

Children's Books about Nutrition

Below are some recommended children's books on food and good nutrition. Check one out at your local library today!

The Amazing Milk Book □ by Paulette Bourgeois, Catherine Ross and Susan Wallace □ This book describes milk's chemistry, nutritional value, production and use as a component of cheese and other foods. It's enriched with anecdotes and humor.

The Beastly Feast □ by Bruce Goldstone □ At the great animal feast, bears bring pears and mosquitoes bring burritos.

Belly Laughs □ by Charles Keller □ These 75 food jokes and illustrations are written especially for children.

Blue's Snack Party □ by Sarah Landy. □ Blue's friends bring healthy snacks to a party. Discover each snack by lifting flaps that reveal ingredients, recipes and finished dishes.

A Book of Fruit □ by Barbara Hirsch Lember □ While most children recognize fruit in a bowl or in a supermarket, some have never seen fruit growing on a tree or a bush. This well-photographed book makes the connection between the fruit and where and how it grows before it arrives at the supermarket. Photos of single servings of fruit appear on pages opposite photos of where the fruit grows.

Bread, Bread, Bread □ by Ann Morris □ With large photographs, this book depicts the wide variety of breads from around the world. From India to Mexico, from Peru to Indonesia, from Ghana to Greece, international breads are shown.

Bread is for Eating □ by David and Phillis Gershator □ Mamita explains how bread is created and sings, "El Pan es Para Comer" ("Bread is for Eating"). Music and lyrics in both Spanish and English are included.

Cloudy with a Chance of Meatballs □ by Judy Barrett □ The townspeople love it when food falls from the sky -- until the food gets too big to swallow.

Cooking UP U.S. History: Recipes and Research to Share with Children □ by Suzanne I. Barchers and Patricia C. Marden □ This book supplies a word list, recipes and a bibliography for five historical periods of U.S. history and six regions of the U.S.

Dinner at the Panda Palace □ by Stephanie Calmenson □ Babies and toddlers see animals dining out at the Panda Palace.

Dinosaurs Alive and Well; A Guide to Good Health □ by Laurie Krasny Brown and Marc Brown □ Colorful and bright dinosaurs provide kids with a blueprint to good health. Nutrition, exercise and fitness are some of the topics that are encountered.

Dumpling Soup □ by Jama Kim Rattigan □ 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.

D.W. the Picky Eater □ by Marc Brown □ Arthur the Aardvark's sister, D.W., 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.

The Edible Pyramid: Good Eating Every Day □ by Loreen Leedy □ At the Edible Pyramid Restaurant, guests learn about all the foods they can eat from USDA's Food Guide Pyramid.

Everybody Cooks Rice □ by Norah Dooley □ Anthony is late for dinner. So his sister goes from house to house looking for him. In each home, she finds families preparing rice in a different way. This multicultural dinner tale ends with several recipes for rice -- from Barbados, Puerto Rico, Vietnam, India, China, Haiti, and Italy.

Extra Cheese, Please!: Mozzarella's Journey from Cow to Pizza □ by Cris Peterson □ This well-photographed book describes how cheese is made, from a Wisconsin dairy farm until a cheese factory ships the final product across America.

Family Pictures: Cuadros de Familia □ by Carmen Lomas Garza □ The author describes, in bilingual text and illustrations, her experiences growing up in a Hispanic community in Texas. Several of the stories focus on food-picking, cactus, making tamales, eating tacos, picking oranges and eating watermelon.

Foods: Feasts, Cooks, and Kitchens □ by Richard Tames □ This history of food discusses the types of foods and cooking method used by cultures from the hunters and gatherers of 18,000 B.C. to Egyptians, Greeks, Romans, Middle Ages and all the way to futuristic farming. It's filled with interesting illustrations and fascinating facts.

Grandpa's Garden Lunch □ by Judith Caseley □ Take a trip down to the garden with Sarah and her Grandpa and learn the basics of gardening. Kids will learn about how various foods grow. They will also see why "patience is a virtue."

Gregory, The Terrible Eater □ by Mitchell Sharmat □ Gregory the goat likes eggs, vegetables, fruit and fish. But his parents want him to eat garbage!

Group Soup □ by Barbara Brenner □ A selfish rabbit learns that sharing is the one ingredient needed to make the perfect Group Soup.

How My Family Lives In America □ by Susan Kuklin □ This book tells the story of three children, each with an immigrant parent. For each family, the foods 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.

How to Make An Apple Pie and See the World □ by Marjorie Priceman □ Since the supermarket is closed, the reader is led around the world -- to Italy, France, Sri Lanka, England, Jamaica and Vermont -- to gather the ingredients for making an apple pie.

