

## Books that Promote Healthy Eating Habits

### Alphabet Soup

ISBN: 0679867236

by Katherine Anne Banks

Knopf Alfred A

1994

A boy's ability to spell words with his alphabet soup comes in handy during the magical journey he takes in his mind with a friendly bear. **Ages 5 to 7.**

### Beef Stew

ISBN: 0394850467

by Barbara Brenner

Random House, Inc.

1990

Nicky's mom is making so much stew that he is allowed to bring a friend home for supper. But his best friend Alec can't come, and Carla won't come--she hates beef stew. So Nicky begins a funny, frantic quest for someone to share his favorite dish. **Ages: 5 to 6**

### Berenstein Bears and Too Much Junk Food, The

ISBN: 0394872177

by Stan and Jan Berenstain

Random House

1985

When Mama Bear notices her two cubs getting a little chubby, she decides to curtail their junk-food habits. An excellent job of covering basic nutrition principles, the importance of a healthy lifestyle, and the role exercise plays in good health. **Preschool to age 8.**

### Berenstein Bears Forget Their Manners

ISBN: 0394873335

by Stan and Jan Berenstain

Random House

1985

"When Mama Bear's efforts to improve her family's manners are unsuccessful, she devises a Politeness Plan--a chart listing a chore as a penalty for each act of rudeness. Basic etiquette is presented in a practical way. **Ages 5 to 8.**

### Blue Potatoes, Orange Tomatoes: How To Grow A Rainbow Garden

ISBN: 0871569191

by Rosalind Creasey

Sierra Club books for Children

1997

Describes how to plant and grow a variety of colorful vegetables including red corn, yellow watermelons and multi-colored radishes. **Ages 7-11**

<b>Bread And Jam for Frances</b>		ISBN: 0064430960
By Russell Hoban	Harper Collins Children's Books	1986 reprinted
A perfect antidote for children who make limited food choices. Frances' 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." <b><u>Preschool to age 8.</u></b>		
<b>Bread, Bread, Bread</b>		ISBN: 0688122752
by Ann Morris Morrow	William & Co.	1993
Baking bread, sharing bread, eating bread -- one of humankind's most basic concerns is explored through masterful full-color photographs, linked by few words of text. <b><u>Preschool to age 8.</u></b>		
<b>Bread is for Eating</b>		ISBN: 0805057986
by David Gershator	Henry Holt & Co.	1998
A text in English is punctuated with a rhythmical Spanish refrain of a song that celebrates the importance of bread. The reader is taken on a picturesque journey that follows the making of bread, from the seed planted in the soil to the baker's kneading of the dough. The text's musicality is inviting, but it is the detailed, earth-toned artwork that has the most appeal. Music included.		
<b>Buddy Bear's Handwashing Troubles</b>		ISBN: Unknown
by Marjorie T. Cooke	Unknown	Unknown
Buddy Bear learns why it is important to wash his hands. <b><u>Preschool to age 8.</u></b>		
<b>Carrot Seed, The</b>		ISBN: 0064432106
by Ruth Krauss	HarperCollins Children's Books	1989 reprint
A little boy just knows that a carrot will grow from the seed that he plants--whatever his family may believe--in this brief (101 words) classic story of childhood faith rewarded. <b><u>Ages: 5 to 8 .</u></b>		
<b>Chicken Soup with Rice</b>		ISBN: 006443253X
by Maurice Sendak	HarperCollins Children's Books	1990 reprint
"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. <b><u>Ages: 5 to 8.</u></b>		

