

Using Storybooks to Teach Nutrition: A List of Storybooks for Use in the Preschool Classroom



Purpose:

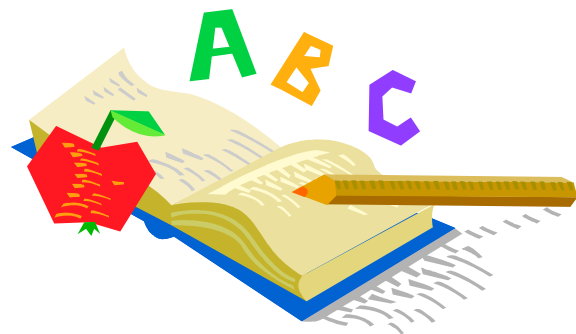
When teaching basic nutrition concepts to young children, storybooks can be utilized to complement and enhance learning.

How to Use this List:

Storybooks can be used as part of a cooking activity, nutrition lesson, or read before meal time. There is an abundance of food related storybooks currently available. You will find many listed below. Some books may be more appropriate than others for the children you are working with. Use your own judgment as to what book will work best in your classroom. Many of these books are also available in other languages. Contact local or online book stores to inquire about obtaining copies in other languages.

We have separated each book into the following themes for your convenience:

[Fabulous Fruits](#), [Very Fine Veggies](#), [Moo Moo Dairy](#), [Go Go Grains](#), [Power Protein](#), [Growing Gardens](#), [Active Play](#), [Healthy Habits](#), [Culture and Customs](#)





Fabulous Fruits

All Our Fruits and Vegetables

Author: Patricia McKissack

Publisher: Many Hands Media

Publication Date: 1995

Age Range: 4-8

Summary: Introduces children to where and how fruits and vegetables are grown through colorful and engaging images.

Anansi and the Talking Melon

Author: Eric A. Kimmel

Publisher: Holiday House

Publication Date: April 1995

Age Range: 4-8

Summary: Anansi, a tricky little spider eats her way into one of Elephant's melons. Unfortunately once he gets inside, he is too big to get out. While stuck inside the tasty melon he manages to outwit the other animals into believing that the melon talks. Gullible Elephant eventually makes fun of himself in front of the King as he attempts to explain the talking melon.

Apples, Apples, Apples

Author: Nancy Elizabeth Wallace

Publisher: Marshall Cavendish Corporation

Publication Date: September 2004

Age Range: 4-8

Summary: A bunny family hops through an orchard and learns the basics of picking apples.

Apple Farmer Annie

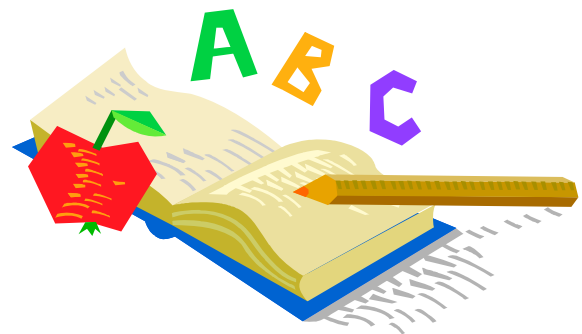
Author: Monica Wellington

Publisher: Dutton Juvenile

Publication Date: August 2001

Age Range: 4-8

Summary: In this colorful and cheerful book a young girl named Annie watches over an orchard. The book expands upon the many uses of apples as it describes Annie doing everything from picking and sorting apples to making apple cakes and muffins.



Apple Picking Time

Author: Michele Benoit Slowson
Publisher: Random House Children's Books
Publication Date: August 1998
Age range: 5-8

Summary: Young Anna experiences a part of American History as she assists her family and town in a traditional fall apple harvest. She shares a sense of determination and pride as she works to contribute an entire bin of apples. The book celebrates family and community as both join together to make the harvest successful.

Apples

Author: Gale Gibbons
Publisher: Holiday House Inc
Publication Date: September 2001
Age Range: 5-8

Summary: A brief straightforward look into apples. Gibbons provides readers with an easily understood description of the history of apples, gives information about how they grow, gives descriptions of different types of apples, and provides interesting facts about apples. There is minimal text but lots of charming and colorful pictures.

Blueberries for Sal

Author: Robert McCloskey
Publisher: Scholastic Inc
Publication Date: 1948
Age Range: 2-5 yrs

Summary: A classic story that tells the adventure of a young girl and baby bear as they pick blueberries with their mothers.

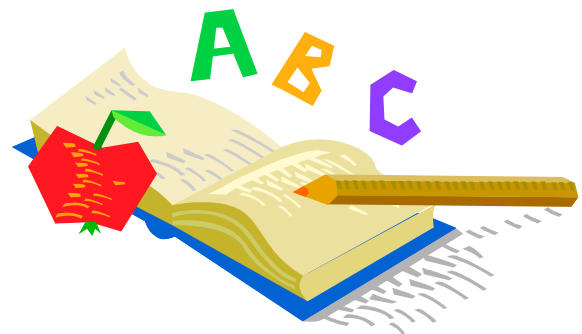
Each Orange Had Eight Slices

Author: Paul Giganti
Publisher: Harper Trophy
Publication Date: April 1999
Age Range: 3-8

Summary: A counting book that engages children through brightly colored illustrations.

Eating the Alphabet

Author: Lois Ehlert
Publisher: Harcourt Children's Books
Publication Date: April 1996
Age Range: 2-5



Summary: Eating the alphabet takes preschool aged children on an alphabetical tour of fruits and vegetables. The book also includes interesting notes on each fruit and vegetable.

Eat Up, Gemma

Author: Sarah Hayes

Publisher: HarperCollins Publishers

Publication Date: October 1994

Age Range: 5-8

Summary: This story depicts a warm loving African American family as they struggle to get young Gemma to eat. Inspired by the artificial fruit Gemma is entranced eventually her older brother solves Gemma's eating problem. The struggle ends as she is last seen delightedly eating a banana.

Fruit

Author: Gallimard Jeunesse and Pascale de Bourgoing

Publisher: Scholastic Inc.