I Know an Old Lady Who Swallowed a Pie □ by Alison Jackson □ In this take-off of the song "I Know an Old Lady Who Swallowed a Fly," a woman rudely eats everything at a Thanksgiving feast!

I Will Never Not Ever Eat a Tomato □ by Lauren Child □ Lola's sister Charlie convinces her to eat

fruits and vegetables. For example, Charlie calls mashed potatoes “cloud fluff from the pointiest peak of Mount Fuji.”

It’s a Spoon, Not a Shovel □ by Mark and Caralyn Buehner □ When a crocodile is eating an armadillo, should she put her napkin (a) on her head, (b) in her ear or (c) on her lap? This is a humorous etiquette book for young children.

Macho Nacho and Other Rhyming Riddles □ by Giulio Maestro □ This book is filled with rhyming riddles, many of which are riddles about foods.

Make Me a Peanut Butter Sandwich and a Glass of Milk □ by Ken Robbins □ This book describes the production of three foods: peanut butter, bread, and milk...from the farm to the manufacturing plant to the store to the home.

A Medieval Feast □ by Alike □ A manor prepares a feast fit for a king and queen.

Milk From Cow To Carton □ by Alike □ Alike takes readers on a guided tour that begins with grazing cows, proceeds through milking and a trip to the dairy and ends with some different foods made from milk

Multicultural Cookbook for Students □ by Carole L. Allyn and Lois S. Webb □ This cookbook includes 337 recipes from 122 countries. Also included are maps and background information about each country. The ingredients on the recipes are foods generally available in the U.S.

Munching: Poems about Eating □ Selected by Lee Bennett Hopkins □ A collection of over 20 poems about food for children.

Never Take a Pig to Lunch and Other Poems about the Fun of Eating □ Selected and illustrated by Nadine Bernard Westcott □ A collection of 50 poems and traditional rhymes about food and eating.

No Milk! □ by Jennifer Ericsson □ A city boy tries to coax, cajole, coerce, and command the milk out of a dairy cow — but no milk! As tempers flare, the pair finally arrives at a creamy compromise. Perfect for reading aloud.

Pass the Fritters, Critters □ by Cheryl Chapman. □ Should the bunny pass the honey? Should the parrot pass the carrots? Not without the magic word!

Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess □ by Argentina Palacios □ A book of food riddles for children.

Pizza! □ by Teresa Martino □ A brief history of pizza for beginning readers.

The Race Against Junk Food □ by Anthony Buono □ Tommy and the Snak Posse (which includes vegetable-people) win a footrace against junk food.

Roses Sing on New Snow □ by Paul Yee □ Set in turn of the century Chinatown, this is the story of a young girl who cooks in her father's restaurant. Although her father never gives Maylin credit for her great cooking, she works hard because she loves food and loves preparing meals for Chinese

immigrants away from their families. When her father presents her new dish to the governor of South China, the truth comes out and Maylin is finally recognized as a very special cook.

A Spoon for Every Bite □by Joe Hayes□A poor Southwestern couple buys a third spoon so they can invite their baby's godfather to dinner. Their rich guest brags about his numerous spoons, so the couple tells a story about someone who uses a new spoon for every bite. What they're really referring to is a tortilla, but the rich man is fooled and buys spoons until he's broke.

The Tawny, Scrawny Lion □by Kathryn Jackson□A rabbit avoids being eaten by a lion by serving him delicious carrot stew

This Is The Way We Eat Our Lunch□by Edith Baer and Steve Björkman□Kids are taken around the world to learn about the various lunch preferences of children from different cultures. Colorful illustrations help make this adventure to various destinations extra special.

Too Many Tamales□by Gary Soto□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.

The Vegetable Show□by Laura Krasny Brown□Watch vegetables do a little vaudeville in their attempt to dance and sing their way onto the plates and into the hearts of kids. Kids will truly be tempted by the delightful characters including the Tip-Top Tomato Twins and Bud the Spud.

The Victory Garden Vegetable Alphabet Book□by Jerry Pallotta and Bob Thomson□This book depicts a vegetable for each letter of the alphabet. The art and text help students to make important associations between vegetables and other familiar things in the environment.

What Am I? Looking Through Shapes at Apples and Grapes □by Diane and Leo Dillon□Invite children to guess each food described in a rhyme and shown through a hole on the right-hand page. Turn the page for the answer!

What Food is This?□by Rosmarie Hausherr□Fish, sausage, carrots and many more foods are detailed in this tale of food origins. Kids can tune up their food trivia skills as they are quizzed with questions and pictures. This book is educational as well as fun for the whole family.