



## **Food and Nutrition Fun for Elementary Age Children July 2009**

This publication is a compilation of resources suitable for children. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials on the World Wide Web. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. Your local library or bookstore can help you locate these resources. Contact information is provided for Web sites and organizations.

This publication has been prepared as a resource for parents, teachers, educators, and child care providers interested in materials that will create a food and nutrition awareness in children while teaching them the ABC's of healthy eating. Also included in this list are resources that discuss where our food comes from, how to grow your own food, and foods that come from different cultures. In addition, websites that provide similar information and that have been created specifically for children are listed. Resources contained in this publication have been reviewed by the staff at the Food and Nutrition Information Center.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: [http://www.nal.usda.gov/fnic/pubs/bibs/gen/fun\\_elementary.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/gen/fun_elementary.pdf). A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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## A. Kids in the Kitchen

### **Better Homes & Gardens New Junior Cookbook**

Better Homes and Gardens Test Kitchen  
Better Homes and Gardens Books, 2004, 128 pp.

**ISBN-10:** 0696220008

**Abstract:** Betty Crocker makes cooking fun, delicious, and adventurous. Every recipe has been kid-tested, so junior chefs can tackle each of them with confidence. Suitable for ages: 8-12 years.

### **Cooking Rocks! Rachael Ray 30-Minute Meals for Kids**

Rachael Ray  
Lake Isle Press, 2004, 192 pp.

**ISBN-10:** 1891105159

**Abstract:** This cookbook contains recipes appropriate for children to prepare; appropriate for elementary school aged children.

### **The Healthy Body Cookbook**

Joan D'Amico & Karen Drummond  
Wiley, John & Sons, Inc., 1998, 192 pp.

**ISBN:** 0-47-118888-3

**Abstract:** Over 50 fun activities and delicious recipes for kids. Filled with lots of hands-on lessons about the important roles that diet and exercise play in the development of our bodies. All activities are kid tested and require only common ingredients and kitchen utensils. Suitable for ages: 9-12 years.

### **Healthy Snacks for Kids**

Penny Warner  
Bristol Publishing Enterprises, 2007, 160 pp.

**ISBN-10:** 1558673369

**Abstract:** This snack cookbook is designed to provide creative ways to get children to eat healthful foods. Suitable for ages: 6-10 years.

### **The Healthy Start Kids' Cookbook**

Sandra Nissenberg, R.D.  
Wiley, John and Sons, Inc., 1994, 200 pp.

**ISBN:** 0-47-134733-7

**Abstract:** Fun and healthy recipes that kids can make themselves. Shows 6-10 year olds that making nutritious food can be just as much fun as eating it. This illustrated cookbook contains 90 fun kid-tested recipes, including painted pancakes, fruit kabobs; oven baked chicken nuggets, and gingerbread muffins. Suitable for ages: 6-10 years.



### **Hey Kids You're Cookin' Now: A Global Awareness Cooking Adventure**

Dianne Pratt

Harvest Hill, 1998 160 pp.

**ISBN:** 1-88-686207-9

**Abstract:** This children's cookbook contains 80 healthy recipes with nutritional analyses, 100 full-color illustrations, 25 craft and ecology experiments, kitchen safety and cooking preparation, a culinary glossary, and a measurement conversion table. Suitable for ages: 9-12 years.

### **Holidays of the World Cookbook for Students**

Lois Sinaiko Webb

Greenwood Publishing Group, Inc., 1995, 336 pp.

**ISBN:** 0-89-774884-0

**Abstract:** This book features a collection of 388 recipes from more than 136 countries. Also described are the local holidays, customs and foods that are part of the holiday traditions in each country. Suitable for ages: 8-12 years.

### **Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 and Up**

Mollie Katzen

Red Leaf Press, 1999, 192 pp.

**ISBN:** 1-88-367286-0

**Abstract:** This book contains many fun and easy recipes for school-age children, but will also give the cook reading and math practice. Safety tips are included. Suitable for ages: 8-12 years.

### **Kids First Cookbook**

American Cancer Society

American Cancer Society, 2000, 96 pp.

**ISBN-10:** 0944235190

**Abstract:** A cookbook with a contemporary look filled with nutrition information. In addition to the 53 recipes, the book includes instructions on how to read a food label, kitchen safety, and a guide to the food pyramid. Suitable for ages: 4-8 years.

### **Pretend Soup and Other Real Recipes: a Cookbook for Preschoolers and Up**

Mollie Katzen

Tricycle Press, 1994, 95 pp.

**ISBN:** 1-88-367206-6

**Abstract:** Contains classroom and home tested recipes that children between the ages of 3-8 can prepare with adult supervision. Designed to inspire an early appreciation for creative, wholesome food. Helps children gain counting skills, reading skills, science awareness, self-confidence, patience, and food literacy. Suitable for ages: 3-8 years.



### **Quick Meals for Healthy Kids and Busy Parents**

Sandra Nissenberg, R.D., Margaret Bogle, R.D., and Audrey Wright, R.D.