Publication date: 1991

Age Range: 4-8

Summary: Through transparent overlays children get a glance of both the inside and outside of fruits. Images of fruits are linked with key vocabulary words throughout this illustrative picture dictionary.

How are You Peeling?

Author: Saxton Freymann and Joost Elffers

Publisher: Scholastic Paperbacks

Publication Date: June 2004

Age Range: 4-8

Summary: A picture book full of fun photographs of fruit and vegetables expressing common emotions. The fruit and vegetables are hand carved to display faces with feelings.

How Do You Raise a Raisin?

Author: Pam Munoz Ryan and Craig McFarland Brown

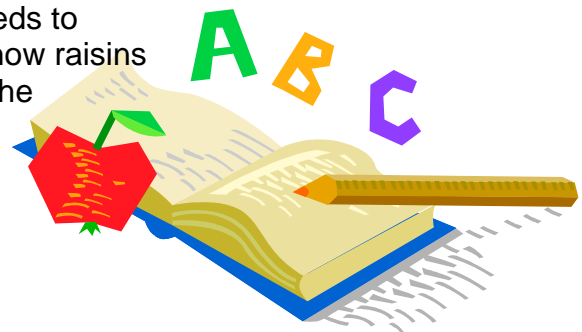
Publisher: Charlesbridge Printing

Publication Date: September 2003

Age Range: 4-8

Summary: This book covers everything a child ever needs to know about a raisin. Through rhyme, Ryan questions how raisins grow, and why they are good for him. Also included in the book

is a brief history of the raisin and other interesting facts presented in a fun friendly way.



I Eat Fruit

Author: Hannah Tofts

Publisher: Zero to Ten

Publication Date: April 2001

Age Range: 4-8

Summary: This book invites children to look inside each fruit and examine what makes up the fruit. Fun full page fold outs help children peer closer at seeds, pits, stones, and other parts of fruit.

I Want My Banana/Quiero Mi Platano

Author: Mark Risk, Alex De Wolf, and Rosa Martin

Publisher: Baron's Educational Series

Publication Date: May 1996

Age Range: 4-8

Summary: Monkey is in search of his banana. When he can't find one his jungle friends offer him some substitute, but it appears the monkey won't give in to their suggestions. This fun book includes text in both English and Spanish.

Jamberry

Author: Bruce Degen

Publisher: HarperCollins Publishers

Publication date: January 1995

Age Range: 4-8

Summary: An unexpected meeting between a young boy and a bear turns into a berry picking adventure through enchanted Berry-land. *Jamberry's* pages are filled with rhymes and repetition describing their delicious journey.

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear

Author: Don and Audrey Wood

Publisher: Scholastic Inc

Publication Date: 1994

Age Range: 4-8

Summary: A tale of a little mouse and his big ripe strawberry as he attempts to protect it from the big hungry bear. This book has a unique twist in that it is actually the reader who tells the mouse about the bear.

The Magic of Pomme

Author: Ilse Sondheimer

Publisher: Rainbow Press

Publication Date: June 1990

Age Range: 4-8

Summary: Pomme survives through its production of apples every year. When bad weather destroys their apple crops the town's future looks gloomy. In the end



young Kati eats a magical apple and saves her village from disaster.

Melons for the Passionate Grower

Author: Amy Goldman and Victor Schrager

Publisher: Artisan Publishers

Publication Date: May 2002

Age Range: 12 and up

Summary: From cover to cover, this book is full of photographs of melons that plead to be eaten. This book provides valuable information on how to grow and harvest your own melons as well as provides successful recipes to use with your new crops.

Oliver's Fruit Salad

Author: Vivian French and Alison Bartlet

Publisher: Orchard Books

Publication Date: September 1998

Age Range: 4-8

Summary: A young boy who enjoys helping his father pick fruit in the garden refuses to eat the fruit his mother offers. When the family gets together to make a big bowl of fresh fruit Oliver can't help but indulge in the delicious feast. Oliver's story is great for children who are a little picky when it comes to eating.

Oranges for Orange Juice

Author: Rozanne Lanczak Williams

Publisher: Creative Teaching Press

Publication Date: 1996

Age Range: 4-8

Summary: Illustrations match easily predictable text in this perfect story for the beginning reader. Fun activities are also included in the back of the book.

Our Pumpkin

Author: Renee Keeler

Publisher: Creative Printing Press

Publication Date: 1995

Age Range: 5-7

Summary: Color illustrations share fun activities with readers. A great book for beginning readers, and part of a learn to read math series.

Pumpkin Pumpkin

Author: Jeanne Titherington

Publisher: Harper Collins

Publication Date: 1986

Age Range: 4-8



Summary: The growth and life of the pumpkin are celebrated as a young child plants pumpkin seeds. He watches as they sprout and eventually become large pumpkins just in time for Halloween.

Mr. Putter and Tabby Pick the Pears

Author: Cynthia Rylant

Publisher: Harcourt Children's Books

Publication Date: September 1995

Age Range: 6-9

Summary: Mr. Putter has become too old to climb his pear tree. Although he dreams about the many delicious things he can make with his pears, his legs won't allow him to leave the ground. He is forced to find creative ways to get the pears out of his tree without having to take his feet off the ground.

Rain Makes Applesauce

Author: Julian Scheer

Publisher: Holiday House Inc

Publication Date: April 1985

Age Range: 4-8

Summary: Full of silly lines and artful illustrations this book is a classic that has been in print for over 30 years. Pages are full of descriptive pictures and funny lines each ending with the comment "and rain makes applesauce."

The Seasons of Arnold's Apple Tree

Author: Gail Gibbons

Publisher: Scholastic Inc.

Publication Date: 1984

Age Range: 4-8

Summary: As the seasons change, a boy notices the changes his apple tree undergoes. Throughout the year he gets to enjoy apple picking, baking apples, and eating apples. The book also shares with readers a tasty recipe for making apple pie.

