaefer, Lola M. 2 34 2 Ν

Greenwillow Books, 2003 ISBN: 0-688-17834-0

Lyrical language and gigantic, pastel paintings on foldout pages describe how plants flower, create seeds and finally bear fruit. The last two pages of the book provide additional information on how pears, raspberries, corn, peaches, peanuts and pumpkins grow from flower to fruit.

Pickles in My Soup

Pearson, Mary

Children's Press, 1999 ISBN: 5-1621-636-8

A Rookie Reader book, this humorous story celebrates a girl who loves pickles and eats them in many unusual combinations with other foods. The cartoon-style illustrations add to the gaiety and sense of fun that will appeal to beginning readers. The last page of the book contains a word list and information about the author and illustrator.

Pie in the Skv

Ehlert, Lois 2 32 F

Harcourt, Inc., 2004 ISBN: 00-15-216584-3

Do pies grow on trees? A father tells his child that the cherry tree in their backyard is a pie tree, and together, they watch it go through its stages until there are ripe cherries ready to be picked. The charming farm to table picture book with collage illustrations in Ehlert's signature style includes a recipe for cherry pie.

Pizza

1 11 2 Ν Romay, Saturnino Scholastic Inc., 1994 ISBN: 5-9027-362-0

This short picture book has one word sentences accompanying illustrations of a baker making a pizza. It begins with "Measure," and concludes with "Eat!" The last page has a recipe for "Easy Pizza," using sliced English muffins, tomato sauce and shredded mozzarella cheese.

Pizza at Sally's

Wellington, Monica Dutton Children's Books, 2006 ISBN: 0-525-47715-2

F 32 2

Sally the pizza maker grows tomatoes in the community garden, buys cheese from the store next door, and order flour from the wheat farms. She cuts, chops, stirs, and simmers to make her famous pizza. Customers, reflecting the diversity of our nation, flock to Sally's Pizzeria to eat pizza and to take it home in boxes. This charming story with its colorful illustrations helps little pizza lovers discover how pizza is made. The book concludes with Sally's Pizza Recipe.



Title **TN Message** Nih# Rating F/N

Pizza Party!

Maccarone, Grace

Scholastic Inc., 1994 ISBN: 59047-563-0 Appealing multicultural illustrations and a simple text take children through the steps of making a pizza. Beginning readers will enjoy reading this Hello Reader! Preschool - Grade 1 book independently. It can be used as a springboard to a classroom cooking or pizza-

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making experience.

Pizza That We Made, The

Holub, Joan

Puffin Books, 2001 ISBN: 0-14-230019-5

A Puffin Easy-to-Read book, level 2, grades K - 2, this story describes how Suzanne, Max and Jake make a pizza, clean up their mess and eat the yummy pizza. The book concludes with a recipe for pizza. The simple text uses rhyming and repetition enhanced by bright, appealing illustrations.

Play It Safe

Mayer, Mercer

McGraw-Hill Children's Publishing, 2004 ISBN: 1-57768-586-5

A level 2 book, K - 1, in the First Reader series, this story describes bike safety day at school and the important things Officer Bow Wow teaches the Little Critters. The simple text with repetitive language is enhanced with the charming Little Critters illustrations. The book concludes with seven pages of educational activities and support material.

Popcorn

Moran. Alex

Harcourt Brace & Company, 1999 ISBN: 1-5201-998-7

This Green Light Reader K - Grade 1 book about popping too much popcorn uses simple text and whimsical illustrations. The rhyming words and short sentences make it fun to use as a chant. Beginning readers will enjoy being able to read it independently.

Potluck

F Shelby, Anne 1 15 Orchard Books, 1991 ISBN: 5-3108-519-8

Alpha and Betty plan a potluck, and their friends bring everything from A to Z: Acton appeared with asparagus soup, and Zeke and Zelda zoomed in with zucchini casserole. Each character brings a dish that begins with the letter of their name, and they have a feast of flavors. With alliterative language and bright, bold illustrations, this picture book could serve as a model for children to write their own potluck books or plan a potluck party.