Chronimed Publishing, 1995, 234 pp.

**ISBN:** 1-56-561064-4

**Abstract:** This cookbook contains over 140 tasty, healthy, and easy recipes that kids and parents can make in no time. It also includes suggestions for snacks and lunchboxes, information on the food guide pyramid, and timesaving ideas for the kitchen. Suitable for ages: 7-12 years.

### **Salad People And More Real Recipes: A New Cookbook for Preschoolers & Up**

Mollie Katzen

Tricycle Press, 2005, 96 pp.

**ISBN-10:** 1582461414

**Abstract:** This follow-up to Pretend Soup presents 20 new kid-tested recipes. Suitable for ages: 4-8 years.

### **The Spatulatta Cookbook**

Scholastic Reference, 2007, 128 pp.

**ISBN-10:** 0439022509

**Abstract:** This cookbook for kids features Isabella and Olivia Gerasole, the hosts on [www.spatulatta.com](http://www.spatulatta.com), a cooking for kids website that recently won a 2006 James Beard Award. Featuring step-by-step instructions to make kid-friendly recipes, the cookbook is arranged by season and also includes special sections devoted to various ethnic cuisines, snacks and vegetarian recipes, along with easy-to-follow basic cooking skills and weights and measures. Suitable for ages: 9-12 years.

### **Storybook Stew**

Suzanne Barchers and Peter Rauen

Fulcrum Publishing Company, 1996, 109 pp.

**ISBN:** 1-55-591944-8

**Abstract:** Each recipe in this book is accompanied by a featured book and a suggested activity. For example, you can read about The Story of Johnny Appleseed, make Johnny's Apple Butter, and create your own apple prints. Suitable for ages: 5 and up.

## **B. Food Fun**

### **Fraction Action**

Loreen Leedy

Holiday House, 1994, 32 pp.

**ISBN:** 082341244X

**Abstract:** The book introduces the concepts, gives examples of problem solving, then reviews the concepts. Appropriate for elementary school aged children.



**Fraction Fun**

David Adler

Holiday House, 1996, 30 pp.

**ISBN:** 0-8234-1259-8

**Abstract:** This picture book introduces fractions using pizza and money. Suitable for ages: 4-8 years.

**Gobble up Math**

Sue Mograd & Kelly Kennedy

Creative Teaching Press, Inc., 1994, 136 pp.

**ISBN:** 0-88-160262-0

**Abstract:** Kids will have fun learning math concepts while using nutritious food. Activities incorporate the Food Guide Pyramid, patterns, geometry, measurement, fractions, estimations, and more. A delicious way to learn about math and nutrition. Suitable for ages: 5-9 years.

**Piece = Part = Portion: Fractions = Decimals = Percents**

Scott Gifford

Tricycle Press, 2003, 30 pp.

**ISBN:** 1-58246-102-3

978-1-58246- 226-4 (bilingual paperback)

**Abstract:** This picture book shows the equivalent fraction, decimal, and percent by using common household items, including pizza, pie, gum, and soda. Suitable for elementary school aged children.

**Pigs in the Pantry: Fun with Math and Cooking**

Sharon McGinley-Nally

Simon and Schuster Children's Publishing Co., 1999, 40 pp.

**ISBN:** 0-68-98255-5

**Abstract:** This book takes a look at the concepts of measurement, featuring a family of pigs in the mood for cooking. Also includes a recipe for vegetarian chili and a page of measurement facts. Suitable for ages: 5-8 years.

**Pizza Counting**

Christina Dobson

Charlesbridge Publishing, 2003, 31 pp.

**ISBN:** 0-88106-338-X

**Abstract:** Several math concepts are introduced, such as addition and fractions. Concepts of larger numbers, multiplication, and size of a fractional amount are introduced towards the end. Suitable for elementary school aged children.



### **The Science Chef: 100 Fun Food Experiments and Recipes for Kids**

Joan D'Amico and Karen Eich Drummond

J. Wiley, 1994, 180 pp.

**ISBN:** 0-47-131045-X

**Abstract:** This book examines the science of food, while instructing children on the science behind various cooking reactions. Answers such questions as "How Does Bread Rise?" and "Why Does Popcorn Pop?" Includes over 100 simple, quick recipes that can be made with easy-to-obtain ingredients and standard kitchen equipment. Suitable for ages: 9-12 years.

### **The Very Hungry Caterpillar**

Eric Carle

The Putnam Publishing Group, 1986, 23 pp.

**ISBN:** 0-39-920853-4

**Abstract:** A narrative about a hungry caterpillar eats his way from one food to the next growing up to be a beautiful butterfly. Suitable for ages: 4-8 years.

## **C. Learning About Food and Healthy Eating**

### **The ABC's of Fruits and Vegetables and Beyond**

Steve Charney, David Goldbeck

Ceres Press, 2007, 112 pp.

**ISBN-10:** 1886101078

**Abstract:** A simple and beautifully illustrated book. Part 1 is a series of easy-reader alphabet poems about common and uncommon produce, from apples to zucchini. Part 2 offers a host of enticing food facts, recipes and fun. Suitable for ages: 4-8 years.

