



District of Columbia
Office of the State Superintendent of Education

d.c. healthyschools

BOOKLIST

An annotated list of
over 400 books with
positive food, nutrition
and physical activity
messages for children
in grades K-5.



Read ... Learn ... & Grow!





Download this booklist at: <http://osse.dc.gov/hnwd>

d.c. healthyschools

The books on this booklist were reviewed for accuracy of content and according to specific criteria. See the introduction for more information.

Disclaimer: This booklist was created by the DC Office of the State Superintendent of Education to promote literacy and wellness. Inclusion in this list does not imply endorsement by OSSE.

Hansen, Laura & Katz, Nancy B. (2015). DC Healthy Schools Booklist. Office of the State Superintendent of Education: Washington, DC.

TABLE OF CONTENTS

INTRODUCTION

4



BOOKS BY THEME

8



BOOKS BY TITLE

17



INTRODUCTION:

Welcome to the DC Healthy Schools Booklist:



About the Resource:

The DC Healthy Schools Booklist has been adapted from the [Updated Michigan Team Nutrition Booklist](#) developed by the Michigan State University Extension with funding from [Team Nutrition](#). This booklist contains annotations for over 400 books about food and nutrition, food cultures and customs, gardens and farms, physical education and activity, the environment, and healthy habits for children in grades K-5. Many of the books on this list are also appropriate for children that are older or younger; it's up to you to decide, teachers and educators know their students best!

If you're reading this introduction, it is a safe bet that you feel strongly about childhood health and wellness. Teaching children to read, how to choose, cook and eat healthy foods, how to understand the food system and where foods comes from, how to have fun being physically active, and how to take care of the environment are very important jobs. Thank you for your commitment!

Health educators and other classroom teachers can use the DC Healthy Schools Booklist to locate and learn about books with positive food, physical activity, gardening/farming, nutrition, and environmental messages that will help them ...

- Expand on and teach to the health and physical education standards of the DC Office of the State Superintendent of Education and the Common Core State Standards, as well as the Next Generation Science Standards;
- Create enthusiasm for learning about and tasting new foods;
- Explain and describe where food comes from and how food grows;
- Teach children about food, food customs, and physical habits of others;
- Motivate children to be physically active and to enjoy physical activity;
- Nurture healthy habits; and
- Help children develop and improve their reading skills.





Who is this booklist for?

This booklist is for classroom teachers, physical and health educators, school health coordinators, dietitians, nutritionists, school nurses, librarians, parents, foodservice staff members, or anyone interested in reading, learning about health and wellness, and teaching children healthy habits.

Why link nutrition, health and wellness, physical activity, and the environment with reading?

There is a natural link between food and nutrition, physical activity, the environment, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own everyday lives such as food, eating, gardening, grocery shopping, cooking, being active with friends, recycling, and composting. Reading books that focus on preparing and eating healthy foods, buying local produce, setting up a backyard or school garden, or being physically active can motivate children to adopt positive food and physical activity behaviors and reduce their carbon footprint for a lifetime, helping to pave the way for student success in the classroom and in the world!

How were the books chosen for this list?

Each book on this list has been reviewed according to the criteria below, to ensure that it contains accurate nutrition content and positive food, environmental, and physical activity messages:

1. Books about food, nutrition, health, healthy eating, gardening, the environment, and physical activity were selected for review.
2. Books were read by the reviewers and once out loud to children.
3. Books were reviewed to see if they met specified criteria using the following checklist. It was required that that each book met all of the following criteria:
 - Appropriate for children in grades K-5.
 - Promotes or supports one or more of the Healthy Schools Act, 2010 provisions.
 - Contains no negative messages or illustrations about any one food or group of foods. If the phrase “junk food” or “bad food” is mentioned at all, minimal reference is made to “junk food” or “bad food.” Book retains the overall theme: All Foods Can Fit.
 - Contains no negative messages or illustrations about body size or body image.
 - Contains no negative messages, illustrations, or stereotypes about other cultures or ethnicities.
 - Contains only positive messages about physical activity.



How is the DC Healthy Schools Booklist organized?

There are two different ways to search for a book using the DC Healthy Schools Booklist: “by Theme” and “by Title.”

The first section, “Books by Theme,” enables you to search by books that are associated with a specific theme, e.g. cooking, food and nutrition, healthy habits, and more. Many books are listed under more than one theme. There are 9 different themes:



Cooking



Environment



Farm to School



Food and Nutrition



Food Cultures and Customs



Fruits and Vegetables



Gardening



Healthy Habits



Physical Education and Physical Activity

The second section, “Books by Title,” is organized alphabetically and contains short annotations for each book. In addition to the annotation this section also contains the following information for each entry:

• Author

• F (fiction) and N (non-fiction)

• Suggested grade level





Why are some books missing from the list?

Reviewing books for the DC Healthy Schools Booklist is an on-going process. A book might be missing from our list because it is one we have not reviewed yet, or it may have been excluded because it did not meet our criteria. If you know of a book that you think should be on our list, please send an e-mail to osse.hyd@dc.gov.

Where can I download this booklist?

You can download the DC Healthy Schools Booklist, at the Healthy School Initiatives Team website: <http://osse.dc.gov/hnwd>.

There has never been a better time to link nutrition, physical education and activity, schools gardens, health and environmental education, and healthy habits with reading.

Teaching children to read and to eat healthy is a big job, but an extremely important one. By reading the books on this list to or with school-age children you can help them develop a love for reading, beginning reading skills, and important nutrition and physical activity habits and attitudes that will stay with them throughout their lifetime.