Pretend You're A Cat

Marzollo, Jean

Ν Trumpet Club, 1990 ISBN: 08-0370-773-8

Written with short questions and rhyming text, this picture book leads children through a series of physical movements as they pretend to be animals. It asks children to imagine what else they can do like the animal. Illustrations show both the animal and the children pretending. This creative book can be used for creative drama and chart reading, and can serve as a model for children to write and illustrate their own books.



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Title TN Message Nib# Rating F/N

Pumpkin Day, Pumpkin Night

Rockwell, Anne

Walker and Company, 1999 ISBN: 8027-8697-9

Jeffrey can't wait to go with his mother to the orchard to pick the perfect pumpkin to carve into a jack-o-lantern. While Jeffrey searches for one that is just the right size, his mother buys ten little pie pumpkins. When they get home, they roast pumpkin seeds and carve Jeffrey's pumpkin. This gentle picture book with paper-collage illustrations celebrates fall and a special day for mother and child.

Pumpkin Moonshine

Tudor, Tasha 2 9

Simon & Schuster Books for Young Readers, 2000 ISBN: 0-689-82846-2

A little girl goes to her grandparents' cornfield to find the finest and biggest pumpkin to make Pumpkin Moonshine for Halloween. But the pumpkin she selects runs away from her and rolls faster and faster down the hill, knocking into animals and people along the way. This gentle story is enhanced with delicate and charmingly old-fashioned illustrations in Tasha Tudor's signature style.

Pumpkin Patch, The

King, Elizabeth

Dutton Children's Books, 1990 ISBN: 0-140-55968-X

From the time the farmer prepares the soil for pumpkin seeds to harvesting and carving time, the growth cycle of the pumpkin is clearly described. The simple text, accompanied by eye-catching photographs, makes an appealing informational book.

Pumpkin Soup

Cooper, Helen 2 11 3 F

Doubleday, 1999 ISBN: 37436-164-9

Cat, Squirrel and Duck are good friends and make the best pumpkin soup in the woods. But when Duck decides he wants to be head cook, Cat and Squirrel quarrel with him and he runs away. By the time Duck returns, the three animals have learned an important lesson about friendship and sharing. The book concludes with a "Pumpkin Soup" recipe.

Pumpkin Time

Zoehfeld, Kathleen Weidner

Harper Collins Publishers, 2004 ISBN: 0-06-053788-4

This sturdy board book for young children takes them on a trip with the cat family to a pumpkin patch. They pick pumpkins and return home to carve jack-o-lanterns. Rhyming language and colorful illustrations add to the book's appeal.

Que Rico!

Intrater, Roberta Grobel 1 17 3 N

Scholastic Inc., 2002 ISBN: 0-439-39078-8

Written in Spanish, this board book for young children has a large photograph of a baby's face eating food on each page. Simple text relates to the photographs and reflects the diverse nature of our country.



Title TN Message Nib# Rating F/N

Rabbit Food

Gretz, Susanna

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Candlewick Press, 1999 ISBN: 7-6361-293-6

Uncle Bunny comes for the weekend to baby-sit and encourages John to eat his rabbit food of celery, tomatoes, peas, mushrooms and carrots. But is Uncle Bunny a picky eater, too? With its illustrations and humorous text, this tale can be used to encourage children to try new foods.

Rap A Tap Tap: Here's Bojangles - Think of That!

Dillon, Leo & Diane

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Scholastic Inc., 2002 ISBN: 0-439-56066-7

This picture book celebrates the greatest tap dancer of all times, Bill "Bojangles" Robinson. Bold, cut paper illustrations and simple text with a rhyming refrain dance across the page. The last page provides a brief summary of Robinson's life and why it is said, "He talked with his feet."