<b>Corn is Maize: The Gift of the Indians</b>		ISBN: 0064450260
by Aliko	HarperCollins Children's Books	1996
<p>Popcorn, corn on the cob, cornbread, tacos, tamales, and tortillas. All of these and many other good things come from one amazing plant. Aliko tells the story of corn: How Native American farmers thousands of years ago found and nourished a wild grass plant and made it an important part of their lives. They learned the best ways to grow and store and use its fat yellow kernels. And then they shared this knowledge with the new settlers of America. Ages: <b><u>5 to 8</u></b>.</p>		
<b>Cow</b>		ISBN: 0881069566
by Jules Older	Charlesbridge Pub. Inc.	1998
<p>A light-hearted, informative look at cows: different breeds, what they eat, how they make milk, and an assortment of other facts. <b><u>Infants and preschool</u></b>.</p>		
<b>Eating Fractions</b>		ISBN: 059072732X
by Bruce McMillan	Scholastic, Inc	1993
<p>A math book that whets the appetite, the bright color photos in this book show two kids eating delicious fractions of food illustrating math concepts. The author carries his math and food message one step further by including recipes, which provide delicious practice learning fractions. <b><u>Preschool to age 8</u></b>.</p>		
<b>Eating the Alphabet: Fruits and Vegetables from A to Z</b>		ISBN: 0152244360
by Lois Ehlert	Harcourt Brace & Co.	1993
<p>A colorful ABC book with a great presentation of a variety of foods both common and uncommon that may entice kids to taste. Includes a glossary with descriptions and interesting facts. <b><u>Preschool to age 8</u></b>.</p>		
<b>Everybody Cooks Rice</b>		ISBN: 0876145918
by Norah Dooley	Lerner Publishing Group	1992 reprint
<p>A child searches the neighborhood to find his brother at dinner time and discovers how rice is prepared in different households according to a variety of cultural traditions. <b><u>Ages 7-11</u></b>.</p>		
<b>Feast for 10</b>		ISBN: 0395720826
by Cathryn Falwell	Houghton Mifflin Co.	1996
<p>A counting book that features an African-American family shopping for food, preparing dinner, and sitting down to eat. Lively read-aloud text. Impressive collages . . . A joyful celebration of family and food. <b><u>Ages: 5 to 8</u></b>.</p>		

<b>From Seed to Plant</b>		ISBN: 0823410250
by Gail Gibbons	Holiday House, Inc	1993 Reprint
The transformation of seeds into full plants, which then generate new seeds, is presented with elegance and simplicity. Each page is carefully structured. An appealing presentation of basic science. <b><u>Ages: 5 to 8.</u></b>		
<b>Germes Make Me Sick</b>		ISBN: 0064450538
by Melvin Berger	HarperCollins Children's Books	1 9 9 5
Packed with wit and good humor as well as charts and diagrams, this book is the classic depiction of how your body fights back when germs make an invasion. Full color. <b><u>Kindergarten to age 8.</u></b>		
<b>Germes, Germes, Germes</b>		ISBN: 059062959
by Bobbi Katz	Scholastic, Inc.	1996
Germes describe in rhyme how they attack the body to cause illness and how careful people make life difficult for germes. <b><u>Infants to preschool.</u></b>		
<b>Green Eggs and Ham</b>		ISBN: 0394800168
by Dr. Seuss	Random House	1976 reprint
This timeless favorite makes an important point about food -- you will never know if you like a new food until you try it. <b><u>Preschool to age 8.</u></b>		
<b>Gregory, the Terrible Eater</b>		ISBN: 0590433504
by Mitchell Sharmat	Scholastic Trade	1989
A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs and orange juice. <b><u>Ages 4 to 8.</u></b>		
<b>Growing Vegetable Soup</b>		ISBN: 0152325808
by Lois Elhert	Harcourt Brace Jovanovich	1990 reprint
In brightly-colored collage illustrations, a father and child share the simple joys of planting, watering, and watching seeds grow in their garden. Then they cook them all up into a delicious vegetable soup, the recipe for which is included. Full color. <b><u>Preschool to age 8.</u></b>		
<b>If You Give a Mouse a Cookie</b>		ISBN: 0064434095
by Laura Joffe Numeroff	Harper Collins Children's Books	1997
"If you give a mouse a cookie, he's going to ask for a glass of milk. When you give him the milk, probably ask you for a straw. . . ." So begins this delightful story about an energetic mouse and an accommodating little boy. Full-color illustrations. <b><u>Preschool to age 8.</u></b>		