BOOKS BY THEME:

Cooking

Bee Bim Bop
Brave Potatoes
Carlos and the Squash Plant
Carlos Digs to China
Chicks and Salsa
Cooking with the Cat
Dinosaur Pizza
Eating Fractions
Everybody Brings Noodles
Everyone Bakes Bread
Experiments with Foods
Extra Cheese, Please
Fannie in the Kitchen
Father's Rubber Shoes
Feast for 10
For My Family, Love, Allie
From Wheat to Bread
Gino Badino
Good Bread, A Book of Thanks
Grandpa's Garden Lunch
Group Soup
Grow it, Cook it: Simple Gardening Projects and Delicious Recipes
Honey Cookies
Hooray for Orchards!
In the Kitchen
It's Disgusting and We Ate It! True Food Facts From Around the World and Throughout History
Jody's Beans
Just Right Stew
King of Pizza, The
Let's Eat!
Little Red Hen Makes a Pizza, The
Little Red Hen, The
Magda's Tortillas, Las Tortillas de Magda
Making Minestrone
Marge's Diner
Milk to Ice Cream
Miss Mabel's Table
Noisy Breakfast
Oh, No, Toto!
Oh, the Things You Can Do That Are Good for You!
Oliver's Fruit Salad
Out and About at the Bakery
Out and About at the Dairy Farm

Pancakes for Breakfast
Pancakes, Pancakes!
Peanut Butter and Jelly
Peanut Butter Party
Picking Apples and Pumpkins
Pigs in the Pantry: Fun with Math and Cooking
Pizza
Pizza at Sally's
Pizza Party!
Pizza That We Made, The
Plant a Little Seed
Pumpkin Day, Pumpkin Night
Pumpkin Fiesta
Pumpkin Soup
Recipe for Adventure Series
Seasons of Arnold's Apple Tree, The
Soup
Stella and the Berry Thief
Ugly Vegetables, The
Unbeatable Bread, The
Vegetable Soup
Veggie Soup
We're Making Breakfast for Mother
What's Cooking, Jenny Archer?
What's So Yummy? All About Eating Well and Feeling Good

Environment

10 Things I Can Do to Help My World
Beekeeper's Year, A
Charlie and Lola: We Are Extremely Good Recyclers
Compost Stew
Curious Garden, The
Diary of a Worm
Earth Book, The
Farmer Will Allen and the Growing Table
Garbage Helps Our Gardens Grow: A Compost Story
How a Seed Grows
Judy Moody Saves the World
Reason for a Flower, The
Tiny Seed, The
Tree Lady, The: The True Story of How One Tree-Loving Woman Changed a City Forever



BOOKS BY THEME:

Farm to School

Animal Action ABC
Apples and Pumpkins
Autumn Is for Apples
Bananas: From Manolo to Margie
Carrots Grow Underground
Extra Cheese, Please
Farming
Foods from the Farm
From Peanut to Peanut Butter
From Seed to Apple
From Seed to Plant
From Seed to Pumpkin
From Wheat to Pasta
Grandpa's Garden Lunch
Hooray for Dairy Farming!
Hooray for Orchards!
How Did That Get in My Lunchbox?: The Story of Food
How Do You Raise a Raisin
Make Me a Peanut Butter Sandwich and a Glass of Milk
Market Day
Milk Makers, The
Milk: From Cow to Carton
Orange in January, An
Pizza at Sally's
Raising Cows on the Koebels' Farm
Sophie's Squash
Thunder Cake
Tortilla Factory, The
Visit to the Farmers' Market, A

Food and Nutrition

Achoo! The Most Interesting Book You'll Ever Read About Germs
Alice in Pastaland: A Math Adventure
Alice Waters and the Trip to Delicious
Aliens for Breakfast
Alligator Arrived with Apples: A Potluck Alphabet Feast
Alphabet Soup: A Feast of Letters
Alvie Eats Soup
Angelina of Italy
Animal Picnic, The
Annie Pitts, Artichoke
Apple Farmer Annie
Apple Fractions
Apple Picking Time
Apple Pie 4th of July
Apple Pie Tree, The
Apples
Apples and Pumpkins

Apples to Oregon
Apples, Apples
Apples, Apples, Apples
Applesauce
At the Grocery Store
Autumn Equinox, The: Celebrating the Harvest
Autumn Is for Apples
Baby Food
Bad Case of the Stripes, A
Banana!
Bananas!
Beastly Feast, The
Bebé Goes Shopping
Bee Bim Bop
Bee Tree, The
Big Cheese for the White House, The
Biggest Sandwich Ever, The
Bitter Bananas
Blue Potatoes, Orange Tomatoes
Brave Potatoes
Bread and Jam for Frances
Bread Bread Bread
Bread Is for Eating
Burger and the Hot Dog, The
Burp! The Most Interesting Book You'll Ever Read About Eating
Busy Day at Mr. Kang's Grocery Store, A
Carla's Sandwich
Carlos and the Cornfield
Carlos and the Squash Plant
Carlos Digs to China
Carrot Seed, The
Cat Who Came for Tacos, The
Char Siu Bao Boy
Chato and the Party Animals
Chato's Kitchen
Chef Ki Is Serving Dinner
Cherries and Cherry Pits
Chewy Chuckles: Deliciously Funny Jokes About Food
Chicken Soup with Rice
Chicken Sunday
Chicks and Salsa
City Chicken
Cloudy with a Chance of Meatballs
Color of Us, The
Cook-A-Doodle-Do!
Cooking with the Cat
Cow
Crooked Apple Tree, The



BOOKS BY THEME:

Food and Nutrition

Crunch Munch
Curious George Makes Pancakes
D.W. the Picky Eater
Dim Sum for Everyone!
Dinosaur Pizza
Dog Food
Don't Yuck My Yum
Dumpling Soup
Eat Your Colors!
Eat Your Peas, Louise!
Eating Fractions
Eating Pairs: Counting Fruits and Vegetables by Twos
Eating the Alphabet: Fruits and Vegetables from A to Z
Edible Alphabet, The
Enormous Carrot, The
Enormous Potato, The
Everybody Brings Noodles
Everybody Cooks Rice
Everybody Serves Soup
Everyone Bakes Bread
Experiments with Foods
Extra Cheese, Please
Family
Fannie in the Kitchen
Farmer Will Allen and the Growing Table
Farmer's Market: Families Working Together
Farming
Fast Food! Gulp! Gulp!
Father's Rubber Shoes
Feast for 10
Fed Up!: A Feast of Frazzled Foods
Finn Cooks
Food
Food and Eating Long Ago
Food for Thought: The Complete Book of Concepts for Growing Minds
Food Is Fun!
Food Safety
Foods from the Farm
For My Family, Love, Allie
Frannie's Fruits
Froggy Eats Out
Froggy's Day with Dad
From Cow to Ice Cream