Red Are the Apples

Harshman, Marc and Cheryl Ryan

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Gulliver Books, 2001 ISBN: 0-15-201917-0

This richly illustrated picture book guides us through a lush fall garden with a colorful scarecrow and an abundance of fruits and vegetables that will make your mouth water. The book also includes illustrations of apples being pressed into cider. Written in rhyming verse, this book appeals to both our eyes and ears.

Round the Garden

Glaser, Omri

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Harry N. Abrams, Inc., 2000 ISBN: 8109-4137-6

Usborne Publishing, 1999 ISBN: 0-7460-3029-0

Written as a cyclic tale, children learn how a tear forms a puddle, that becomes a cloud, that makes the rainfall, that waters the garden, that grows the onion, that makes the gardeners cry. With simple text and large, digitally-created illustrations, this picture book conveys basic information about the water cycle in an appealing manner.

Runaway Orange, The

Brooks, Felicity

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This cumulative tale involves an orange that falls to the ground at the fruit stall and rolls away, collecting more and more dogs that chase it through Littletown. Finally it is caught and returned by Pip, the family dog, but the town is in a mess. A policeman asks who made the mess, and the readers are asked to retell the story sequentially. The illustrations are colorful photographs of models of doll-like little people, toy animals and their surroundings.

Seven Silly Eaters, The

Hoberman, Mary Ann

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Scholastic Inc., 1997 ISBN: 1-5200-096-8

This picture book, with rhyming text and detailed illustrations, tells the story of the Peters family with its picky eaters and a mother who tries too hard to please them. Finicky and demanding, the seven Peters children redeem themselves when they bake the perfect cake as a birthday surprise for their weary mother. This humorous book could be used to stimulate discussion about eating habits.



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Title TN Message Nib# Rating F/N

Shaina's Garden

Patrick, Denise Lewis

Aladdin Paperbacks, 1996 ISBN: 6-898-0397-4

Today is a special day, as Shaina learns to plant a garden in this *Nick Jr.* book for young children. Simple text and appealing illustrations show an African-American family buying plants, preparing soil, sowing seeds, caring for the plants and enjoying the vegetables they produce. Shaina not only learns to grow tomatoes, she learns some special terms associated with gardening.

Sheep Out to Eat

Shaw, Nancy

Houghton Mifflin Company, 1992 ISBN: 0-395-61128-8

Another of Shaw's charming picture books featuring sheep, this one tells what happens when five sheep stop at a small tea-shop for something to eat. Simple rhyming text with soft, whimsical illustrations leads readers through a merry misadventure with a satisfying conclusion that demonstrates the importance of eating the right foods.

Soccer Game!

Maccarone, Grace

Scholastic Inc., 2003 ISBN: 0-590-48369-2

Large, colorful illustrations that reflect our country's diversity depict a group of children playing a game of soccer and winning. Part of the Scholastic Reader, Level 1 series, it uses simple words and short sentences to help beginning readers experience success.

Soup

Fishman, Cathy Goldberg

Children's Press, 2002 ISBN: 0-516-26981-X

A family works as a team to make soup for dinner. Short, simple sentences, rhyming words and colorful, cartoon-like illustrations make this an appealing book for young readers. This book is a *Rookie Reader*, B, at the Early Fluent reading level and concludes with a word list.

Soup for Supper

Root, Phyllis

Harper & Row, 1986 ISBN: 0-06025-070-4

A wee, small woman who lives by herself encounters a hungry giant when he snatches food from her garden for his dinner. When she calls him names, he throws the vegetables at her. How they resolve their misunderstanding and become friends while sharing vegetable soup makes for a funny story. The music for "The Soup Song" is included. Children reading at second-grade level and above could read this book independently.