<b>Like Butter on Pancakes</b>		ISBN: 0140552618
by Jonathan London	Puffin	1998, Reprint
<p>A little boy's day dawns with sunlight and breakfast smells and continues with barnyard animal playmates and haystacks made for jumping. Concrete action is reflected in both text and illustrations as the boy vigorously enjoys his day. London's poetic narrative makes fine read-aloud, with Karas' charcoal-and- pastel drawings on colored paper providing joyous accompaniment. The precise language and generous composition make this a winning title for both group story time and lap sharing. <b><u>Preschool to age 8.</u></b></p>		
<b>Little Red Hen, The</b>		ISBN:0374445117
by Margo Zemach Sunburst	Authors, publishers and versions vary slightly.	1993 Reprint
<p>This little red hen is a hard-working single mother who gets no help from the goose, the cat, and the pig. When she asks who will help her, the refrain "Not I" rings out loud and clear. Classic tale about work, cooperation, and consequences, with an underlying theme teaches children the stages of bread production. Margot Zemach's detailed, vivacious illustrations make this edition an all-time favorite. <b><u>Preschool to age 8.</u></b></p>		
<b>Lunch</b>		ISBN: 0805046461
by Denise Flemming	Henry Holt & Co., Inc.	1996
<p>One hungry mouse peeks out of his hole and sniffs ... LUNCH! Children can guess what fruit or vegetable comes next as the voracious rodent munches his way through yellow corn, green peas, orange carrots, and the rest of the colors vibrantly represented by Denise Fleming's unique, eye-catching style. <b><u>Infant to Preschool.</u></b></p>		
<b>Magic School Bus: Inside the Human Body, The</b>		ISBN: 0590414275
by Joanna Cole	Scholastic, Inc.	1990 Reprint
<p>Very popular, interesting series details the process of digestion through a fantastic journey inside the body. One page has a side bar that actually shows the pyramid food groups and warns against eating too much junk food! <b><u>Ages 7 to 11.</u></b></p>		
<b>Max's Breakfast</b>		ISBN: 0803722737
by Rosemary Wells	Penguin USA	1998
<p>Max doesn't want to eat his egg- "Bad Egg" he says. You can't have any strawberries until you finish your egg declares Ruby, his sometimes overbearing older sister. But she outsmarts herself and ends up eating the egg, much to Max's delight. Now the egg is "all gone," and Max can have some delicious strawberries. An amusing and all too true scene with bright new drawings by Wells. <b><u>Infants to preschool.</u></b></p>		

<b>Milk Makers, The</b>		ISBN: 0689711166
by Gail Gibbons	Aladdin	1987 Reprint
Full of bright, colorful illustrations, this book explains in detail how a dairy cow generates milk and how the milk is processed prior to its eventual arrival at the table. <b><u>Preschool to age 8.</u></b>		
<b>Mr. Putter and Tabby Pick the Pears</b>		ISBN: 0152002464
by Cynthia Rylant	Harcourt Brace & Co.	1995
In his fourth easy reader, the childlike Mr. Putter and his elderly cat Tabby cannot make it up the ladder to pick this year's pears because Mr. Putter has "cranky knees." So he fashions a slingshot from a stick, an old glove, and a pair of poodle print underpants. His attempts to knock down the pears by using fallen apples fail but result in a wealth of apple turnovers, cider, and apple jelly. <b><u>Ages 6 to 10.</u></b>		
<b>Oliver's Fruit Salad</b>		ISBN: 0531300870
by Vivian French	Orchard Books	1998
Oliver's wonderful grandfather grows fruit tastier than anything from a can or bottle -- or so Oliver tells his mother. But it doesn't mean Oliver will eat any. His clever grandparents get Oliver to try fruit salad which he discovers is yummy! Bright, bold illustrations make this funny book a feast for the eyes. <b><u>Preschool to age 8.</u></b>		
<b>Oliver's Milk Shake</b>		ISBN: 0531303047
by Vivian French	Orchard Books	2001
Oliver is a picky eater. He knows what he likes and what he doesn't. But his Aunt Jen is determined to change his ways. "What you need," she says, wagging her finger, "is one of my yummy milk shakes." Naturally, she knows just the place to get the freshest ingredients. And this time, Oliver isn't putting up a fight. With its ravishing colors and deliciously understated wit, Oliver's third outing will be devoured by his many fans- and is sure to entice newcomers too. <b><u>Preschool to age 8.</u></b>		
<b>Oliver's Vegetables</b>		ISBN: 0531071049
by Vivian French	Orchard Books	1995
Oliver visits his grandparents and hopes to find the potatoes so he can have the only vegetables he likes, french fries. But first he must find the potatoes in the garden, and in the process he tries and likes all the vegetables! <b><u>Preschool to age 8.</u></b>		
<b>Over Under in the Garden</b>		ISBN: 0374356777
by Pat Schories	Farrar, Straus & Giroux	1996
The wonderful world of the garden and the alphabet are brought together in an alphabet book that combines informative facts on plants and animals in an A-to-Z presentation, enhanced by richly detailed paintings. <b><u>Preschool to age 8.</u></b>		