From Flower to Honey
From Milk to Ice Cream
From Peanut to Peanut Butter
From Seed to Apple
From Seed to Plant
From Seed to Pumpkin
From Seed to Sunflower
From Shoot to Apple
From the Garden: A Counting Book About Growing Food
From Wheat to Bread
From Wheat to Pasta
Fruit and Vegetable Man, A
Fruits and Vegetables
Full, Full, Full of Love
George Washington Carver: The Peanut Wizard
George Washington's Breakfast
Giant Carrot, The
Gino Badino
Good Bread, A Book of Thanks
Good for Me and You
Good Morning, Let's Eat!
Grandma Lena's Big Ol' Turnip
Grandpa's Garden Lunch
Green Eggs and Ham
Gregory, the Terrible Eater
Group Soup
Growing Colors
Growing Vegetable Soup
Gus and Button
Halmoni and the Picnic
Handa's Surprise
Harvest Home
Harvest Time
Harvest Year
Hidden Cherries
Honey Cookies
Hooray for Dairy Farming!
Hooray for Orchards!
How Are You Peeling? Foods with Moods
How Did That Get in My Lunchbox?: The Story of Food
How Do You Raise a Raisin
How Hungry are You?
How My Family Lives in America
How My Parents Learned to Eat
How Pizza Came to Queens
How to Make an Apple Pie and See the World
I Smell Honey
I Will Never Not Ever Eat a Tomato



BOOKS BY THEME:

Food and Nutrition

I'm Growing
In My Momma's Kitchen
In the Kitchen
It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History
Jalapeño Bagels
Jody's Beans
June 29, 1999
Just Enough Carrots
Just Right Stew
King of Pizza, The
Let's Eat!
Let's Eat! ¡A Comer!
Lima's Red Hot Chilli
Little Bit of Soul Food, A
Little Nino's Pizzeria
Little Pea
Little Red Hen Makes a Pizza, The
Little Red Hen Makes Soup
Little Red Hen, The
Loaves of Fun
Lunch
Lunch Box Surprise, The
Lunch Line, The
Magda's Tortillas, Las Tortillas de Magda
Magic School Bus Inside a Beehive, The
Make Me a Peanut Butter Sandwich and a Glass of Milk
Marge's Diner
Market Day
Markets
Max and Ruby's Midas
Max's Breakfast
Milk Makers, The
Milk to Ice Cream
Milk: From Cow to Carton
Miss Fox's Class Shapes Up
Miss Mabel's Table
More Spaghetti, I Say!
Mott's A Is for Apple: And All Things That Grow
Mr. Belinsky's Bagels
My Body, Head to Toe
My Breakfast: A Book About a Great Morning Meal
Noisy Breakfast
Oh, No, Toto!
Oh, the Things You Can Do That Are Good for You!
Oliver's Fruit Salad
Oliver's Vegetables

One Bean
One Potato
One Watermelon Seed
Orange in January, An
Our Community Garden
Out and About at the Bakery
Out and About at the Dairy Farm
Pancakes for Breakfast
Pancakes, Crackers, and Pizza
Pancakes, Pancakes!
Peanut Butter and Jelly
Peanut Butter Party
Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess
Pick, Pull, Snap!
Picking Apples and Pumpkins
Pickles in My Soup
Pickles to Pittsburgh
Pie in the Sky
Pigs in the Pantry: Fun with Math and Cooking
Pizza
Pizza at Sally's
Pizza Counting
Pizza Party!
Pizza That We Made, The
Plant a Little Seed
Popcorn
Popcorn Shop, The
Potluck
Pumpkin Circle: The Story of a Garden
Pumpkin Day, Pumpkin Night
Pumpkin Soup
Rabbit Food
Rah Rah Radishes!: A Vegetable Chant
Recipe for Adventure Series
Rice Is Life
Runaway Rice Cake, The
Runaway Tortilla, The
Saturday Market
School Lunch
Seasons of Arnold's Apple Tree, The
Seeds
Seven Silly Eaters, The
Sheep Out to Eat
Sophie's Squash
Soup
Soup for Supper
Spaghetti and Meatballs for All!



BOOKS BY THEME:

Food and Nutrition

Spaghetti Eddie
Spice Alphabet Book, The
Spoon for Every Bite, A
Stone Soup
Stop That Pickle!
Story of Noodles, The
Sun Bread
Tangerines and Tea: My Grandparents and Me
Taste
Taste of Honey, A
Thanksgiving at Obaachan's
This is the Way We Eat Our Lunch
This Year's Garden
Thunder Cake
To Market, to Market
Today Is Monday
Too Many Pears
Too Many Pumpkins
Too Many Tamales
Tortilla Factory, The
Treats from a Tree
Trouble with Cauliflower, The
Tumbleweed Stew
Two Bite Club, The
Two Eggs, Please
Unbeatable Bread, The
Vegetable Friends
Vegetable Show, The
Vegetable Soup
Veggie Soup
Very Hungry Caterpillar, The
Very Smart Pea and the Princess-To-Be, The
Visit to the Farmers' Market, A
Walter the Baker
Warthogs in the Kitchen
We Can Eat the Plants
We Had a Picnic This Sunday Past
We're Making Breakfast for Mother
What You Never Knew About Fingers, Forks & Chopsticks
What's Cooking, Jenny Archer?
What's for Lunch? Milk
What's So Terrible About Swallowing an Apple Seed?
What's So Yummy? All About Eating Well and Feeling Good

Wheat
Where on Earth Is My Bagel?
Why Do People Eat?
Why Should I Eat Well?
Yoko
Yummy Rhymes
Yummy Riddles
Zieglers and Their Apple Orchard, The