Stone Soup

McGovern, Ann

Scholastic Inc., 1968 ISBN: 0-5590-41602-2

The traditional folk tale about making soup from a stone is a favorite with children, and this version, with its repetitive verse, is sure to satisfy them. A tired, hungry young man successfully persuades a little old lady to give him the ingredients, one-by-one, for a delicious soup, beginning with a stone and a pot of boiling water. The large, subdued illustrations enhance the tale.

Title **TN Message** Nih# Rating F/N

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Strange Egg, The

DePalma, Mary Newell

Houghton Mifflin Company, 2001 ISBN: 0-618-09507-1

A little bird leaves her nest and flies high over the trees when she thinks she sees an egg below. But when she tries to hatch it, a monkey shows her that it isn't an egg. The bird and monkey become friends in this charming tale of friendship.

Strawberries are Red

Horacek, Petr

2 20 Ν Candlewick Press. 2001 ISBN: 0-7636-1461-0

Constructed of heavy cardboard with cutout shapes, this book for preschoolers shows a different fruit with a different color on each page, accompanied by a simple sentence. All this tasty fruit ends up in a large bowl at the end of the book. While this book will help youngsters learn the names of colors and fruits, it may be confusing to some that the apples are green.

Sun Bread

Kleven, Elisa

Dutton Children's Books, 2001 ISBN: 5-2546-674-6

It's cold and snowy, and everyone misses the sun. Then the baker bakes bread that's like a sunny feast, and everyone stops grumbling. As they fill their tummies, they begin to shine until the real sun bursts through the clouds, looking for bits of delicious bread. too. Using lyrical, rhyming text and captivating illustrations, this picture book will delight both children and adults.

Sunday

James, Synthia Saint

Albert Whitman & Company, 1996 ISBN: 0-8075-7658-1

This simple picture book will delight young children as it depicts an African American family enjoying a typical Sunday, sleeping late, reading the newspaper, sharing breakfast, going to church and visiting grandparents. Bright illustrations enhance the brief text.

Surprise Garden, The

F Hall, Žoe 34 2 Scholastic Inc., 1998 ISBN: 5-9010-075-0

Shown in large, bright illustrations, three children and a dog plant seeds and tend the plants that grow in their surprise garden. The children share the excitement of discovering what each plant produces that is edible. The book ends with an informative page about what grew in the garden. This appealing picture book would make a good introduction to gardening or to a tasting party with fresh garden produce.

Sweet as a Strawberry

Smallwood, Sally

Zero to Ten Limited, 2002 ISBN: 1-84089-419-9

This sturdy fold-out concept book introduces toddlers to eight fruits using colorful, appealing photographs with a minimum of text. Each four-page section begins with a fresh fruit and a photograph of it before it is harvested. Next, it shows a young child getting ready to eat the fruit and a page of it cut up into pieces or slices. The section concludes with comparing an attribute of the fruit to several other kinds of food.



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Title **TN Message** Nih# Rating F/N

Tangerines and Tea: My Grandparents and Me

Gritz, Ona

Harry N. Abrams, Inc., 2005 ISBN: 0-8109-5871-6

Using alliteration and rhyming, the alphabet is presented in charming verses that celebrate the special times two grandchildren have while visiting their grandparents at their farm. "...a boy in a bath with a bubbly laugh, the corner of the world where the cat lies curled..." The warm, appealing illustrations help to convey a sense of love and happiness as the generations play and laugh together throughout the seasons of the year.

Taste

Hurwitz, Sue 16 Ν

PowerKids Press, 1997 ISBN: 8-2395-052-2

Using easy-to-understand language, bright photographs and clear diagrams, this informative book describes the sense of taste, your taste buds and why things taste the way they do. Part of The Library of the Five Senses and the Sixth Sense, it keeps technical vocabulary to a minimum and uses good examples. It includes a glossary and index.

The Bouncing, Dancing, Galloping ABC

Dovle, Charlotte

G. P. Putnam's Sons, 2006 ISBN: 0-399-23778-X

This energetic ABC book is full of action words for each letter of the alphabet. Colorful, vibrant illustrations and lively rhyming text bring this book alive as children dance, gallop, jump, and zoom their way through the alphabet.