### **Apples**

Gail Gibbons

Holiday House, 2000, 32 pp.

**ISBN:** 0-82-341669-0

**Abstract:** Teaches the history of apples as well as different varieties of apples and harvesting practices. Book includes fun facts, recipes, and apple growing instructions. Suitable for ages: 4-8 years.

### **Apples, Apples, Apples**

Nancy Elizabeth Wallace

Winslow Press, 2000, 40 pp.

**ISBN:** 1-89-081719-8

**Abstract:** This tells the story of a rabbit family on an apple picking trip. Varieties of apples as well as how apples are grown are discussed. An applesauce recipe is included. Suitable for ages: 4-8 years.



**The Beastly Feast**

Bruce Goldstone

Henry Holt and Co., 2001, 32 pp.

**ISBN:** 0-80-506709-4

**Abstract:** This rhyming story is about all of the different animals preparing food to bring to a feast. Suitable for ages: 2-5 years.

**The Berry Book**

Gail Gibbons

Holiday House, 2002, 32 pp.

**ISBN:** 0-82-341697-6

**Abstract:** This book about berries gives a brief history of berries as well as what berries are edible and which berries are poisonous. Berry growing instructions are included as well as a few recipes. Suitable for ages: 4-8 years.

**Bread, Bread, Bread**

Ann Morris

Morrow, William and Company, 1993, 29 pp.

**ISBN:** 0-68-812275-2

**Abstract:** Celebrates the many different kinds of bread and how it may be enjoyed all over the world. Suitable for ages: 5-8 years.

**Bread Comes to Life: A Garden of Wheat and a Loaf to Eat**

George Levenson

Tricycle Press, 2004, 32 pp.

**ISBN:** 1-58-246114-7

**Abstract:** Beautiful photographs are accompanied by a cute rhyme about the process of growing wheat and baking bread. Suitable for ages: 4-8 years.

**Do Carrots Make You See Better?**

Julie Appleton

Red Leaf Press, 2001, 192 pp.

**ISBN:** 0-87-659264-7

**Abstract:** This book will help children discover that food is fun and interesting. Simple nutrition lessons are taught through games, stories, science activities, and more. Suitable for ages: 4-8 years.

**Drinking Water**

Helen Frost

Pebble Books, 2000, 24 pp.

**ISBN:** 0-73-680534-6

**Abstract:** Emphasizes the importance of drinking water and living a healthy lifestyle. Suitable for ages: 4-8 years.



## **Eating**

Gwenyth Swain

Red Leaf Press, 1999, 24 pp.

**ISBN:** 1-57-505257-1

**Abstract:** Children throughout the world have favorite foods, and this book will describe what kinds of foods people enjoy in different places. Suitable for ages: 3-8 years.

## **Eating Well**

Melanie Mitchell

Learning Publishing, 2006, 32 pp.

**ISBN:** 0-82-252449-X

**Abstract:** Teaches children the importance of healthy eating by explaining the food guide pyramid in great detail. Suitable for ages: 4-8 years.

## **The Edible Pyramid: Good Eating Every Day**

Loreen Leedy

Holiday House, 2007, 32 pp.

**ISBN:** 0-82-342074-4

**Abstract:** A group of animals goes to a restaurant where the waiter teaches them about MyPyramid and how to make tasty, healthy choices. Suitable for ages: 4-8 years.

## **From Fruit to Jelly**

Shannon Knudson

Lerner Publishing Group, 2004, 24 pp.

**ISBN:** 0-82-250942-3

**Abstract:** A basic introduction to how jelly is made. Suitable for ages: 4-8 years.

## **From Grass to Milk**

Stacy Taus-Bolstad

Lerner Publications, 2003, 24 pp.

**ISBN:** 0-82-254664-7

**Abstract:** A basic introduction to milk production. Suitable for ages: 4-8 years.

## **From Kernel to Corn**

Robin Nelson

Lerner Publications, 2003, 24 pp.

**ISBN:** 0-82-254659-0

**Abstract:** Explains the process of growing and selling corn. Suitable for ages: 4-8 years.





**From Milk to Cheese**

Shannon Zemelicka

Lerner Publications, 2003, 24 pp.

**ISBN:** 0-82-251387-0

**Abstract:** A basic introduction to cheese production. Suitable for ages: 4-8 years.

**From Seed to Pumpkin**

Jan Lottke

Children's Press, 2000, 24 pp.

**ISBN:** 0-51-623309-2

**Abstract:** Colorful, imaginative book from the How Things Grow series for early readers. Suitable for ages: 4-8 years.

**From Shoot to Apples**

Stacy Taus-Bolstad

Lerner Publications, 2002, 24 pp.

**ISBN:** 0-82-250719-6

**Abstract:** Teaches children about how apples are grown. Suitable for ages: 4-8 years.

**From Wheat to Bread**

Stacy Taus-Bolstad

Lerner Publications, 2002, 24 pp.