Food Cultures & Customs

Alice Waters and the Trip to Delicious
Angelina of Italy
Apple Pie 4th of July
Bee Bim Bop
Bitter Bananas
Bread Bread Bread
Bread Is for Eating
Busy Day at Mr. Kang's Grocery Store, A
Carla's Sandwich
Carlos and the Cornfield
Carlos and the Squash Plant
Carlos Digs to China
Cat Who Came for Tacos, The
Char Siu Bao Boy
Chato and the Party Animals
Chato's Kitchen
Chef Ki Is Serving Dinner
City Green
Dim Sum for Everyone!
Dumpling Soup
Everybody Brings Noodles
Everybody Cooks Rice
Everybody Serves Soup
Everyone Bakes Bread
Family
Farmer's Market: Families Working Together
Father's Rubber Shoes
Food Is Fun!
Fruit and Vegetable Man, A
Full, Full, Full of Love
Good Morning, Let's Eat!
Grandma Lena's Big Ol' Turnip
Halmoni and the Picnic
Handa's Surprise
Harvest Home
How My Family Lives in America
How My Parents Learned to Eat



BOOKS BY THEME:

Food Cultures & Customs

How Pizza Came to Queens
How to Make an Apple Pie and See the World
I Smell Honey
Icy Watermelon
In My Momma's Kitchen
It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History
Jalapeño Bagels
Jamie O'Rourke and the Big Potato
Just Right Stew
Let's Eat!
Let's Eat! ¡A Comer!
Lima's Red Hot Chili
Little Bit of Soul Food, A
Little Nino's Pizzeria
Loaves of Fun
Lunch Box Surprise, The
Magda's Tortillas, Las Tortillas de Magda
Making Minestrone
Mr. Belinsky's Bagels
Oh, No, Toto!
Recipe for Adventure Series
Rice Is Life
Runaway Rice Cake, The
Runaway Tortilla, The
Saturday Market
Stone Soup
Story of Noodles, The
Thanksgiving at Obaachan's
This Is the Way We Eat Our Lunch
Too Many Tamales
What You Never Knew About Fingers, Forks & Chopsticks
Yoko

Fruits and Vegetables

Apple Fractions
Baby Food
Banana!
Bananas!
Bananas: From Manolo to Margie
Blue Potatoes, Orange Tomatoes
Blueberries for Sal
Book of Fruit, A
Brave Potatoes
Busy in the Garden
Carlos and the Cornfield
Carlos and the Squash Plant
Carrot Seed, The

Carrots Grow Underground
Cherries and Cherry Pits
Chicks and Salsa
Dog Food
Eat Your Colors!
Eating Pairs: Counting Fruits and Vegetables by Twos
Eating the Alphabet: Fruits and Vegetables from A to Z
Edible Alphabet, An
Enormous Carrot, The
Enormous Potato, The
Farmer Will Allen and the Growing Table
Farmer's Market: Families Working Together
Fed Up!: A Feast of Frazzled Foods
Food for Thought: The Complete Book of Concepts for Growing Minds
Frannie's Fruits
From Seed to Apple
From Seed to Plant
From Seed to Pumpkin
From Seed to Sunflower
From Shoot to Apple
From the Garden: A Counting Book About Growing Food
Fruit and Vegetable Man, A
Fruit Is a Suitcase for Seeds, A
Fruits and Vegetables
Giant Carrot, The
Gino Badino
Grandma Lena's Big Ol' Turnip
Grandpa's Garden Lunch
Green, Green Garden, A
Gregory, the Terrible Eater
Growing Colors
Growing Vegetable Soup
Gus and Button
Handa's Surprise
Harvest Time
Harvest Year
Hidden Cherries
How Are You Peeling? Foods with Moods
How Did That Get in My Lunchbox?: The Story of Food
How Do Apples Grow?
How Do You Raise a Raisin
I Am an Apple
I Smell Honey
I Want My Banana!
I Will Never Not Ever Eat a Tomato
Icy Watermelon
I'm a Seed
In My Garden



BOOKS BY THEME:

Fruits and Vegetables

Inch by Inch: The Garden Song
Jamie O'Rourke and the Big Potato
June 29, 1999
Just Enough Carrots
Life and Times of the Apple, The
Lima's Red Hot Chili
Little Apple: A Book of Thanks
Little Pea
Little Red Hen Makes Soup
Lunch
Making Minestrone
Market Day
Mott's A Is for Apple: And All Things That Grow
Oh Say Can You Seed?
Oh, the Things You Can Do That Are Good for You!
Oliver's Fruit Salad
Oliver's Vegetables
One Potato
One Watermelon Seed
Orange in January, An
Orange Juice
Out and About at the Apple Orchard
Pick, Pull, Snap!
Picking Apples and Pumpkins
Pickles to Pittsburgh
Pie in the Sky
Pizza at Sally's
Plant a Little Seed
Potluck
Pumpkin Circle: The Story of a Garden
Pumpkin Day, Pumpkin Night
Pumpkin Fiesta
Pumpkin Patch, The
Pumpkin Soup
Rabbit Food
Rah Rah Radishes!: A Vegetable Chant
Red Are the Apples
Round the Garden
Runaway Orange, The
Scarlette Beane
Seasons of Arnold's Apple Tree, The
Seeds
Shaina's Garden
Sophie's Squash

Soup for Supper
Spice Alphabet Book, The
Stella and the Berry Thief
Surprise Garden, The
Tangerines and Tea: My Grandparents and Me
To Market, to Market
Too Many Pears
Too Many Pumpkins
Tops and Bottoms
Trouble with Cauliflower, The
Two Bite Club, The
Ugly Vegetables, The
Up, Down and Around
Vegetable Friends
Vegetable Show, The
Vegetable Soup
Vegetables in the Garden
Vegetables, Vegetables!
Veggie Soup
Very Hungry Caterpillar, The
Very Smart Pea and the Princess-To-Be, The
Visit to the Farmers' Market, A
Water, Weed and Wait
We Can Eat the Plants
What's So Terrible About Swallowing an Apple Seed?
Zieglers and Their Apple Orchard, The