The Fruit Group

Schuh, Mari 2 20 Ν

Capstone Press. 2006 ISBN: 0-7368-5370-7

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes foods in the Fruit Group, how to make healthier choices within this food group, and how foods in the fruit group are good for us. This book supports MyPyramid.

The Grain Group

Capstone Press, 2006 ISBN: 0-7368-5371-5

2 Schuh, Mari 15 Ν

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the Grain Group, how to make healthier choices within this food group, and how foods in the grain group are good for us. This book supports MyPyramid.

The Human Alphabet

Pilobolus and John Kane - photographer

Roaring Brook Press, 2005 ISBN: 1-59643-066-4

In this creative presentation of the alphabet, the dancers illustrate each letter with their bodies bent, twisted and shaped into ingenious designs. Colorful and joyous, this picture book celebrates creativity, the human body and the alphabet.



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Title TN Message Nib# Rating F/N

The Meat and Beans Group

Schuh, Mari

Capstone Press, 2006 ISBN: 0-7368-5372-3

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the Meat and Beans Group, how to make healthier choices within this food group, and how foods in the meat and beans group are good for us. This book supports MyPyramid.

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The Milk Group

Schuh, Mari

Capstone Press, 2006 ISBN: 0-7368-6925-5

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the Milk Group, how to make healthier choices within this food group, and how foods in the milk group are good for us. This book supports MyPyramid.

The Vegetable Group

Schuh, Mari

Capstone Press. 2006 ISBN: 0-7368-5374-X

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the Vegetable Group, how to make healthier choices within this food group, and how foods in the vegetable group are good for us. This book supports MyPyramid.

These Hands

Price, Hope Lynne

Scholastic Inc., 1999 ISBN: 0-439-25392-6

Rich, warm-toned illustrations highlight lyrical text celebrating what hands can do. The hands belong to a young dark-skinned girl without any other reference to her racial, ethnic or national identity. The girl is shown within the context of a loving family doing ordinary things that all children enjoy doing with their hands.

To Market, To Market

Miranda, Anne

Scholastic Inc., 1997 ISBN: 1-5200-035-6

This witty read-aloud book is a variation of the familiar nursery rhyme. After bringing animals home from market and allowing them to "run all over the place," the woman declares she's "a shopping disgrace!" She returns to the market to buy vegetables and spice for a wonderful soup. The illustrations are comical, and children will enjoy reading along with the text. This book introduces children to a variety of vegetables and can serve as a springboard to making soup or a creative drama experience.

Today Is Monday

Carle, Eric

Scholastic Inc., 1993 ISBN: 6-9811-563-5

Using paint and tissue paper collage, illustrations show animals enjoying foods like string beans, spaghetti, zoooop, roast beef, fresh fish, chicken and ice cream. The inside cover tells how to say "Enjoy your meal" in different languages, and at the end, all the hungry children eat. The repetitiveness of the text and the words put to song make this a great book to use with young children and beginning readers.



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Too Many Pears!

French, Jackie 2 15 3 F

Star Bright Books, 2003 ISBN: 1-932065-47-4

What is Amy to do when the family cow, Pamela, loves pears so much that she'll do anything to get them? Amy loves pears, too, but Pamela continues to find and eat all the pears no matter what the family does to save them. Finally, Amy hits upon the perfect solution to this problem. With repetitive language and bold, colorful illustrations, this simple picture book will delight youngsters and tickle their funny bones.

Touch and Feel: Mealtime

Millard, Anne 1 26 3 N

DK Publishing, Inc., 2002 ISBN: 0-7894-8537-0

This interactive board book for young children asks them to perform an action on each page, such as "lift the soft bib" and "rub the bumpy strawberry seeds." Each two-page layout has a photograph of a child, reflecting the diverse nature of our country.