**ISBN:** 0-82-250715-3

**Abstract:** A basic introduction to wheat processing and bread making. Suitable for ages: 4-8 years.

**From Wheat to Pasta**

Robert Egan

Children's Press, 1997, 32 pp.

**ISBN:** 0-51-626069-3

**Abstract:** Clear and detailed photographs illustrate the process of harvesting wheat and making it into pasta. Each step is clarified by the fun and lively text. Suitable for ages: 8-12 years.

**Harvest Year**

Cris Peterson

Homedale, PA: Boyd Mill Press, 1996, 32 pp.

**ISBN:** 1-56-397571-8

**Abstract:** This photographic essay pictures foods that are harvested across the United States. It covers everything from ripe Hawaiian pineapple in January to Louisiana shrimp in December. Suitable for ages: 4-8 years.



### **How do Apples Grow?**

Betsy Maestro

Harper Collins Children's Book, 1993, 32 pp.

**ISBN:** 0-06-445117-8

**Abstract:** Have you ever eaten part of a flower? You have if you have eaten an apple. Find out how an apple grows from a bud to a flower to a piece of fruit. Suitable for ages: 5-9 years.

### **The Magic School Bus: Inside the Human Body**

Joanna Cole

Scholastic Trade, 1990, 40 pp.

**ISBN:** 0-59-041427-5

**Abstract:** Part of The Magic School Bus series. Details the process of digestion through a journey inside the body. Suitable for ages: 4-8 years.

### **My Five Senses**

Aliki

Harper Trophy, 1989, 32 pp.

**ISBN:** 0-06-445083-X

**Abstract:** A detailed explanation of the senses and how they're used. Suitable for ages: 4-8 years.

### **Peanut Butter and Jelly: A Play Rhyme**

Nadine Bernard Westcott

Puffin, 1992, 32 pp.

**ISBN:** 0-14-054852-1

**Abstract:** A colorful rhyming story about making peanut butter and jelly. Suitable for ages: 4-8 years.

### **Pickin' Peas**

Margaret Read MacDonald

Harper Collins, 1998, 32 pp.

**ISBN:** 0-06-027235-X

**Abstract:** This is a story about a sneaky rabbit who steals peas from a little girl and then outwits her when she catches him. Suitable for ages: 4-8 years.

### **The Quest to Digest**

Mary K. Corcoran

Charlesbridge Publishing, 2006, 32 pp.

**ISBN-10:** 1570916659

**Abstract:** This graphically appealing, colorful, and fact-rich story describes the importance of food to the body by following an apple as it goes through the human digestion system. While there is no index, it is fairly easy to find information on each stage of digestion, from eating, saliva production, and movement through the esophagus, stomach, and intestines to the happy ending. Suitable for ages: 9-12.



**Taste**

Kay Woodward

Hodder Wayland, 2005, 24 pp.

**ISBN:** 0-75-024672-3

**Abstract:** An exploration of taste as one of the senses. Suitable for ages: 4-8 years.

**Tasting**

Sharon Gordon

Children's Press, 2002, 32 pp.

**ISBN:** 0-51-624509-0

**Abstract:** Explores taste as a sense as well as providing reading practice for beginning readers. Suitable for ages: 4-8 years.

**This Year's Garden**

Cynthia Rylant

Aladdin, 1987, 32 pp.

**ISBN:** 0-68-971122-0

**Abstract:** A detailed story about the different aspects of gardening through each of the four seasons. Suitable for ages: 4-8 years.

**The Tortilla Factory**

Gary Paulsen

Harcourt Brace, 1998, 32 pp.

**ISBN:** 0-15-201698-8

**Abstract:** Explains how a corn seed becomes a tortilla. Workers till the black soil, operate the clanking machinery of the factory, and drive the trucks to deliver the tortillas back into the hands that will plant the yellow seeds. Suitable for ages: 4-8 years.

**Up, Down and Around**

Katherine Ayres

Candlewick Press, 2008, 32 pp.

**ISBN:** 0-76-364017-4

**Abstract:** Two children learn all about vegetables when helping plant and raise a garden full of vegetables. Suitable for ages: 4-8 years.

**Up, Up, Up! It's Apple-Picking Time**

Jody Fickles Shapiro

Holiday House 2008, 32 pp.

**ISBN:** 0-82-342166-X

**Abstract:** It's apple picking time on the farm! Suitable for ages: 4-8 years.



### **Use Your Senses**

Melissa Stewart

Compass Point Books, 2004, 32 pp.

**ISBN:** 0-75-650636-0

**Abstract:** Provides experiments to test all of your senses. Suitable for ages: 4-8 years.

### **The Vegetables We Eat**

Gail Gibbons

Holiday House, 2008, 32 pp.

**ISBN:** 0-82-342153-8

**Abstract:** Beautiful pictures accompany a wealth of information about vegetables. Suitable for ages: 4-8 years.

### **What Happens to Your Food?**

Alastair Smith and Maria Wheatley

Usborne Bookes, 2003, 16 pp.