The Very Hungry Caterpillar

Author: Eric Carle

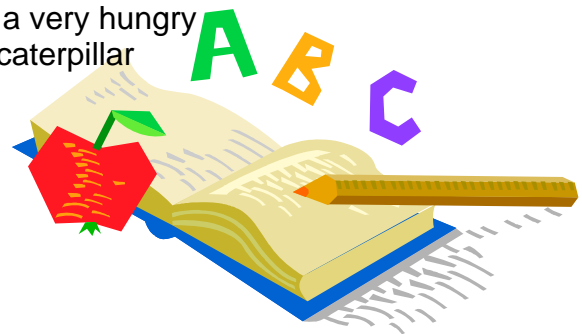
Publisher: Philomel

Publication Date: March 1994

Age Range: 2-6

Summary: A classic book with humorous depictions of a very hungry caterpillar as he eats his way into becoming a very big caterpillar and

eventually a butterfly. This book is great for teaching nutrition, counting, science, and the days of the week.



Tingo Tango Mango Tree

Author: Marcia Vaughan

Publisher: Silver Burdett

Publication Date: July 1994

Age Range: 2-8

Summary: A lyrical tale about an iguana who tries to keep a giant mango seed all to herself. However, she soon finds herself challenged by other animals on the island who would like to sink their teeth into the fruit.

Today is Monday

Author: Eric Carle

Publisher: Putnam Juvenile

Publication Date: August 1997

Age Range: 3-5

Summary: This story uses different animals to introduce different foods for each day of the week.

Too Many Pears

Author: Jackie French

Publisher: Star Bright Books Incorporated

Publication Date: October 2003

Age Range: 4-7

Summary: Pamela the cow has a slight obsession with pears. Her affection is causing everyone else to lose out. Grandma and Amy want to try and rescue a few pears for themselves. Their efforts unfortunately just lead Pamela onto a new fruit...apples.



Very Fine Veggies

All Our Fruits and Vegetables

Author: Patricia McKissack

Publisher: Many Hands Media

Publication Date: 1995

Age Range: 4-8

Summary: Introduces to where and how fruits and vegetables are grown through colorful and engaging images.

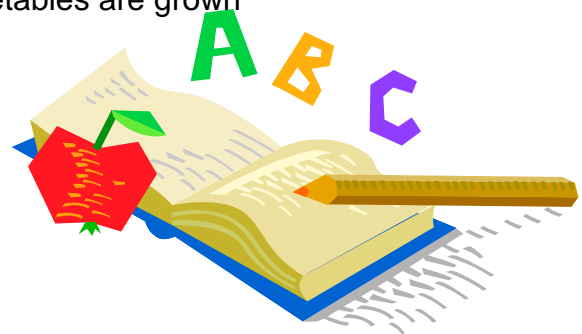
The Big Green Bean

Author: Marcia Wiesbauer

Publisher: Silver Burdett Press

Publication Date: 1995

Age Range: 4-8



Summary: An old man and wife decide to give their bean to a queen and they receive a gift in return.

Carlos and the Squash Plant

Author: Jan Romero Stevens

Publisher: Luna Rising

Publication Date: July 1999

Age Range: 4-8

Summary: A young boy refuses to take a bath until a plant grows inside his ear.

The Carrot Seed

Author: Ruth Krauss

Publisher: Harper Festival

Publication Date: May 1993

Age Range: 2-6

Summary: Although everyone tells a young boy that his seed will never grow he continues to pay close attention to his seedling. In the end his determination leads to the success and life of a carrot worthy of first prize in the state fair.

Corn is Maize: The Gift of the Indians

Author: Alik

Publisher: Harper Trophy

Publication Date: 1976

Age Range: 4-8

Summary: A look into the history of corn including how it was grown in the past and how it is grown today.

Do Not Squash the Squash

Author: Jan Romero Stevens and Jeanne Arnold

Publisher: Sandcastle

Publication Date: January 2004

Age Range: 4-8

Summary: A book of homonyms. This book introduces homonyms (words that are spelled and sound the same but have different meanings) through pictures and simple text.

Eating the Alphabet

Author: Lois Ehlert

Publisher: Hardcourt Children's Books

Publication Date: April 1996

Age Range: Baby - 5

Summary: Eating the alphabet takes preschool aged children on an alphabetical tour of fruits and vegetables. The book also includes interesting notes on each fruit and vegetable.



Gregory, the Terrible Eater

Author: Mitchell Sharmat

Publisher: Scholastic Paperbacks

Publication Date: September 1989

Age range: 4-8

Summary: Gregory the goat wants to only eat vegetables and nutritious foods. His parents start to worry when he turns down their staple foods such as tin cans and shoes.

How are You Peeling?

Author: Saxton Freymann and Joost Elffers

Publisher: Scholastic Paperbacks

Publication Date: June 2004

Age Range: 4-8

Summary: A picture book full of fun photographs of fruit and vegetables expressing common emotions. The fruit and vegetables are hand carved to display faces with feelings.

I Eat Vegetables

Author: Hannah Tofts

Publisher: Larousse Kingfisher Chambers

Publication Date: 2001

Age Range: 2-6

Summary: In this book pictures of fruits and vegetables are matched with their titles. Children also learn about peeling their fresh fruits and veggies, seeds, pits, and discover other interesting facts.

I Will Never Not Ever Eat a Tomato

Author: Lauren Child

Publisher: Candlewick Press

Publication Date: 2000

Age Range: 4-8

Summary: Lola is a fussy eater, but her brother eventually convinces her to eat the vegetables she once refused. Imagination is a powerful tool and proves especially helpful in this delightful little book.

Jamie O'Rourke and the Big Potato

Author: Tomie dePaola

Publisher: Putnam Juvenile

Publication Date: January 1997

Age Range: 4-8

Summary: An Irish folk tale about the laziest man in Ireland. When faced with the problem of feeding his family he chances upon a leprechaun who



offers him some magical potato seeds. Jamie soon finds that the potato may bring a little more trouble than he bargained for.

June 29, 1999

Author: David Wiesner

Publisher: Clarion Books

Publication Date: 1992

Age Range: 4-8

Summary: A classroom science project leads to curious vegetable growth all over the world.

