Each day of the week the caterpillar eats his way through a variety of fruits.  He then overeats of “junk food” only to get sick.  He finally eats lots of greens and feels better only to fall asleep and wake up as a beautiful butterfly.  Colorful illustrations with holes, presumably made by the caterpillar, in the fruit.

The lunch mouse sniffs lunch on the table and proceeds to eat from a smorgasbord of vegetables and fruits that he finds.  He then goes back to sleep only to wake up in time for dinner!  Colorful illustrations of a different food on each page.

Frances ignores the food her mother prepares for her and chooses to eat only bread and jam.  Finally, her mother only gives her bread and jam to eat at every meal.  Soon Frances gets tired of the bread and jam and chooses to eat what her mother prepares.

Sam-I-am tries to get others to eat green eggs and ham but they say they do not like them.  Finally, after Sam says, “Try them! And you may.”  everyone discovers that they do like the green eggs and ham.

D. W. simply won’t eat certain foods, especially spinach.  After throwing a tantrum, D. W. has to stay home when the family goes out to eat.  D. W. soon discovers she is missing out on some fun.  Finally, for Grandma Thora’s birthday, D. W. gets to go along only to be surprised that she has eaten something that contains spinach.

Jack wakes up and wants a pancake for breakfast.  His mother needs the ingredients and asks for help in getting them.  Jack learns what it takes to make a pancake.

Mr. Sugar uses his truck of sweet goodies to lure Alicia and Alfredo away from nutritious foods, but Grandma Lupe is not fooled by him.
A hungry young man on a journey asks an old woman for some food. The woman does not want to share her food but he convinces her she can make soup from a stone if she follows his directions.

Soldiers who are on a journey asks villagers for food but the villagers say they have none. The soldiers convince the villagers they can make soup from a stone. The results are very tasty and everyone enjoys the resulting soup.

There are several versions of Stone Soup. While the first is easier reading, the second one is the more traditional folk tale.

Maria Lili learns from her grandmother how to make do with what you have by bartering in the market for the ingredients for chicken sancocho. Recipe included.

The Edible Pyramid is a restaurant that is having a grand opening. It is serving a pyramid menu featuring the foods as they are found in the USDA Food Guide Pyramid. After the waiter explains the pyramid menu, everyone orders a delicious and nutritionally balanced meal.

Oliver who doesn’t like vegetables visits his grandfather who lives on a farm and grows a large vegetable garden. In his search for potatoes to make French fries, Oliver finds only other root vegetables. Finally, Oliver finds the potatoes and gets to enjoy the French fries and in the process learns that other vegetables can taste good too.
Oliver’s Fruit has a similar story line.

A picture tour of the world with everyone eating bread in all the different forms that it is eaten. No matter what culture everyone eats bread.

Glenda prepares a wonderful meal for Ned, including cheese, salad, soup, olives and of course bread.

A different poem about chicken soup with rice for each month of the year suggesting that chicken soup with rice can be eaten anytime.
   A boy did not want his lunch of alphabet soup until he spelled out an adventure with each spoonful.

   The mouse learns he has to eat the strawberry quickly before the big hungry bear gets it! But, he can’t eat it all so he learns that he can share it.

   Emphasis is on the joys of the family eating together. Mamá says, “Ay, qué pena!” whenever the family can not eat together. Uses Spanish names for some of the foods.

   How the various ingredients are made into pizza.  The process is beautifully photographed.  A recipe for pizza is included.

   A colorful illustration of the alphabet in fruits and vegetables.

   To get the little mice family, Chato, the cat, prepares all kinds of good food.  Features traditional Mexican menu.  Uses Spanish names for foods and other Spanish words in the text.

   With the questionable help of his friends, the Big Brown Rooster manages to make a strawberry shortcake which would have pleased his great-grandmother, The Little Red Hen.  A recipe for strawberry shortcake is included.

   The colorful illustrations show how sandwiches are a multicultural food..

   The colorful illustrations show how fruits and vegetables are grown, marketed and, best off all, eaten.

   Henny packs a snack to take on a picnic.  Her picky children won’t eat any of it so she eats it all herself.  After she falls asleep, the children decide they are hungry and perhaps they have been too picky.
Carrie searches from house to house to find her brother Anthony. Everywhere she goes they’re cooking rice, and it’s never the same dish.

Mr. Wolf’s Pancakes. Jan Fearnley. ISBN: 1888444762
This is a similar tale as Stone Soup but in this version, the hen makes soup to keep the wolf from eating her????

This is a wordless book which makes it a good book for younger age child or a child whose first language is not English. The story is similar to Pancakes, Pancakes by Eric Carle.

Children’s Books with Nutrition and Gardening Themes

Essentially a gardening book to help children grow gardens that will produce specific meals such as a spaghetti garden or a salsa garden. Kid friendly (ages 6 and up) recipes are included.

Dad give directions for growing all the ingredient for making vegetable soup. Recipe included.

Jamie planted a pumpkin seed in the spring and after watching it grow, carves it into a jack-o-lantern and saves seeds to plant the next spring.

Children’s Cookbooks (and Parents too!)

An around the world adventure in food and culture. Recipes are rated from easiest to needing a grow-up to help. Look for the “cultural cues”, “fun facts”, and entertaining ideas suitable for kids.

A variety of recipes, some not too nutritious, that are favorites of kids everywhere. Look for the “classy cooks”, “nutri-note” and “safety alert!”

Subtitled *More than 100 Easy Recipes and Fun Crafts for Parents and Kids*, the recipes are broken down into what the parent prepares and what the kids can do. There is a discussion on what to expect children of different ages to be able to do in the kitchen.


Much of the book is advice and guidelines addressing many health and nutrition issues parents have about feeding their child from newborn to school-age. Menus and recipes are all kid tested with nutrition information provided for each recipe.

**Child Nutrition Books for Parents and Teachers**


Practical no nonsense guide for parents who are struggling with their child’s eating habits and those who aren’t. Emphasis is on the psychology of eating and making eating a pleasurable experience for the family.


Suggestions for successful nutrition education and food experiences in a pre-school setting. Extensive appendix with masters for copying, recipes, pictures and other useful ideas.

**How to Teach Nutrition to Kids**. Connie Liakos Evers, M.S., R.D. 24 Carrot Press, Tigard, OR 1995. ISBN 0-9647970-3-8

A cooperative and creative approach to integrating nutrition into other disciplines. Each is identified with an icon, lists of required materials and supplies are included. All activities are categorized according to student level (primary, intermediate, or either.)


A companion to **How to Teach Nutrition to Kids**, the larger page format provides camera ready masters for many of the activities in the earlier book.