**ISBN:** 0-79-450643-7

**Abstract:** A book about how food moves through the digestive track, contains many pictures. Suitable for ages: 4-8 years.

## **D. Reading Fun**

### **Apple Farmer Annie**

Monica Wellington

Hong Kong: Dutton Children's Books, 2001, 24 pp.

**ISBN:** 0-52-546727-0

**Abstract:** Annie the Apple Farmer saves her most beautiful apples to sell fresh at the farmer's market in the city. She picks plenty of sweet, crunchy apples and makes apple sauce, apple cider, and baked apple treats. Suitable for ages: 3-5 years.

### **The Beastly Feast**

Bruce Goldstone

Henry Holt and Co. 2001, 32 pp.

**ISBN:** 0-80-506709-4

**Abstract:** This rhyming story is about all of the different animals preparing food to bring to a feast. Suitable for ages: 2-5 years.

### **The Berenstain Bears and Too Much Junk Food**

Stan and Jan Berenstain

Random House, 1995, 30 pp.

**ISBN:** 0-39-487217-7

**Abstract:** Improving health and fitness by eating nutritious meals and snacks and increasing physical activity is the central theme of this colorfully illustrated children's book about the Berenstain Bear family. Suitable for ages: 4-8 years.



### **The Big Hungry Bear**

Don and Audrey Woods

Child's Play Publishers, 2000, 30 pp.

**ISBN:** 0-85-953659-9

**Abstract:** Little Mouse will do anything to save his strawberry from the big hungry bear.  
Suitable for ages: 2-8 years.

### **Blue Bowl Down: An Appalachian Rhyme**

C.M. Millen

Candlewick Press, 2004, 32 pp.

**ISBN:** 0-763-61817-9

**Abstract:** The sun is about to set, and it's almost time for bed. But for the family in this cozy Appalachian farmhouse, it's time for the comforting ritual of making bread. Just as mother and child will soon settle down for their rest, the dough is prepared in its special blue bowl and left to rest on the stove. And come morning, after they (and the dough) have risen, it's time to savor a warm, satisfying breakfast and the start of a new day. Suitable for ages: 2-5 years.

### **Bread and Jam for Frances**

Russel Hoben

Harper and Row, 1964, 31 pp.

**ISBN:** 0-06-022359-6

**Abstract:** A perfect antidote for children who make limited food choices. Francis' food jag is short-lived once her parents begin serving her bread and jam for every meal and snack. In the end she agrees with her friend Albert who declares, "I think it's nice that there are different kinds of lunches and breakfasts and dinners and snacks. I think eating is nice."  
Suitable for ages: 4-8 years.

### **The Carrot Seed**

Ruth Krauss

Harper Trophy, 1989, 32 pp.

**ISBN:** 0-06-443210-6

**Abstract:** A classic story about a little boy who plants a carrot seed that becomes a carrot.  
Suitable for ages: 3-6 years.

### **Cloudy with a Chance of Meatballs**

Judi Barrett

Athenuem, 1978, 32 pp.

**ISBN:** 0-68-930647-4

**Abstract:** Life is delicious in the town of Chew & Swallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers. Suitable for ages: 4-8 years.



**Cook-a-Doodle Doo!**

Janet Stevens and Susan Stevens Crummel

Voyager, 2005, 48 pp.

**ISBN:** 0-15-205658-0

**Abstract:** Rooster wants to make a strawberry shortcake from his great grandmother's cookbook (his grandmother is the famous Little Red Hen) and gets some help from his friends. Suitable for ages: 4-8 years.

**Dumpling Soup**

Jama Kim Rattigan

Little, Brown & Co., 1998, 32 pp.

**ISBN:** 0-31-673445-4

**Abstract:** A young Hawaiian girl tries to make dumplings for her family's New Year celebration. This story celebrates the joyful mix of food, customs and languages of many cultures. Suitable for ages: 4-8 years.

**D.W. the Picky Eater**

Marc Tolon Brown

Little, Brown & Company, 1995, 24 pp.

**ISBN:** 0-31-611048-5

**Abstract:** Arthur the aardvark's sister is a picky eater. The family leaves her at home when they go out to eat until D.W. decides she might be missing something good by being so picky. Suitable for ages: 4-8 years.

**Growing Vegetable Soup**

Lois Ehlert

Econo-Clad Books, 1999, 32 pp.

**ISBN:** 0-15-232575-1

**Abstract:** This colorful juvenile work relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. Recipes for vegetable soup are included. Suitable for ages: 4-8 years.

**How to Make an Apple Pie and See the World**

Marjorie Priceman

New York: Knopf, 1996, 32 pp.

**ISBN:** 0-67-988083-6

**Abstract:** Since the market is closed, the reader is led around the world to gather the ingredients for making apple pie. The recipe is included. Suitable for ages: 4-8 years.



### **I Will Never Not Ever Eat a Tomato**

Lauren Child

Candlewick Press, 2000, 32 pp.