Treats from a Tree

Canizares, Susan and Mary Reid 1 6 2

Scholastic Inc., 1998 ISBN: 5-9016-137-7

This easy-to-read informational book, part of the *Emergent Readers* series, asks a question on one page and then answers it on the next. For example: Where do almonds come from? Where does maple syrup come from? The colorful photographs and simple text engage the beginning reader while providing basic information. The book concludes with two pages of more detailed information for the teacher or parent. The question and answer format could be easily adapted for the class to make their own informational books.

Tumbleweed Stew

Crummel, Susan Stevens 2 21 2 F

Harcourt, Inc., 2000 ISBN: 1-5204-830-8

Jack Rabbit is hungry, but the only thing available is tumbleweed. How he tricks the other animals into providing ingredients for his tumbleweed stew makes for a lighthearted story. A nice read-aloud.

Two Eggs, Please

Weeks, Sarah and Betsy Lewin 3 6 3 I

Atheneum Books for Young Readers, 2003 ISBN: 0-689-83196-X

All the animals want the same thing when they stop at the diner for breakfast: eggs. But they all want the eggs cooked a different way. This picture book, enhanced with illustrations by Caldecott Honor-winner, Betsy Lewin, cleverly demonstrates the basic concepts for same and different.

Vegetable Friends

Lawlor, Tony and Bruce Kociemba 2 9 1 N
Gazelle Inc., 1999 ISBN: 0-9653003-5-8

This colorful picture book presents five vegetable friends: "Spuds" Potato, "Corny" on the Cob, "Moy" Mushroom, "Ripe" Tomato, "Charles" Broccoli and "Crunchy" Celery. Each vegetable character describes how it grows and the various ways it can be eaten.

"Ripe" Tomato also explains that tomatoes are really a fruit.



Title Nih# Rating F/N TN Message

Vegetable Soup

Morris, Ann

Scholastic Inc., 1994 ISBN: 5-9029-212-9

This short picture book uses simple text and large illustrations to tell children how to make vegetable soup. While it's not a recipe, per se, it could be used as an introduction to a recipe for vegetable soup, especially one that might be more complex than children

could read. This book could also serve as a model for children making their own books about cooking a favorite food.

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Vegetables in the Garden

de Bourgoing, Pascale and Gallimard Jeunesse Scholastic Inc., 1994 ISBN: 0-590-48326-9

One of several titles in the First Discovery Books series, this spiral bound book presents clearly written information about vegetables as they are grown in a garden. Colorful illustrations show carrots, lettuce, potatoes, tomatoes, peas and other vegetables, the parts above and below the ground and the parts inside the skin or pods. Plastic overlay pages help children visualize what is inside.

Veggie Soup

Donohue, Dorothy

Winslow Press, 2000 ISBN: 1-8908-172-1X

Miss Bun the rabbit wants to make veggie soup. When her animal friends contribute their favorite ingredients, such as worms, bugs and hay, the soup is a disaster. They decide to make another veggie soup following Great Nana's recipe with "soup-perb" results. The cleverly written text and creative cut-paper illustrations combine to make this an amusing and informative picture book. The recipe for "Great Nana's Veggie Soup" is included at the end of the book.

Very Hungry Caterpillar, The

Carle, Eric

Scholastic Inc., 1987 ISBN: 5-9003-029-9

A very hungry caterpillar munches his way through too much food and then has a stomachache. The next day he eats a green leaf and feels much better. Eventually, he transforms into a butterfly. Eric Carle's vividly illustrated picture book is a favorite of many and can be used to help young children learn the names of foods.

Warthogs in the Kitchen

Edwards, Pamela Duncan

Scholastic Inc., 1998 ISBN: 7-8680-399-1

Children will giggle aloud at the way warthogs make cupcakes. Rhyming text and large, silly illustrations make this a funny picture book to read aloud or for beginning readers to read independently. The last page has two cupcake recipes: one for people and one for warthogs!