The Little Squash Seed

Author: Gayla Dowdy Seale

Publisher: Overmountain Press

Publication Date: April 2003

Age Range: 4-8

Summary: Explores how a tiny dried up seed can mature into a large and nutritious vegetable. *The Little Squash Seed* provides a unique glance at the growing season through the eyes of a gardener and his grandchildren.

Lunch

Author: Denise Fleming

Publisher: Macmillan

Publication Date: 1992

Age Range: 4-8

Summary: As a mouse chomps through various vegetables to end his hunger various colors are introduced to the reader.

Mr. McNosh and the Great Big Squash

Author: Sarah Weeks

Publisher: Harper Collins

Publication Date: 2000

Age Range: 4-8

Summary: An amusing story full of rhyme that tells the adventures of Mr. McNosh and a giant squash.

Oliver's Vegetables

Author: Vivian French

Publisher: First Orchard Paperbacks

Publication Date: 1998

Age Range: 4-8

Summary: A young boy who refuses to eat vegetables changes his mind after spending some time in his grandfather's garden.



Rabbit Food

Author: Susanna Gretz

Publisher: Candlewick Press

Publication Date: 1999

Age Range: 5-7

Summary: Uncle bunny has been summoned to ensure that John joins the other rabbits in eating lots of vegetables.

The Spice Alphabet Book

Author: Jerry Pallota

Publisher: Charlesbridge Pub.

Publication Date: 1994

Age Range: 5-8

Summary: An alphabet book that introduces children to spices and herbs that correspond to each letter of the alphabet.

Three Stalks of Corn

Author: Leo Politi

Publisher: Aladdin Books

Publication Date: 1994

Age Range: 4-8

Summary: A young girl shares the importance of corn to her people as she learns to make tortillas, tacos, and enchiladas.

The Trouble With Cauliflower

Author: Jane Sutton and Jim Harris

Publisher: Dial

Publication Date: March 2006

Age Range: 4-8

Summary: Convinced that cauliflower brings bad luck, Mortimer the koala is careful to never eat the vegetable. When his friends discover his little fear they invite him over for a “vegetable surprise” casserole. To his amazement the next day brings none of the bad luck he had previously envisioned.

Tumbleweed Stew

Author: Susan Stevens Crummel

Publisher: Scholastic Paperbacks

Publication Date: June 2004

Age Range: 4-8 years

Summary: A spin on the original Stone Soup in this story Jack Rabbit uses trickery to convince the other animals to give him their vegetables which he uses to create a delicious stew.



The Ugly Vegetables

Author: Grace Lin

Publisher: Charlesbridge Publishing

Publication Date: 1999

Age Range: 3-8

Summary: A young girl is disappointed when she discovers the vegetable garden she and her mother have planted is different than the flower gardens all of the neighbors have planted. When she realizes the vegetables can be used to make delicious soup her outlook changes.

The Vegetable Show

Author: Laurene Krasny

Publisher: Little Brown and Co

Publication Date: May 1995

Age Range: 4-8

Summary: A group of vegetable performers get children excited about eating their vegetables.



Go Go Grains

Bread, Bread, Bread

Author: Ann Moris

Publisher: Harper Trophy

Publication Date: May 1993

Age Range: 4-8

Summary: Colorful photographs and straightforward text introduces young readers to different types of bread and cultures found around the world.

Bread and Jam for Frances

Author: Russel Hoban

Publisher: Scholastic

Publication Date: 1993

Age Range: 4-8

Summary: Frances refuses to eat anything unless it is jam and bread. When her mother feeds her only bread and jam for breakfast, lunch, and dinner she starts to change her mind.

Bread is for Eating

Author: David and Phillis Gershator

Illustrator: Emma-Shaw Smith

Publisher: Scholastic Inc

Publication Date: 1995



Age Range: 3-6

Summary: Blending Spanish and English into a poetic story, Mamita explains to her daughter the process of seed to life giving bread.

Chicken Soup with Rice

Author: Maurice Sendak

Publisher: HarperTrophy

Publication Date: 1991

Age Range: 4-8

Summary: "Each month is gay, each season is nice, when eating chicken soup with rice." It's nice in January, April, June, and December--here's the every-month dish for everyone to remember." A cute warm story and book of months.

Everybody Bakes Bread

Author: Norah Dooley

Publisher: Scholastic

Publication Date: 1996

Age Range: 5-8

Summary: Carrie is sent to do a fools errand after getting in trouble for misbehaving. Her punishment of finding a three handed rolling pin turns into a delicious trip through the neighborhood. As she visits house after house she is exposed to a wide collection of different breads from around the world.

Everybody Cooks Rice

Author: Norah Dooley

Publisher: Carlrhoda Books

Publication Date: November 1992

Age Range: 4-8

Summary: As Carrie tries to find her brother in order to bring him home in time for dinner, she discovers that everybody cooks rice. Her trip through the neighborhood exposes the ethnic diversity of the neighborhood through the rice dishes they prepare.

If You Give a Moose a Muffin

Author: Laura Numeroff

Publisher: Laura Geringer

Publication Date: 1991

Age Range: 3-7

Summary: This book cleverly follows the demands of a moose after being offered a muffin, because if you give a moose a muffin

he asks for jam, but because there is no jam he needs to make a trip to the store, and so continues the story.



If You Give a Pig a Pancake

Author: Laura Joffe Numeroff

Publisher: HarperCollins Juvenile Books

Publication Date: 1998

Age Range: 4-8

Summary: A storybook about what happens when a girl leaves her pig alone with a plateful of pancakes.

Jalapeno Bagels

Author: Natasha Wing

Publisher: Atheneum Books for Young Readers

Publication Date: 1996

Age Range: 4-8

Summary: On international day at Pablo's school he wants to bring a treat from his family's panderia, but can't decide what to bring. He tries to decide between delicious empanadas, challah, and many other goodies. His ultimate choice isn't much of a surprise, but as he makes his decision a wonderful representation of his culture is captured.

The Little Red Hen

Author: Margo Zemach Sunburst

Publisher: Henry Holt and Co.

Publication Date: 1993

Age Range: 4-8

Summary: A single mother hen can't get help from any of her friends. The story documents her journey to turn wheat into flour and eventually into bread.