**ISBN:** 0-76-361188-3

**Abstract:** Sometimes Charlie has to give his little sister her dinner and this is difficult because Lola is a very fussy eater. Charlie tries something new which shows that children's tastes are often based on preconception rather than on taste buds. Suitable for ages: 4-8 years.

### **The Little Red Hen**

Jerry Pinkney

Dial, 2003, 32 pp.

**ISBN:** 0803729359

**Abstract:** Red hen needs to make bread to feed her chicks and appeals to all of the barnyard animals to help her. Suitable for ages: 4-8 years.

### **The Mouse and the Apple**

Stephen Butler

Frances Lincoln, 1994, 32 pp.

**ISBN:** 1-84-507211-1

**Abstract:** Mouse is waiting for the apple to fall so that she can eat it. The other animals come and try and disrupt the course of nature by concocting schemes to get the apple out of the tree. Suitable for ages: 7-9 years.

### **Peanut Butter and Jelly: A Play Rhyme**

Nadine Bernard Westcott

Puffin, 1992, 32 pp.

**ISBN:** 0-14-054852-1

**Abstract:** A colorful rhyming story about making peanut butter and jelly. Suitable for ages: 4-8 years.

### **Pete's a Pizza**

William Steig

Harper Collins Juvenile Books, 1998, 32 pp.

**ISBN:** 0-06-205157-1

**Abstract:** Pete is sad - he can't go out to play with his friends because it is raining. His Dad thinks Pete will cheer up if he is made into a pizza! Suitable for ages: 4-8 years.

### **Pickin' Peas**

Margaret Read MacDonald

Harper Collins, 1998, 32 pp

**ISBN:** 0-06-027235-X

**Abstract:** This is a story about a sneaky rabbit who steals peas from a little girl and then outwits her when she catches him. Suitable for ages: 4-8 years.



**Pignic: An Alphabet Book in Rhyme**

Anne Miranda

Boyd Mills Press, 2005, 32 pp.

**ISBN:** 1-59-078328-X

**Abstract:** A pig family brings 26 different items to a potluck, illustrating the alphabet with fun foods. Suitable for ages: 4-8 years.

**Pizza at Sally's**

Monica Wellington

Dutton Juvenile, 2006, 32 pp.

**ISBN:** 0-52-547715-2

**Abstract:** Sally owns her own pizzeria and this story goes through a busy day at Sally's restaurant. Suitable for ages: 4-8 years.

**The Runaway Pumpkin**

Kevin Lewis

Orchard Books, 2008, 32 pp.

**ISBN:** 0-43-947422-1

**Abstract:** The Baxter boys cut a huge pumpkin from the vine and it rolls all over disrupting their farm but they finally get it under control and are able to eat a variety of pumpkin treats. Suitable for ages 4-8.

**Scrambled Eggs Super!**

Dr. Seuss

Econo-Clad Books, 1999, 54 pp.

**ISBN:** 0-39-480085-0

**Abstract:** Peter T. Hooper narrates his search for a variety of eggs from different birds to cook his special recipe for scrambled eggs. He hunts for different kinds of eggs because eggs from hens always taste the same. After his search, he describes his recipe for his special scrambled eggs. Suitable for ages: 3-7 years.

**Stone Soup**

Marcia Brown

Charles Scribner's Sons, 1974, 32 pp.

**ISBN:** 0-68-492296-7

**Abstract:** Three hungry soldiers come to town to ask for something to eat, and instead, teach the village people how to make soup out of stones. A lesson in generosity is taught in the midst of a grand feast. Suitable for ages: 4-8 years.





### **This is the Bread I Baked for Ned**

Crescent Dragonwagon and Isadore Selzer  
Aladdin Paperbacks, 1999, 32 pp.

**ISBN:** 0-68-982353-3

**Abstract:** Glenda bakes bread for Ned. When Ned gets home, he brings many friends. They eat, enjoying the bread with their meal. This is a fun, rhyming story with colorful illustrations. Suitable for ages: 4-8 years.

### **Today is Monday**

Eric Carle  
Philomel Books, 1993, 32 pp.

**ISBN:** 0-39-923605-8

**Abstract:** Each day of the week brings a new food. When Sunday arrives, children from around the world gather to share their favorite foods. Suitable for ages: 4-8 years.

### **Too Many Tamales**

Gary Soto  
G.P. Putnam's Sons, 1993, 32 pp.

**ISBN:** 0-69-811412-4

**Abstract:** While helping make tamales for Christmas dinner, Maria tries on her mother's ring. When she realizes the ring is missing, her cousins come to the rescue. Suitable for ages: 4-8 years.

### **Tops and Bottoms**

Janet Stevens  
Harcourt Brace and Company, 1995, 30 pp.

**ISBN:** 0-15-292851-0

**Abstract:** A story about a lazy bear and his rabbit friend who grows different crops on the bear's land. Before each crop grows, the bear and the rabbit agree on who will get the tops and who will get the bottoms. Each time, the hare grows a crop which makes him the "winner" in the deal. Suitable for ages: 4-8 years.