Gardening

Apple Pie, A
Beekeeper's Year, A
Blueberries for Sal
Book of Fruit, A
Busy in the Garden
Carlos and the Cornfield
Carrot Seed, The
Carrot's Grow Underground
City Green
Compost Stew
Counting in the Garden
Crooked Apple Tree, The
Curious Garden, The
Diary of a Worm
Eddie's Garden and How to Make Things Grow
Enormous Potato, The
Farmer Will Allen and the Growing Table
From Seed to Apple
From Seed to Plant
From Seed to Pumpkin
From Seed to Sunflower



BOOKS BY THEME:

Gardening

From Shoot to Apple
From the Garden: A Counting Book About Growing Food
Fruit Is a Suitcase for Seeds, A
Garbage Helps Our Gardens Grow: A Compost Story
Garden Project, The
Gardener, The
Grandma Lena's Big Ol' Turnip
Grandpa's Garden Lunch
Green, Green Garden, A
Growing Colors
Grow it, Cook it: Simple Gardening Projects and Delicious Recipes
Growing Vegetable Soup
Harvest Home
How a Seed Grows
How Do Apples Grow?
I Am an Apple
I'm a Seed
In My Garden
Inch by Inch: The Garden Song
It's Our Garden: From Seeds to Harvest in a School Garden
Jody's Beans
Life and Times of the Apple, The
Little Apple: A Book of Thanks
Oh Say Can You Seed?
Oliver's Vegetables
One Bean
One Watermelon Seed
Our Community Garden
Our School Garden
Out and About at the Apple Orchard
Pizza at Sally's
Plant a Little Seed
Planting a Rainbow
Pumpkin Circle: The Story of a Garden
Pumpkin Day, Pumpkin Night
Pumpkin Fiesta
Pumpkin Patch, The
Ready for Pumpkins
Red Are the Apples
Rosie Sprout's Time to Shine
Round the Garden
Scarlette Beane
Seed Is Sleepy, A
Seeds
Seeds, Bulbs, Plants & Flowers: The Best Start in Science
Shaina's Garden
Stella and the Berry Thief

Surprise Garden, The
This Year's Garden
Tiny Seed, The
Ugly Vegetables, The
Up, Down and Around
Water, Weed and Wait

Healthy Habits

Burp! The Most Interesting Book You'll Ever Read About Eating
Busy Body Book, The: A Kid's Guide to Fitness
Child's Play! Clarabella's Teeth
Danny Goes to the Dentist
Dem Bones
Dental Care
Froggy Goes to the Doctor
From Head to Toe: The Amazing Human Body and How it Works
Full, Full, Full of Love
Germ Busters, The
Germ Zappers
Germs Are Not for Sharing
Germs Make Me Sick!
Germs on Their Fingers!
Germs! Germs! Germs!
Happy and Healthy
Healthy Kids
I'm Growing
Keeping Fit from A to Z = Mantente en Forma de la A to Z
Little Hoot
Mabel the Tooth Fairy and How She Got Her Job
Make Way for Tooth Decay
Me and My Amazing Body
Miss Fox's Class Shapes Up
My Amazing Body: A First Look at Health and Fitness
My Body, Head to Toe
My Daddy Is a Pretzel: Yoga for Parents and Kids
My Dentist Is Not a Monster
My Two Hands/My Two Feet
My Wobbly Tooth Must Not Ever Never Fall Out
Parts
Play it Safe
Rosie Sprout's Time to Shine
Sleep Is for Everyone
Staying Safe
Tooth Book, The: A Guide to Healthy Teeth and Gums
Tooth Decay and Cavities
What Makes You Cough, Sneeze, Burp, Hiccup, Blink, Yawn, Sweat, and Shiver?
Why I Sneeze, Shiver, Hiccup and Yawn



BOOKS BY THEME:

Physical Education and Physical Activity

26 Big Things Small Hands Do
All-American Girls Professional Baseball League, The
America's Champion Swimmer: Gertrude Ederle
Animal Action ABC
April Showers
Babar's Yoga for Elephants
Bearobics: A Hip-Hop Counting Story
Bend and Stretch: Learning About Your Bones and Muscles
Bicycle Book
Big Enough Anna: The Little Sled Dog That Braved the Arctic Bones
Bouncing, Dancing, Galloping ABC
Bug Dance
Busy Body Book, The: A Kid's Guide to Fitness
Children Around the World
Clap to the Music
Clap Your Hands
Clara's Dancing Feet
Come and Play with Us
Come Out and Play
Crossover, The
Dem Bones
Dinosaurumpus!
Dirt on Their Skirts: The Story of the Young Women Who Won the World Championship
Eating Well
Elympics
Field Day
Franklin Plays the Game
Frog Legs: A Picture Book of Action Verse
Froggy Plays Soccer
Froggy Rides a Bike
Froggy's Day with Dad
Game Time!
Giraffes Can't Dance
Girl Wonders: A Baseball Story in Nine Innings
Good for Me and You
Greatest Gymnast of All, The
Hockey Hero
Hoop Queens
Hoops
Hoops with Swoopes
Hop Jump

How Can You Dance?
I Can Move
I'm Growing
It's Just a Game
Keeping Fit from A to Z = Mantente en Forma de la A to Z
Let the Games Begin!
Let's Get the Rhythm
Mia Hamm: Winners Never Quit!
Mighty Jackie: The Strike-Out Queen
Miss Fox's Class Shapes Up
My Amazing Body: A First Look at Health and Fitness
My Body, Head to Toe
My Daddy Is a Pretzel: Yoga for Parents and Kids
My Two Hands/My Two Feet
NBA All-Time Super Scorers
One, Two, Three!
Oh, the Things You Can Do That Are Good for You
Peanut Butter and Jelly
Pilobolus: The Human Alphabet
Play it Safe
Pretend You're a Cat
Princess Fidgety Feet
Racing Around
Rap a Tap Tap: Here's Bojangles - Think of That!
Shimmy Shake Earthquake: Don't Forget to Dance Poems
Slip! Slide! Skate!
Soccer Counts!
Soccer Game!
Storm Run: The Story of the First Women to Win the Iditarod Sled Dog Race
Venus & Serena Williams
Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman
You Are a Lion! And Other Fun Yoga Poses