The Little Red Hen and the Ear of Wheat

Author: Mary Finch

Publisher: Barefoot Books

Publication Date: March 2001

Age Range: 3-5

Summary: This story follows a similar story line to the original Little Red Hen, but in this story the Hen's unhelpful friends learn their lesson and get a second chance.

Pancakes for Breakfast

Author: Tomie dePaola

Publisher: Voyager Books

Publication Date: 1978

Age Range: 2-6

Summary: A little old lady decides she wants to make pancakes.



This story follows her as she goes to great lengths to collect the ingredients for her meal.

The Sleeping Bread

Author: Stefan Czernecki

Publisher: Hyperion Books for Children

Publication Date: 1993

Age Range: 4-8

Summary: Zafiro is a beggar only treated with kindness through Beto the baker who feeds him pieces of bread. One night when Zafiro's tear falls into the water jar and causes the baker's bread not to rise. The town goes into a panic fearing that the bread will not rise in time for the town's festival.

Spaghetti Eddie

Author: Ryan Sanangelo and Jackie Urbanovic

Publisher: Boyd's Mill Press

Publication Date: August 2002

Age Range: 4-8

Summary: A young boy's love of pasta enables him to help out his neighbors whether through offering a noodle as a shoelace or throwing a meatball at a thief.

Strega Nona

Author: Tomie dePaola

Publisher: Editorial Everest

Publication Date: 1979

Age Range: 4-8

Summary: Strega Nona is an elderly woman who helps her fellow neighbors out. When she needs some help of her own she instructs Big Anthony in a number of chores but insists he not touch her magic pasta plant. Of course Anthony disobeys and soon the streets become flooded with pasta.

The Tortilla Factory

Author: Gary Paulsen and Ruth Wright Paulsen

Publisher: Voyager Books

Publication Date: 1998

Age Range: 4-8

Summary: A story about the path from corn to tortilla.

Tony's Bread

Author: Tomie dePaola

Publisher: Putnam's Juvenile

Publication Date: 1996

Age Range: 4-8

Summary: Tony believes that no man is suitable for his daughter's hand in marriage. When Angelo, a



wealthy nobleman decides he wants to marry Tony's daughter he seeks to win the approval of Tony. In return for his daughter's hand in marriage, Angelo sets Tony up as a baker in his own restaurant where he becomes rich selling unique bread.

Tortillas and Lullabies

Author: Lynn Reiser

Publisher: Rayo

Publication Date: 1998

Age Range: 3-7

Summary: Available in English and Spanish. Four generations of Costa Rican women share in family traditions such as making tortillas. Folk art and painting accompany the text.

The Unbeatable Bread

Author: Lyn Littlefield Hookes

Publisher: Penguin USA

Publication Date: 1996

Age Range: 5-8

Summary: A man awakens with the determination to make bread. As he makes the bread its smell causes people and animals from all around to search for where the delicious bread is being made.



Growing Gardens

Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden

Author: Rosalind Creasey

Publisher: Sierra Club books for Children

Publication Date: 1997

Age Range: 7-11

Summary: Illustrates how to plant and grow a variety of colorful vegetables including red corn, yellow watermelons and multi-colored radishes.

City Green

Author: DyAnne DiSalvo-Ryan

Publisher: Scholastic

Publication Date: 1994

Age Range: 4-8

Summary: A young girl turns a garbage filled vacant lot into a flourishing garden. The book also includes information on how to start a community garden.



The Gigantic Turnip

Author: Aleksei Tolestoy

Publisher: Barefoot Books

Publication Date: March 2000

Age Range: 4-8

Summary: A Russian folktale about a giant turnip and what must be done to uproot it.

Grandpa's Garden Lunch

Author: Judith Caseley

Publisher: Greenwillow Books

Publication Date: 1991

Age Range: 4-8

Summary: A young girl helps her grandpa put in a garden. When she returns for lunch she notes how every part of lunch is from the garden.

Growing Vegetable Soup

Author: Lois Elhert

Publisher: Harcourt Children's Books

Publication Date: January 1990

Age Range: 4-6

Summary: A picture book that uses bright graphic art to depict a child and son picking vegetables in the garden. In the end the father and son make a delicious vegetable soup out of their collections.

A Harvest of Color

Author: Melanie Eclare

Publisher: Ragged Bear

Publication Date: February 2002

Age Range: 4-8

Summary: A young gardener and five friends share why they love to garden and why they chose particular plants to plant.

How a Seed Grows

Author: Helen Jordan and L. Krupinski

Publisher: Harper Trophy

Publication Date: April 1992

Age Range: 4-8

Summary: A simple introduction into the basics of seed growth.

The book uses demonstrations of seeds planted within egg shells to describe the growth process.



I'm a Seed

Author: Jean Marzolla

Publisher: Cartwheel

Publication Date: May 1996

Age Range: 3-6

Summary: As a marigold and mystery seed (which turns out to be a pumpkin) grow they talk about the changes that they go through.

Inch by Inch: The Garden Song

Author: David Mallett

Publisher: Harper Trophy

Publication Date: 1997

Age Range: 4-8

Summary: A picture book version of a 1975 song that focuses on a child who plants seeds, watches them grow, weeds, and tends them.

It's Pumpkin Time

Author: Zoe Hall and Shari Halpern

Publisher: Scholastic Paperbacks

Publication Date: September 1999

Age Range: 4-8

Summary: In preparation for Halloween two young children plant pumpkin seeds. The book covers the journey as the seeds grow into large pumpkins ready for their ultimate role as "jack o lanterns" at Halloween.

Jody's Beans

Author: Malachy Doyle

Publisher: Candlewick

Publication Date: April 2002

Age Range: 4-8

Summary: A story about a grandmother and her granddaughter and the garden they plant together. As the plant grows the grandmother offers encouraging words of advice of how to tend the garden while she is away.

One Child One Seed

Author: K. Cave and G. Wulfsohn

Publisher: Frances Lincoln Children's Books

Publication Date: March 2003

Age Range: 4-8

Summary: A South African counting book that introduces children into how to plant, grow, and harvest a meal. The



book also includes teacher's notes on how to use the book in the classroom.