### **Vegetable Dreams/ Huerto Sonado**

Dawn Jeffers  
Raven Tree Press, 2006, 32 pp.

**ISBN:** 0-97-709060-4

**Abstract:** A bilingual story about a little girl who wants her own garden but her parents don't think she's old enough. Suitable for ages: 4-8 years.

### **The Very Hungry Caterpillar**

Eric Carle  
The Putnam Publishing Group, 1986, 23 pp.

**ISBN:** 0-39-920853-4

**Abstract:** A narrative about a hungry caterpillar eats his way from one food to the next growing up to be a beautiful butterfly. Suitable for ages: 4-8 years.



## E. Foods From Around the World: Family Meals, Celebrations, and Holidays

### **Dim Sum for Everyone**

Grace Lin

Dragonfly Books, 2003, 32 pp.

**ISBN:** 0-44-041770-8

**Abstract:** A family goes out to dinner and all of the children learn about Dim Sum while eating it. Suitable for ages: 4-8 years.

### **The Empanadas that Abuela Made**

Diane Gonzales Bertrand

Pinata Books, 2003, 32 pp.

**ISBN:** 1-55-885388-X

**Abstract:** The whole family gets involved in making Abuela's amazing empanadas! Suitable for ages: 4-8 years.

### **Everybody Bakes Bread**

Norah Dooley

Carolrhoda Books, 1995, 40 pp.

**ISBN:** 0-87-614864-X

**Abstract:** After an argument with her brother, Carrie's mother sends her out to visit the neighbors, looking to borrow a rolling pin and as she visits each house she tries the bread they are making in their home. Recipes included. Suitable for ages: 4-8 years.

### **Everybody Cooks Rice**

Norah Dooley

Carolrhoda Books, 1992, 32 pp.

**ISBN:** 0876145918

**Abstract:** A little girl goes looking for her little brother to call him for dinner and she visits all of the neighbors and sees what each family from each culture is preparing, with rice as the staple. Recipes included. Suitable for ages: 4-8 years.

### **F is for Fiesta**

Susan Middleton Elya

Putnam Juvenile, 2006, 32 pp.

**ISBN:** 0-39-924225-2

**Abstract:** The planning of a birthday party teaches the reader simple words and letters in Spanish/English. Suitable for ages: 4-8 years.



### **How My Family Lives in America**

Susan Kuklin

Simon & Schuster, 1992, 40 pp.

**ISBN:** 0-68-982221-9

**Abstract:** This book tells the story of three children, each with an immigrant parent. For each family, the food they eat, the names of different dishes and their eating customs are discussed. The book includes three recipes -- one African, one Puerto Rican and one Taiwanese. Suitable for ages: 5-7 years.

### **Let's Eat!**

Ana Zamorano

Scholastic, 1999, 32 pp.

**ISBN:** 0-43-906758-8

**Abstract:** Little Antonio is trying to get the whole family together for dinner but he's having a difficult time with everyone's schedules. Suitable for ages: 4-8 years.

### **Now We Can Have a Wedding**

Judy Cox

Holiday House, 1998, 32 pp.

**ISBN:** 0-82-341342-X

**Abstract:** Every tenant in the apartment building helps Sallie prepare for her wedding by making a different ethnic dish to celebrate diversity and joy. The story is told by the bride's little sister who helps each tenant prepare the food for her sister's wedding. Suitable for ages: 4-8 years.

## **F. Physical Activity**

### **Angelina and Alice**

Katherine Holabird

Viking Juvenile, 2006, 32 pp.

**ISBN:** 0-67-006125-5

**Abstract:** Angelina and Alice are best friends and love to do gymnastics together but they have a rough patch in their friendship when Alice makes fun of Angelina's ability to do hand stands. Suitable for ages: 4-8 years.

### **Baby Danced the Polka**

Karen Beaumont

Dial Books, 2004, 32 pp.

**ISBN:** 0803725876

**Abstract:** Baby does not want to take his nap, he would much rather dance with all of his stuffed animals each time his parents are busy. Suitable for ages: 4-8 years.



### **Bend and Stretch: Learning about Your Bones and Muscles**

Pamela Hill Nettleton

Picture Window Books, 2006, 24 pp.

**ISBN:** 1-40-480507-9

**Abstract:** Teaches children the importance of staying healthy and treating their bones and muscles well. Suitable for ages: 4-8 years.

### **The Bouncing, Dancing, Galloping ABC**

Charlotte Doyle

Putnam Juvenile, 2006, 32 pp.

**ISBN:** 0-39-923778-X

**Abstract:** ABC's book encouraging physical activity. Suitable for ages: 4-8 years.

### **The Busy Body Book: A Kid's Guide to Fitness**

Lizzy Rockwell

Crown Books for Young Readers, 2004, 40 pp.

**ISBN:** 0-37-582203-8

**Abstract:** Introduces the different body systems as well as encouraging participating in physical activity. Suitable for ages: 4-8 years.

### **Cha Cha Chimps**

Julia Durango

Simon and Schuster Children's Publishing , 2006, 32 pp.