<b>Peanut Butter, Apple Butter, Cinnamon Toast</b>		ISBN: 0811467457
by Argentina Palacios	Raintree/Steck-Vaugh	1998
Riddles in rhyme describe foods such as spaghetti, popcorn, apples, and carrots. <b><u>Ages 4 to 8.</u></b>		
<b>Picking Peas for Penny</b>		ISBN: 0590459422
by Angela Medearis	Scholastic, Inc.	1993 Reissued
Angeline and John are off on a pea-picking race. Grandfather has promised them a penny for every pound of peas they pick on a hot summer day during the Depression. Provides an upbeat, historical portrait of an African-American farm family. <b><u>Ages 6 to 9.</u></b>		
<b>Potluck</b>		ISBN: 053107045X
by Anne Shelby	Orchard Books	1994 Reprint
A beautifully illustrated book weaves together a multi cultural cast of characters and foods as they convene for their colorful potluck. Different dishes and foods are represented (asparagus soup, bagels, kale, yams, etc.), one for every letter of the alphabet! <b><u>Preschool to age 8.</u></b>		
<b>Rabbit Food</b>		ISBN: 0763607312
by Susan Gretz	Candlewick Press	1999
Uncle Bunny stands as an excellent role model for John, a young bunny who has a difficult time appreciating the "fine", edible delicacies of life, such as celery, tomatoes, peas, mushrooms, and carrots. <b><u>Ages: 5 to 7.</u></b>		
<b>Stone Soup</b>		ISBN: 0874990521
by Marcia Brown	Charles Scribner's Sons	1947
The classic story of how three hungry soldiers convince the peasants of a small village that soup made of stones is indeed hearty and delicious. <b><u>Preschool to age 8.</u></b>		
<b>This Year's Garden</b>		ISBN: 0689711220
by Cynthia Rylant	Simon & Schuster Children's	1986
A pigtailed little girl tells how she and her family work through the seasons on the garden. A garden's cycle takes an entire year. Winter is the time for planning, and spring for planting. After the long summer, the first vegetables are ready to eat. Then comes the fall harvest. <b><u>Ages 5 to 8.</u></b>		

<b>Those Mean Nasty Dirty Downright Disgusting but Invisible Germs</b>		ISBN: 0934140464
by Judith Rice	Toys'n Things Press	1997
Beth encounters five Amean, nasty, dirty, downright disgusting but ... invisible germs during her morning school but gets rid of them by washing her hands. Full-color illustrations. Bilingual English and Spanish. <b><u>Ages 7-11.</u></b>		
<b>Very Hungry Caterpillar, The</b>		ISBN: 0399208534
by Eric Carle	Philomel Books	1983
This story clearly and vividly illustrates how food is needed to build young bodies and sets the stage for a discussion of how food fuels the growth of all living things, even kids. <b><u>Preschool to age 8.</u></b>		
<b>What Food Is This?</b>		ISBN: 059046583X
by Rosemarie Hausher	Scholastic	1994
Photos of a wide variety of foods and children accompany a question/answer format that discusses 18 different foods, featuring questions like how they are grown or processed. <b><u>Ages 7-11.</u></b>		
<b>What Happens to Hamburgers?</b>		ISBN: 0064450139
by Paul Showers	HarperCollins Children's Books	1991 Revised
Explains the processes by which a hamburger and other foods are used to make energy, strong bones, and solid muscles as they pass through the digestive system. <b><u>Ages 5 to 8.</u></b>		