Over Under in the Garden

Author: Pat Schories

Publisher: Farrar, Straus and Giroux

Publication Date: 1996

Age Range: 4-8

Summary: An alphabet book that uses facts about animals and plants in a garden to introduce the alphabet.

The Plant that Kept on Growing

Author: Barbara Brenner

Publisher: Bantam Doubleday Dell Books for Young Readers

Publication Date: 1996

Age Range: 4-8

Summary: A young brother and sister plant a vegetable garden that soon becomes infested with pests. One plant survives... a huge tomato plant that grows and grows.

The Snail's Spell

Author: Joanne Ryder

Publisher: Scholastic

Publication Date: 1991

Age Range: 4-8

Summary: A young boy explores a garden through the perspective of a snail.

The Surprise Garden

Author: Zoe Hall

Publisher: Scholastic

Publication Date: February 1998

Age Range: 4-8

Summary: Children are given seeds and plant a surprise garden. The result is a lush garden full of every kind of fruit and vegetable imaginable.

This Year's Garden

Author: Cynthia Rylant

Publisher: Aladdin Books

Age Range: 4-8

Summary: A young girl speaks about how her family works together throughout the seasons to plant their garden.

Tops and Bottoms

Author: Janet Stevens



Publisher: Harcourt Children's Books

Publication Date: March 1995

Age Range: 5-7

Summary: Hare works a deal with Bear in which his family will work Bear's land and split the harvest. Bear chooses the tops of the harvest so Hare takes the bottom. Hare decides to plant root crops leaving Bear with no harvest. When Bear decides he wants bottoms Hare plants corn and Bear loses out again.



Moo Moo Dairy

A Big Cheese for the White House

Author: Candace Flemming

Publisher: DK Children

Publication Date: September 1999

Age Range: 4-10

Summary: Town members in Cheshire MA send President Jefferson a large wheel of cheese in an attempt to make Cheshire MA the source for his favorite cheese instead of Norton NJ.

Extra Cheese Please

Author: Cris Peterson

Publisher: Boyds Mills Press

Publication Date: January 2004

Age Range: 4-8

Summary: An introduction to dairy and cheese making starting from a Wisconsin farm.

It Looked Like Spilt Milk

Author: Charles G. Shaw

Publisher: Harper Trophy

Publication Date: 1988

Age Range: 4-8

Summary: Students guess what picture is being represented by the white shape on each blue page that resembles spilt milk.

At the end of the book they will be surprised to see that it wasn't spilt milk after all.



Milk from Cow to Carton

Author: Aiki

Publisher: HarperCollins Trophy

Publication Date: 1974

Age Range: 4-8

Summary: A guided tour through the milk making process. Instructions for making homemade butter is also included.

The Milk Makers

Author: Gail Gibbons

Publisher: Aladdin

Publication Date: March 1987

Age Range: 4-8

Summary: Describes many steps in milk making and processing. Also introduces students to other dairy products.

No Moon, No Milk!

Author: Chris Babcock

Publisher: Dragonfly Books

Publication Date: July 1995

Age Range: 4-8

Summary: Rob's cow Martha is bored with her day to day task of eating grass and making milk. She reveals to Rob that she wants to go to the moon. Knowing he can't take her to the moon Rob takes Martha on a series of tourist trips which ultimately end with a trip to the Natural History Museum where Martha walks on a replication of the moon.

Oliver's Milkshake

Author: Vivian French

Publisher: Hodder Children's Books

Publication Date: July 2000

Age Range: 4-8

Summary: Teaches children why they should try new foods and how to make a nutritious, great tasting milkshake.



Power Protein

An Extraordinary Egg

Author Leo Lionni

Publisher: Dragonfly Books

Publication Date: November 1998

Age Range: 4-8

Summary: Three frogs have a memorable adventure after



one rolls home an alligator egg which she mistakes for a beautiful stone.

A Reward for Josefina

Author: Valerie Trip, Jeane-Paul Tibbles, and Susan McAliley

Publisher: American Girl

Publication Date: May 1999

Age Range: 9-12

Summary: Josephina goes into the woods in order to collect nuts.

Chicken Sunday

Author: Patricia Polacco

Publisher: Scholastic

Publication Date: 1993

Age Range: 4-8

Summary: Russian Jewish culture is shared with African American culture as three young children sell “pyansky” eggs for profit. All after a weekly Sunday dinner of fried chicken, and collard greens with bacon.

Cloudy with a Chance of Meatballs

Author: Judi and Ron Barrett

Publisher: Aladdin

Publication Date: April 1982

Age Range: 9-12

Summary: It rains food in the town of Chewandswallow but when showers of hamburgers and meatballs threaten the town things get dangerous.

Green Eggs and Ham

Author: Dr. Seuss

Publisher: Random House for Young Readers

Publication Date: August 1960

Age Range: 4-8

Summary: In this ageless classic an unrelenting telemarketer exerts pressure on his customer until he finally gives in to trying his green eggs and ham.

Horton Hatches the Egg

Author: Dr. Seuss

Publisher: Random House Books for Young Children

Publication Date: October 1940

Age Range: 4-8

Summary: An irresponsible bird convinces Horton to sit on her



egg. Horton must endure through many unwanted adventures but in the end his persistence pays off with the hatching of the egg.

The Meat and Protein Group

Author: Helen Frost and Gail Saunders-Smith

Publisher: Coughlan Publishing

Publication Date: January 2000

Age Range: 5-6

Summary: Simple pictures and text present the meat and protein group.

No Nuts for Me

Author: Aaron Zevy and Susan Tebbutt

Publisher: Tumblewood Press

Publication Date: 1996

Age Range: 4-8

Summary: A story about a young boy with a food allergy and how he won't let it prevent him from having fun.

Nuts to You!

Author: Lois Ehlert

Publisher: Harcourt Children's Books

Publication Date: 1993

Age Range: 3-7

Summary: The story of a curious city squirrel who sneaks into an apartment window and needs a nutty solution to find his way out.