We Can Eat the Plants

Williams, Rozanne Lanczak

Creative Teaching Press, Inc., 1994 ISBN: 0-9161-1926-2

This 8-page book is part of the Learn to Read Science Series for young children or beginning readers. Each page uses the same beginning sentence stem, "We can eat the" The illustrations are colorful but repetitious. The inside back cover lists the science concepts upon which the book was based. It also describes a related tasting party activity, Munch a Bunch.



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We Had a Picnic This Sunday Past

Woodson, Jacqueline

Scholastic Inc., 1997 ISBN: 43918-864-4

In a cheerful, breezy tone, Teeka describes going to a Sunday picnic with her grandma. Through Teeka's eyes, we learn about the family members, including Cousin Martha, who always brings a dried out apple pie, and Cousin Trevor, who never brings any food but struts around giving daisies he picked in the park to the pretty ladies. While the illustrations are of an African-American family, the experiences at a Sunday picnic are universal.

We're Making Breakfast for Mother

Neitzel, Shirley

Greenwillow Books, 1997 ISBN: 6-8814-575-2

Using rhymes, rebuses and repetition, this picture book tells the story of making breakfast for Mother. The family wants her to have a super day, but when things don't turn out as intended, Mother knows how to save the day. This book has gentle humor and appealing illustrations, and young readers will enjoy being able to read it independently.

What's in Grandma's Grocery Bag?

Pan, Hui-Mei

Star Bright Books, 2004 ISBN: 1-887734-97-X

This sturdy board book for toddlers uses a repetitive question and answer format to teach basic concepts about colors and food. The book has an interactive component as the child pulls a tab to reveal each food item in grandma's grocery bag.

What's So Terrible About Swallowing an Apple Seed?

Lerner. Harriet

Harper Collins Publishers, 1996 ISBN: 0-06-443816-3

Rosie swallows an apple seed, and her big sister, Katie, tells her an apple tree will grow out of her ears. The fun continues on as the girls become more and more imaginative, and the lie grows bigger and bigger. Eventually the truth comes out, but not before the girls have constructed a delightful fantasy that will appeal to young readers. Whimsical watercolor illustrations complement this humorous picture book.

Wheat

Canizares, Susan and Pamela Chanko

Scholastic Inc., 1999 ISBN: 4-3904-563-0

This easy-to-read informational book, part of the *Emergent Readers* series, asks the question: What can you eat that comes from wheat? It then answers the question using colorful photographs and simple sentences with repeating phrases. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books.

Whose Food is Whose?

Crabtee, Sally and Roberta Mathieuson

Pinwheel Limited, 2001 ISBN: 0-7641-5492-3

It was lunchtime in the jungle and Penguin had made a special dish for each of the animals. But they must guess whose food is whose. This sturdy board book uses colorful illustrations, lively language and jungle flaps that lift to help match the right food to the right jungle animal.



Rating Title **TN Message** Nib# F/N

Wibbly Pig likes Bananas

Inkpen, Mick

Viking, 2000 ISBN: 0-670-89265-3

This board book for young children shows Wibbly Pig eating and playing. The simple text makes a statement about what Wibbly Pig is doing and then asks a "What do you like?" question related to it. This book could be a good discussion starter for a conversation with children about foods they like or don't like.

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Yum Yum Dim Sum

Sanger, Amy Wilson

Tricycle Press, 2003 ISBN: 1-58246-108-2

Part of a series of small, sturdy board books on ethnic foods, this title celebrates dim sum, family-style Chinese teahouse food. Each page features bright, colorful photographs. The back cover defines the words used in the book.

Yummy Rhymes

Mother Goose

Publications International, LTD, 1996 ISBN: 0-7853-1653-1

This small picture book is a collection of 11 Mother Goose rhymes with food themes. Part of the Rainbow Books series, each poem is accompanied by a lively illustration.





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