



Nutrition on the Bookshelf

Children's Books with Nutrition or Food Stories

The Very Hungry Caterpillar. Eric Carle. Scholastic Inc. New York 1969. ISBN 0-590-03029-9 (paperback) La Oruga Muy Hambrienta. ISBN 0-399-227-806

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.

Lunch. Denise Fleming. Henry Holt and Company, New York 1992. ISBN 0-8050-4646-1 (paperback)

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.

Bread and Jam for Frances. Russell Hoban. Harper and Row Publishers, Inc. 1964. ISBN 0-590-02566-X (paperback)

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.

Green Eggs and Ham. Dr. Seuss. Random House, Inc., New York 1960. ISBN 0-394-80016-8

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. the Picky Eater. Marc Brown. Little, Brown and Co., Boston 1995. ISBN 0-316-11048-5 (paperback)

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.

Pancakes, Pancakes! Eric Carle. Aladdin Paperbacks, Simon & Schuster Publishing Co., New York 1990. ISBN 0-689-822246-4 (paperback)

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 Came to Town. (La vista del Sr. Azúcar) Adapted by Harriet Rohmer and Cruz Gomez. Children's Book Press, San Francisco 1989. ISBN 0-89239-141-3

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.

Stone Soup. Ann McGovern. Scholastic Inc., New York 1968. ISBN 0-590-41602 (paperback)

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.

Stone Soup. Marcia Brown. Aladdin Paperbacks, New York 1947. ISBN 0-689-7113-4 (paperback)

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.

Saturday Sancocho. Leyla Torres. Farrar Straus Giroux, New York 1995. ISBN 0-374-36418.
El Sancocho del sábado ISBN0-374-31997-9

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, Good Eating Every Day. Loreen Leedy. Holiday House, New York 1994. ISBN 0-8234-1233-4 (paperback)

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's Vegetables. Vivian French. Orchard Books, New York 1995. ISBN 0-531-07104-9 (paperback)

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.

Bread, Bread, Bread. Ann Morris. Mulberry Books, New York 1989. ISBN 0-688-12275-2 (paperback)

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.

This is the Bread I Baked for Ned. Crescent Dragonwagon. Aladdin Paperbacks, a division of Simon & Schuster, New York 1989. ISBN 0-689-82353-3 (paperback)

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

Chicken Soup with Rice. Maurice Sendak. Harper Collins Publishers, Inc. New York 1962. ISBN 0-066-443253-X (paperback)

A different poem about chicken soup with rice for each month of the year suggesting that chicken soup with rice can be eaten anytime.

Alphabet Soup. Kate Banks. Dragonfly Books, Alfred A. Knopf, Inc., New York 1988. ISBN 0-679-86723-6 (paperback)

A boy did not want his lunch of alphabet soup until he spelled out an adventure with each spoonful.

The Little Mouse, The Ripe Strawberry and The Big Hungry Bear. Don and Audrey Wood. Child's Play (International) Limited. ISBN 0-85953-659-9 (board book also available in paperback).

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.

Let's Eat! Ana Zamorano. Scholastic Inc., New York 1996. ISBN 0-439-06758-8 (paperback)

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.

Hold the Anchovies, A Book About Pizza. Shelly Rotner and Julia Pemberton Hellums. Orchard Books, New York 1996. ISBN 0-531-09507-X

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

Eating the Alphabet. Lois Ehlert. Harcourt Brace & Company, San Diego ISBN 0-15-201036-X (board book also available in paperback)

A colorful illustration of the alphabet in fruits and vegetables.

Chato's Kitchen. Gary Soto. Putnam & Grosset Group, New York 1995. ISBN 0-698-11600-3 (paperback)

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.

Cook-A-Doodle-Do! Janet Stevens and Susan Steven Crummel. Harcourt Brace and Company, San Diego 1999. ISBN 0-15-201924-3

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.

It's A Sandwich! Roberta L. Duyff and Patricia C. McKissack. Many Hands Media, New York 1996. ISBN 1-888566-02-7 (paperback)

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

All Our Fruits and Vegetables. Roberta L. Duyff and Patricia C. McKissack. Many hands Media, New York 1996. ISBN 1-888566-03-5 (paperback)

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

Here Comes Henny. Charlotte Pomerantz. Mullberry Books, New York 1994. ISBN 0-688-16703-9 (paperback)

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.

Every Body Cooks Rice. Nora Dooley. Carolrhoda Books, San Diego 1991.

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????

Pancakes for Breakfast. Tome De Paola. Harcourt Brace, 1990. OSBN: 0156707683 Ages 2-5.

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

Dinner from Dirt. Emily Scott and Catherine Duffy. Gibbs-Smith Publisher, Salt Lake City 1998. ISBN 0-87905-840-4 (paperback)

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.

Growing Vegetable Soup. Lois Ehlert. Harcourt, Brace and Company, San Diego 1987. ISBN 0-15-232580-8 (paperback)

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

Pumpkin Pumpkin. Jeanne Titherington. Mulberry Books, New York 1986. ISBN 0-688-09930-0

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!)

Kids' Multicultural Cookbook, Food and Fun Around the World. Deanna F. Cook. Williamson Publishing Co., Charlotte, Vermont 1995. ISBN 0-913589-91-8 (paperback)

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.

Kids Cook! Fabulous Food for the Whole Family. Sarah Williamson and Zachary Williamson. Williamson Publishing, Charlotte, Vermont 1974. ISBN 0-913589-61-6 (paperback)

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

Someone's in the Kitchen with Mommy. Elaine Magee, M.P.H., R.D. Contemporary Books, Chicago 1998. ISBN 0-8092-3142-5

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.

Healthy Food for Healthy Kids. Bridget Swinney, M.S., R.D. Meadowbrook Press, Minnetonka, Minnesota 1999. ISBN 0-88166-336-0

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

How to Get Your Kid to Eat...But Not Too Much. Ellyn Satter, R.D., A.C.S.W. Bull Publishing Company, Palo Alto, CA 1987. ISBN 0-915950-83-9 Also, Child of Mine: Feeding with Love and Good Sense

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.

Nutrition Activities for Preschoolers. Debby Cryer, Adele Richardson Ray, Thelma Harms. Dale Seymour Publications, White Plains, N.Y. 1996. ISBN 0-201-49452-3

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.)

Leader/Activity Guide: A Hands-on Guide Filled with Delicious Learning. Connie Liakos Evers, M.S., R.D. 24 Carrot Press, Tigard, OR 1998 ISBN 0-9647970-6-2

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.