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
10 Things I Can Do to Help My World	Walsh, Melanie	An empowering picture book for the young environmentalist with ways to make a difference.	N	K -2
26 Big Things Small Hands Do	Paratore, Coleen	From A to Z, children's hands make things and perform actions that represent a word for each letter. This delightful picture book is a celebration of many things children can do. Large, colorful illustrations enhance this appealing book which can be used to teach children how to use their hands to be physically active.	N	K-2
Achoo! The Most Interesting Book You'll Ever Read About Germs	Romanek, Trudee	This book provides a wealth of information about germs and how they can sometimes make us sick, how our bodies battle illnesses, and how vaccinations protects us. This book also includes activities and fascinating facts. Colorful, cartoon-style illustrations add to its appeal.	N	3 to 5
Alice in Pastaland: A Math Adventure	Wright, Alexandra	This clever parody of Lewis Carroll's fantasy, Alice in Wonderland, has Alice landing at the bottom of the rabbit hole with a plop—in Pastaland. The book takes her on a humorous journey filled with mathematical adventures and pasta varieties as she tries to help the White Rabbit solve a problem.	F	3 to 5
Alice Waters and the Trip to Delicious	Martin, Jacqueline Briggs	Alice Waters, a renowned chef, shares her love of fresh, healthy food with people around the world, including students and teachers through the Edible Schoolyard Project.	N	K-5
Aliens for Breakfast	Spinner, Stephanie	Richard hates cereal until he discovers an intergalactic special agent in his cereal box. Aric, the special agent, joins Richard to save the Earth from an alien takeover. This novel is full of humor and zany one-liners. A great springboard to a cereal-tasting experience.	F	3 to 5
The All-American Girls Professional Baseball League	Scott, Daisy	This engaging book tells the story of the first female professional baseball league. Formed during WWII the "All American Girls Baseball League" exceeded expectations and drew large crowds. The players' successes, challenges and obstacles are described.	N	K-2
Alligator Arrived with Apples: A Potluck Alphabet Feast	Dragonwagon, Crescent	Alligator arrived with apples and allspice while Zebra zipped over a zaftig zucchini. This colorful, lively alphabet book uses rhymes and alliteration to celebrate a Thanksgiving feast that goes from A-to-Z.	F	K-2
Alphabet Soup: A Feast of Letters	Gustafson, Scott	When Otter moves to a new house, he discovers a big soup pot and invites 26 of his closest friends to a potluck party. From A-to-Z, armadillo-to-zebra, each one brings food to add to the pot. Using alliterative language and detailed illustrations this book could be used as a model for students to create their own books using a food, nutrition, or physical activity theme.	F	K-2
Alvie Eats Soup	Collins, Ross	No matter what his parents say or do, Alvie will only eat soup. To make matters worse, his granny, a world famous chef, is coming to visit. This witty picture book with whimsical illustrations will appeal to all ages and is a good springboard for a soup-making or soup-tasting experience.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
America's Champion Swimmer: Gertrude Ederle	Adler, David	Gertrude "Trudy" Ederle swam the English Channel which is 21 miles of stormy water separating England from France. Not only did Trudy successfully swim the Channel, she beat the men's record by almost two hours. This picture book captures the spirit, endurance, and determination of a world-class swimmer.	N	K-2
Angelina of Italy	Angelou, Maya	This story takes us to Italy where we meet Angelina and her family. Angelina loves pizza and is upset when Uncle Armando talks about the leaning tower of Pisa and how it will surely fall. Angelina thinks he is talking about an actual tower made up of pizzas and wants to save it.	F	K-2
Animal Action ABC	Pandell, Karen	Photographs of both animals and children enhance this lively ABC book. Each letter of the alphabet introduces an action such as "howl," "kick," or "yawn" accompanied by a short rhyming verse. The end of the book contains five pages of "Nature Notes for Older Readers" about the animals and their habitats.	N	K-2
Animal Picnic, The	Perkins, Leslie	This witty story tells how the animals gather to have a picnic with a child. Rhyming is used to describe what each animal brought, such as "The cheetahs brought pitas. The mice brought rice." Beginning readers will enjoy this humorous book and find it easy to read.	F	K-2
Annie Pitts, Artichoke	deGroate, Diane	Third-grader Annie Pitts views herself as a talented actress even though others don't share this opinion. Annie expects a major part in the school play about nutrition, but when she smacks a classmate with a fish while on a trip to the grocery store, she is cast as an artichoke. Annie proceeds through a series of merry misadventures until it reaches a crashing conclusion.	F	3 to 5
Apple Farmer Annie	Wellington, Monica	This simple story about Annie, an apple farmer, provides young children with basic information about where apples come from and ways they can be eaten, from cider to apple muffins. It concludes with two pages of recipes that children could make with adult help.	F	K-2
Apple Fractions	Palotta, Jerry	This informational picture book cleverly teaches children about apples and fractions. Various kinds of apples are introduced along with basic concepts about fractions. Large, brightly-colored illustrations enhance the clearly-written text.	N	K-2
Apple Picking Time	Slawson, Michele Benoit	It's autumn and all over the valley, families rise early to pick apples in the orchard. This charming celebration of apples, family, and community is illustrated with appealing oil paintings.	F	K-2