One Bean

Author: Anne Rockwell

Publisher: Walker and Company

Publication Date: 1999

Age Range: 5-8

Summary: Describes what happens to a bean as it is soaked, planted, watered, repotted, and eventually eaten.

The Peanut Butter Kid

Author: Gertrude Stonesifer

Publisher: Mayhaven Publishing

Publication Date: January 1995

Age Range: 6-9

Summary: A story about a child's extreme love of peanut butter and what happens when he eats too much.





Active Play

April Showers

Author: George Shannon

Publisher: Greenwillow

Publication Date: April 1995

Age Range: 4-8

Summary: Four colorful and lively frogs dance their April Shower Dance. A great book about that celebrates activity and movement.

Barnyard Dance!

Author: Sandra Boyton

Publisher: Workman Publishing Company

Publication Date: October 1993

Age Range: Baby - 5

Summary: Children are encouraged to get up and dance by following picture representations of dancing animals.

Duck on a Bike

Author: David Shannon

Publisher: Blue Sky Press

Publication Date: April 2002

Age Range: 4-8

Summary: Duck gets a “wild idea” to ride his bike. His ride inspires the other animals on the farm.

Froggy Learns to Swim

Author: Johnathon London

Publisher: Viking Juvenile

Publication Date: May 1995

Age Range: 4-8

Summary: Froggy is terrified of the water and refuses to get in until the help of his mother, a snorkel, and water mask curtail his fears.

From Head to Toe

Author: Eric Carle

Publisher: HarperFestival

Publication Date: March 1999

Age Range: Baby – 5

Summary: Pictures of animals doing familiar movements such as an elephant stomping its feet encourage children to follow along.



I Went Walking

Author: Sue Williams

Publisher: Harcourt Trade Publishers

Publication Date: January 2001

Age Range: 2-6

Summary: While out on a stroll a young girl comes across a colorful procession of animals.

Jump Frog Jump

Author: Robert Kalan

Publisher: Harper Trophy

Publication Date: October 1989

Age Range: 2-5

Summary: A frog tries to catch a fly but soon finds himself at the bottom of the food chain. This story will soon have children jumping like a frog.

To Be a Kid

Author: Maya Ajmera

Publisher: Charlesbridge Printing

Publication Date: July 2000

Age Range: 4-9

Summary: Children from countries from around the world engage in similar activities. Demonstrates how children from around the world can relate through sport.

We Love Soccer

Author: Peggy Harrison

Publisher: Peggy Harrison Books

Publication Date: July 2002

Age Range: 4-8

Summary: A tale of three five year old soccer teammates and their exciting season. These students also demonstrate how anyone who plays is a winner.

We're Going on a Bear Hunt

Author: Helen Oxenbury and Michael Rosen

Publisher: Simon and Schuster

Publication Date: October 1997

Age Range: 4-9

Summary: Perfect book for groups and families. A family attempts to catch a bear, but finds themselves running from their original target.





Culture and Customs

Bitter Bananas

Author: Isaac Olaleye

Publisher: Puffin

Publication Date: February 1996

Age Range: 4-8

Summary: Young Yusuf is upset when he discovers a family of baboons helping themselves to his sweet palm sap which he harvests in the African rain forest near his home.

Carlos and the Cornfield

Author: Jan Romero Stevens

Publisher: Luna Rising

Publication Date: December 1999

Age Range: 4-8

Summary: Carlos' father instructs his son to only plant three seeds in each hole so that the plants have room to grow, but Carlos grows impatient and puts more seeds in each hole. When the seeds start to sprout he realizes his mistake.

Cherries and Cherry Pits

Author: Vera B. Williams

Publisher: Harper Collins

Publication Date: 1986

Age Range: 4-8

Summary: Through illustrations, Bedemmi tells a fanciful story of her neighborhood and their connection through cherries. Her imaginative pictures demonstrate how neighbors eat, buy, plant, share, and enjoying cherries. She shares with her readers how she uses cherry pits to build a forest of cherry trees on her block.

Come and Eat With Us

Author: Anne Kubler

Publisher: Child's Play International

Publication Date: September 1995

Age Range: 5-8

Summary: Children get a taste of what people eat in different countries around the world.

Dim Sum for Everyone

Author: Grace Lin

Publisher: Dragon Fly Books



Publication Date: January 2003

Age Range: 4-8

Summary: Captures the culture and history around Dim Sum as a Chinese family makes a visit to a restaurant where they share in a meal of "little dishes."

The First Strawberries: A Cherokee Story

Author: Joseph Bruchac

Publisher: Topeka Bindery

Publication Date: October 1999

Age Range: 4-8

Summary: A Cherokee legend about the healing power of strawberries.

Feast For 10

Author: Cathryn Falwell

Publisher: Houghton Mifflin Co.

Publication Date: 1996

Age Range: 5-8

Summary: A counting book that features an African American family shopping for dinner and their preparation for dinner.

Gathering the Sun: An Alphabet in Spanish and English

Author: Alma Flor Ada

Publisher: Rayo

Publication Date: April 1997

Age Range: 5-8

Summary: A celebration of Mexican custom and the harvest through an alphabet and series of 27 poems. Brings to light the experiences of Hispanic and agricultural workers.

Handa's Surprise

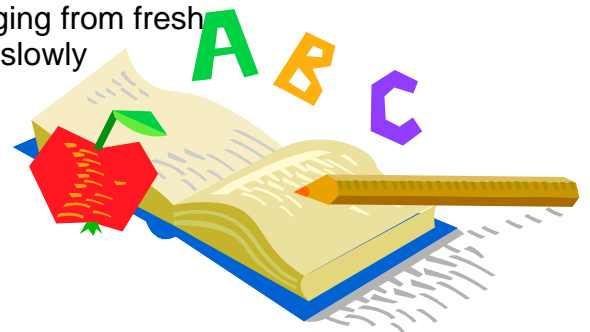
Author: Eileen Browne

Publisher: Scholastic Inc.