**ISBN:** 0689864566

**Abstract:** All ten little chimps sneak out one night with their dancing shoes because they want to dance all night but eventually Mama Chimp finds them and gets a sitter so she can dance all night. Suitable for ages: 4-8 years.

### **Hear Your Heart**

Paul Showers

Harper Trophy, 2000, 32 pp.

**ISBN:** 0-06-445139-9

**Abstract:** Simple introduction to how the heart works. Suitable for ages: 4-8 years.

### **I Can Play Soccer**

Edana Eckert

Franklin Watts, 2002, 24 pp.

**ISBN:** 0-51-624031-5

**Abstract:** Multiethnic children participate in sports with their parents. Suitable for ages: 4-8 years.



**I Can Ride a Bike**

Edana Eckart

Children's Press, 2002, 24 pp.

**ISBN:** 0-51-624032-3

**Abstract:** Depiction of different children participating in different kinds of physical activity. Suitable for ages: 4-8 years.

**If You're Happy and You Know It!**

Jane Cabrera

Holiday House, 2005, 32 pp.

**ISBN:** 0-82-341881-2

**Abstract:** A fun book for children with beautiful pictures of animals based off of the very famous song. Suitable for ages: 4-8 years.

**This is Baseball**

Margaret Blackstone

Henry Holt & Co., 1993, 32 pp.

**ISBN:** 0-80-505169-4

**Abstract:** A great introduction to baseball for young sports fans. Suitable for ages: 4-8 years.

**This Is Daniel Cook on a Hike**

Yvette Ghione

Kids Can Press, 2006, 24 pp.

**ISBN:** 1-55-453080-6

**Abstract:** Daniel explores nature through a guided hike, while getting plenty of physical activity. Suitable for ages: 4-8 years.

**My Daddy Is a Pretzel: Yoga for Parents and Kids**

Baron Baptiste

Barefoot Books, 2004, 48 pp.

**ISBN:** 1-84-148151-3

**Abstract:** The parents of children share their occupations with the children and each occupation is accompanied by a yoga pose. Suitable for ages: 4-8 years.

**Play Ball with Me!**

Lynn Reiser

Knopf Books for Young Readers, 2006, 28 pp.

**ISBN:** 0-37-583244-0

**Abstract:** Animals play five different kinds of ball games. Suitable for ages: 4-8 years.



## G. Online Booklists and Websites

### Books With Positive Nutrition Messages for Kids

Wisconsin: The University of Wisconsin-Madison/Extension Office

**Web site:** <http://www.uwex.edu/ces/wnep/p3/mmpdfs/9809a.pdf>

**Description:** A list of children's books with a positive nutrition message.

### Children's Books about Nutrition

Alexandria, VA: American School Food Service Association

**Web site:** <http://www.schoolnutrition.org/Index.aspx?id=508>

**Description:** The ASFSA recommends a list of books for children dealing with food and good nutrition.

### Children's Books that Encourage Healthy Eating

Missouri: University of Missouri Family Nutrition Education Programs

**Web site:** <http://outreach.missouri.edu/fnep/childrensbooks.htm>

**Description:** Children's books that encourage healthy eating are listed here.

### Food and Nutrition Information Center: Lifecycle Nutrition and Health

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library

**Web site:**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=257&topic\\_id=1353&placement\\_default=0#xtocid238185](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&topic_id=1353&placement_default=0#xtocid238185)

**Description:** A collection of websites that discuss the many topics related to child nutrition and health. The sites include recourses on: Infant Nutrition, Child Nutrition and Health, Adolescence, Pregnancy, Fitness and Sports Nutrition and Vegetarian Nutrition.

### The Healthy Meals Resource System: Cooking with Kids

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library

**Web site:**

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=230&topic\\_id=1189](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=230&topic_id=1189)

**Description:** The Cooking with Kids section of this website includes resources that help children learn about food and healthy eating by inviting them into the kitchen. Locate recipes, activities, and guidelines to use when cooking with kids.

### The Healthy Meals Resource System: Food Safety Games and Activities

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library

**Web site:**

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=231&topic\\_id=1196](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=231&topic_id=1196)

**Description:** The Healthy Meals Resource System provides this page that links to many children's websites that address the issue of food safety. These resources make food safety fun for the children.



**Kids.gov: Fund Stuff/Games**

**Washington DC:** The Official Kids Portal for the U.S. Government

**Web site:** [http://www.kids.gov/6\\_8/6\\_8\\_health\\_issues.shtml](http://www.kids.gov/6_8/6_8_health_issues.shtml)

**Description:** Learning Activities and Games for Health, Fitness, and Safety developed by several governmental agencies.

**Team Nutrition Booklist**

**Michigan: Michigan Team Nutrition**

**Web site:** <http://tn.fcs.msue.msu.edu/booklist.html>

**Description:** This link provides lists of food related books and physical activity books to encourage children to live a healthy lifestyle.

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Beltsville, MD 20705-2351  
Phone: 301-504-5414  
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