Apple Pie 4th of July	Wong, Janet	The Chinese-American girl in this picture book is embarrassed that her parents have prepared Chinese food to sell in their store on this American holiday. She worries that no one will buy it. She's in for a pleasant surprise that demonstrates and celebrates the multicultural nature of our country.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Apple Pie Tree, The	Hall, Zoe	Two sisters describe how their tree “grows the best part of apple pie.” The reader can follow the apple tree through the seasons until the apples are picked, and the sisters bake a pie with their parents’ help. A recipe to make their apple pie is included along with details about how bees pollinate the apple blossoms.	F	K-2
Apple Pie, An	Spirin, Gennady	An Apple Pie is a traditional English alphabet nursery rhyme that can be traced back to 1671 and has been published in many variations. We follow a group of lively children in their many adventures with a famous apple pie. Each painting is detailed and offers opportunities to explore and appreciate outstanding art and a timeless story that appeals to all ages.	F	K-2
Apples	Gibbons, Gail	Full of fascinating tidbits, this picture book provides clear, concise information about apples, including their growth cycle, history, varieties, and uses. A simple recipe for apple pie is included.	N	K-2
Apples	Berger, Samantha and Betsey Chesson	This unique picture book shows classic apple paintings by famous artists such as Picasso, Cézanne, and Warhol. A simple counting book, it can be used for advanced readers to find all the apples in the artwork and to compare the different artistic ways of painting apples.	N	K-2
Apples and Pumpkins	Rockwell, Anne	With colorful illustrations and simple text, this book describes a family’s trip to Comstock Farm to pick apples and pumpkins. After their day at the farm, they return home to carve the pumpkins into jack-o-lanterns and pass out apples on Halloween night.	F	K-2
Apples to Oregon	Hopkinson, Deborah	Told as a tall tale, this story is loosely based on historical fact: a pioneer brings his large family and young fruit trees from Iowa to Oregon in the mid-1800s, establishing Oregon’s first orchard. The hilarious, courageous, and outrageous adventures of this journey are told through the eyes of a young girl.	F	K-2
Apples, Apples	Zoehfeld, Kathleen Weidner	This sturdy board book for young children takes them on a trip with the bear family to an apple farm. They pick apples and return home to bake delicious goodies. Rhyming language and colorful illustrations add to the book’s appeal.	F	K-2
Apples, Apples, Apples	Wallace, Nancy Elizabeth	The Rabbit family has fun visiting an orchard where they play and learn about apples. Factual information about apples is interwoven within the story line. The book also provides a recipe for making applesauce, directions for apple prints, a list of apple sayings, and music for an apple song.	F	K-2
Applesauce	Kurtz, Shirley	One night, a family eats the last of their applesauce. When Mother decides they need to make enough to last them all winter, the whole family gets involved. Witty folk art illustrations complement this warm family story. The last two pages contain directions for canning applesauce “Mother’s Way.”	F	K-2
April Showers	Shannon, George	It’s a rainy day and everyone is restless. Push back the chairs, it’s time to dance! This colorful book with lively frogs dancing in the rain will have your class or family dancing, too. A repeated refrain makes this a great book for class participation and to read aloud.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
At the Grocery Store	Greene, Carol	Large, color photographs and simple text in this informative young children's book explain the products and services at a grocery store. This book might be helpful for new immigrants or children learning English as a second language because of the definitions of simple terms.	N	K-2
Autumn Equinox, The: Celebrating the Harvest	Jackson, Ellen	This book begins with scientific information that explains the autumn equinox and it describes how different world cultures celebrate harvests past and present. It also includes "An Autumn Story," adapted from a Native American legend and pages of instruction for classroom activities.	N	3 to 5
Autumn Is for Apples	Knudsen, Michelle	Told in rhyming verse, this picture book celebrates autumn and apples. A family travels to an apple orchard, picks apples, and enjoys their juicy, crispy flavor. Returning home, they enjoy their favorite fruit in many different ways.	F	K-2
Babar's Yoga for Elephants	De Brunhoff, Laurent and Phyllis Rose	Through easy-to-follow instructions and step-by-step illustrations, Babar's Yoga for Elephants presents 15 positions and stretches as well as helpful breathing exercises.	F	K-5
Baby Food	Freymann, Saxton and Joost Elffers	Fruits and vegetables are carved and cleverly arranged to look like different animal babies, including a human baby. This book, with colorful, bold photographs and simple captions, is an amusing way to help children identify fruits and vegetables and may spark their own artistic creativity or interest in trying a new fruit or vegetable.	N	K-2
Bad Case of the Stripes, A	Shannon, David	Camilla loves lima beans but never eats them because her friends hate them and she doesn't want to be different. Camilla wants to fit in so much that she frets about everything she does, until one morning she wakes up and is completely covered with stripes. What happens next makes a delightfully witty story with an important lesson about being true to yourself.	F	K-2
Banana!	Allen, Jonathan	What happens when a mischievous monkey, a jungle full of animals, and bunches of bright yellow bananas that make the animals trip and slip, come together in one boldly illustrated book? Lots of fun and action for everyone! This book could be a wonderful springboard to a new food-tasting experience involving bananas and other fruits.	F	K-2
Bananas!	Farmer, Jacqueline	Did you know that bananas are America's most popular fruit and that each person eats an average of 28 pounds of bananas a year? That's just a sample of the fascinating facts in this book. It contains recipes, jokes, and limericks about bananas.	N	K-2
Bananas: From Manolo to Margie	Ancona, George	This book takes you on a trip to Manola's homeland, a banana plantation in Honduras, where you will learn how bananas are grown, harvested, and shipped to countries around the world, including the United States, where Margie can buy them at the corner store.	N	3 to 5