Publication Date: 1994

Age Range: 4-8

Summary: Through the huts of an African Village, Handa carries a basketful of fresh fruits to deliver to her friend. Not knowing which fruit her friend will prefer, Handa makes sure to carry an extensive collection. While delivering the basket full of fruits ranging from fresh avocado to Mango she discovers that her selection is slowly growing smaller and smaller. It seems that her friend isn't the only one who appreciates a mouthful of fresh fruit.



How My Parent's Learned to Eat

Author: Ina R. Friedmand
Publisher: Houghton Mifflin
Publication Day: April 1987
Age Range: 4-8

Summary: A young bi-racial girl tells the story of how her parents met and fell in love. The book demonstrates culture harmony and highlights subtle differences in culture by describing the differences in her parents eating habits as she recalls how sometimes they eat with chopsticks and sometimes with forks.

Mama Provi and the Pot of Rice

Author: Sylvia Rose Casanova
Publisher: Alladin
Publication Date: March 2001
Age Range: 4-8

Summary: When her granddaughter becomes ill Mama Provi sets out to make a pot of arroz con pollo. As she climbs the stairs to Lucy's apartment she trades a bit of her rice for different food products.

Market Day

Author: Lois Ehlert
Publisher: Voyager Books
Publication Date: August 2002
Age Range: 3-7

Summary: A farmer's market created through folk art. Picture book that describes how to get ready for a farmers market including waking up and feeding the roosters and getting the fruits and vegetables ready.

Potluck

Author: Anne Shelby
Publisher: Orchard Books
Publication Date: 1994
Age Range: 4-8

Summary: A multi-cultural spread of characters come together to eat and celebrate. The book follows the characters as they make a wide array of dishes for the potluck.

Rice Is Life

Author: Rita Golden Gelman
Publisher: Henry Holt and Co.
Publication Date: May 2000
Age Range: 4-8
Summary: Set in Bali, this story provides an overview of the



life cycle of rice while paying close attention to the culture surrounding this staple crop.

The Runaway Rice Cake

Author: Ying Chang Compestine

Publisher: Simon and Schuster Publishing

Publication Date: January 2001

Age Range: 4-8

Summary: The Chang family only has enough flour to make one rice cake for New Years. The rice cake comes alive and sends the Changs on an adventure as they attempt to catch it. Eventually it runs into a hungry woman. When the Changs share their cake with the poor woman they are rewarded with enough food for everyone to eat .

The Story of Chopsticks

Author: Yang Chang Compestine

Publisher: Holiday House

Publication Date: September 2001

Age Range: 5-8

Summary: A Chinese American cook offers his explanation for the invention of chopsticks.

Taste of the Mexican Market

Author: Nancy Tabor

Publisher: Charlesbridge Printing

Publication Date: March 1996

Age Range: 4-8

Summary: Experience the taste of the Mexican market while sifting through pictures of hanging bananas, braids of garlic, and pyramids of melons.

Too Many Tamales

Author: Gary Soto

Publisher: Putnam Publishing Group

Publication Date: 1996

Age Range 5-8

Summary: On Christmas day Maria slips on her mother's diamond ring. After making 24 tamales she realizes the ring is no where to be found and Maria has to search for the missing ring.

We Had a Picnic This Sunday Past

Author: Jacqueline Woodson and Diane Greenseid

Publisher: Hyperion

Publication Date: June 1998

Age Range: 4-8



Summary: Teeka's urban African American family has an annual picnic. This book introduces readers to her family and the wide collection of traditional food they bring to the picnic.



Healthy Habits

Buddy Bear's Handwashing Troubles

Author: Marjorie T. Cooke

Publisher: Brevis Corporation

Publication Date: 1986

Age Range: 5-8

Summary: Buddy Bear is taught why it is important to wash his hands.

Germs! Germs! Germs!

Author: Bobbi Katz

Publisher: Cartwheel

Publication Date: 1996

Age Range: 4-8

Summary: Germs describe how they fight the body and cause illness. Introduces children to the importance of making life difficult for germs.

Germs Make Me Sick

Author: Melvin Berger

Publisher: HarperCollins Children's Books

Publication Date: 1995

Age Range: 4-8

Summary: Introduces children to how bacteria and viruses spread in daily life.

Germs on Their Fingers

Author: Wendy Wakefield Ferrin

Publisher: The Wakefield Connection

Publication Date: April 2002

Age Range: 2-6

Summary: Teaches children to wash their hands and also teaches community activism.

Mr. Frumble's Coffee Shop Disaster

Author: Richard Scarry

Publisher: Western Publishing Company

Publication Date: 1993

Age Range: 4-8

Summary: Talks about the importance of food safety.



Rookie Read-About Health Series: Food Safety

Author: Sharon Gordon

Publisher: Children's Press

Publication Date: March 2002

Age Range: 4-8

Summary: Describes how to tell when foods are unsafe and steps to take to keep food healthy.

The Ten Potato Scrub

Author: Marjorie Cooke

Publisher: Brevis Corporation

Publication Date: unknown

Age Range: 4-8

Summary: Companion book to Buddy Bear's Handwashing Troubles. Teaches kids the proper way to wash their hands.

Wash Your Hands

Author: Tony Ross

Publisher: Kane/Miller Publishers

Publication Date: September 2000

Age Range: 4-8

Summary: A young girl learns the importance of washing her hands before doing different activities including eating.



Obtaining These Books:

You can check out many of these books through your local library, purchase them online, or through your favorite book store. You may also obtain children's storybooks from the California Healthy Kids Resource Center on a free loan basis. The Center offers special book sets with nutrition lesson plans.

Links to common vendors, libraries, and resource centers:

[California Library Directory](#)- Use the interactive map on the left of the page to locate a library near you

[California Independent Bookstores](#)- Database of California Independent Bookstores listed by city

[The Healthy Kids Resource Center](#)- Provides resources on a free loan basis with free shipping

[Neat Solutions](#)- Great source for nutrition books, and learning resources related to nutrition and health

[Scholastic Books](#)—Publishes children's books in Spanish and English as paperbacks, hardbacks, and big books

[Women, Infants, Children Storybook List](#)- Food and Nutrition storybook list with tips for choosing a good educational book