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Bearobics: A Hip-Hop Counting Story	Parker, Vic	Push back the chairs and make room for children to enjoy these lively rhymes. Children will shake and strut their stuff just like the animals in the colorful illustrations! After the “bearobic” workout, this book can be used as a springboard for children to write their own rhymes.	F	K-2
Beastly Feast, The	Goldstone, Bruce	The beasts are having a feast and animals arrive with delicious food to share. Mosquitoes bring burritos and puffins bring muffins. This delightful picture book is a treat for both ears and eyes.	F	K-2
Bebé Goes Shopping	Elya, Susan Middleton	With rhyming text and Spanish words, this charming picture book takes us on a trip to the grocery store (supermercado) with a mother (mamá) and her baby (bebé). Mamá tries to shop, but the bebé keeps distracting her. Colorful, cartoon-style illustrations add to the fun of grocery shopping and learning new Spanish words. The book concludes with a glossary of the Spanish words with their pronunciation and definitions in English.	F	K-2
Bee Bim Bop	Park, Linda Sue	Bee-bim bop (the name translates as “mix-mix rice”) is a traditional Korean dish of rice topped, and then mixed, with meat and vegetables. In bouncy rhyming text, a hungry child tells about helping her mother make bee-bim bop: shopping, preparing ingredients, setting the table, and finally sitting down with her family to enjoy a favorite meal.	F	K-3
Bee Tree, The	Polacco, Patricia	When Mary Ellen complains to her Grampa that she is tired of reading, he takes her on an exciting adventure to find a bee tree. They collect an extraordinary group of friends and neighbors who join them in pursuing the bee. Together they harvest the honey and throw a party with biscuits, fresh brewed tea, honey, music, dancing, and laughter.	F	K-2
Beekeeper’s Year, A	Johnson, Sylvia	This informative book for upper-elementary students takes the reader through the four seasons of beekeeping. Engaging photographs show how new queen bees are introduced, how beehives are maintained, and how honey is harvested. Beekeeping terms and recipes are included.	N	K-5
Bend and Stretch: Learning About Your Bones and Muscles	Nettleton, Pamela Hill	This informational book clearly describes bones and muscles and explains how they function in our bodies. Large, clear illustrations accompany the explanations.	N	K-2
Bicycle Book	Gibbons, Gail	Learning to ride a bike is a milestone. This informational book provides succinct information about the history of bikes, various kinds of bikes and how they work, safety guidelines, and maintenance suggestions. It concludes with two pages of interesting, little-known facts about bikes. Large, colorful illustrations complement the text.	N	K-2
Big Cheese for the White House, A	Fleming, Candace	Based on an actual event in our nation’s history, this fictionalized account combines fact with humor to tell how Cheshire cheese came to be served by President Jefferson in the White House. The whimsical illustrations enhance the witty story and help to place it within the context of the early 1800s.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Big Enough Anna: The Little Sled Dog That Braved the Arctic	Flowers, Pam and Ann Dixon	Arctic adventurer Pam Flowers tells the story of Anna, the smallest dog on her team of sled dogs. Pam planned a 2,500 mile dogsled expedition which would make her the first woman to mush alone across the Arctic. Anna was small but worked hard and when danger threatened she demonstrated her ability to lead and survive under the most challenging circumstances. Large paintings illustrate this exciting and inspiring tale.	N	K-2
Biggest Sandwich Ever, The	Gelman, Rita Golden	A man who is building the biggest sandwich imaginable joins two children on a picnic. The rhythmic text and whimsical illustrations will make children laugh. It can be used for creative drama as children retell the story. It also can be a springboard to creative writing and art activities.	F	K-2
Bitter Bananas	Olaleye, Isaac	In an African village, young Yusuf faced a perplexing problem--baboons were stealing his favorite drink. Yusuf tried many solutions until he finally found one that worked. This picture book engages children as they learn how creativity and determination can be used to solve problems. This picture book could be adapted easily for choral reading or creative drama.	F	K-2
Blue Potatoes, Orange Tomatoes	Creasy, Rosalind	Written by a leading authority on edible landscaping, this book is useful as a classroom reference on growing a rainbow garden. Written for middle- or upper-elementary children, it can also be used with younger children because of Ruth Heller's brightly colored illustrations. The book would be a great resource for school garden projects.	N	3 to 5
Blueberries for Sal	McCloskey, Robert	This classic picture book tells a warm, loving story of the parallels between humans and animals. Sal and her mother go blueberry picking to find berries to can for winter meals. Little Bear and his mother also go hunting for blueberries to eat and store for winter. What happens when both Sal and Little Bear are separated from their mothers will delight young children.	F	K-2
Bones	Krensky, Stephen	This easy, informational book introduces young children to how bones help us move. The book describes basic concepts such as the skeleton, muscles, and joints. This book could be used as a read-aloud or read independently by children reading at first-grade level.	N	K-2
Book of Fruit, A	Lember, Barbara	Beautifully illustrated with hand-tinted photographs, this picture book presents 14 fruits and how and where they grow. Most of the photos are common fruits that children view close up and then in the environment where they grow. This book could be used as an introduction for a fruit-tasting party. For older students, it could lead to a photography project or an art activity.	N	K-2
Bouncing, Dancing, Galloping ABC	Doyle, Charolette	This ABC book is full of action words for each letter of the alphabet. Colorful, vibrant illustrations and lively rhyming text bring this book alive as children dance, gallop, jump, and zoom their way through the alphabet.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Brave Potatoes	Speed, Toby and Barry Root	With rhythm, humor and imaginative language, this picture book spins a wild tale about how prize potatoes at the county fair foil the attempts of the chef to turn them into chowder. Along the way, we meet a variety of other vegetables.	F	K-2
Bread and Jam for Frances	Hoban, Russell	All Frances wants to eat is bread and jam—nothing else. But when her parents give her what she wants, Frances tires of it. This classic picture book makes a wonderful read-aloud and introduces children to the importance of trying and eating a variety of foods.	F	K-2
Bread Bread Bread	Morris, Ann	Photographs from around the world show types of bread that people eat and enjoy. Using simple text, it introduces children to different eating customs. An index provides information about each photo, including the country where it was taken. This book can serve as a springboard for children to share their family's eating customs.	N	K-2
Bread Is for Eating	Gershator, David and Physllis	When her son leaves bread on his plate, Mamita tells him that bread is for eating and then sings a song to him in Spanish. This sets the stage for a delightful picture book that traces bread's production from planting seeds to baking the loaves. The lyrical prose and multicultural illustrations emphasize the universal nature of bread. Music and words in both English and Spanish are included.	F	K-2
Bug Dance	Murphy, Stuart	The bugs in Coach Caterpillar's gym class discover that knowing basic directions helps them learn a new dance. The concept covered in this informational book is direction (right, left, backward and forward). With clever text and humorous illustrations, this book entertains as it teaches and includes words and music to "The Bug Dance". An excellent book to get kids up and moving.	F	K-2
Burger and the Hot Dog, The	Aylesworth, Jim and Stephen Gammell	Short, snappy poems express the humor in a world peopled with food folks. Funny, sometimes silly, and always clever, the poetry and accompanying illustrations tickle the imagination. This collection could serve as a springboard for creative writing and artistic endeavors.	F	K-2
Burp! The Most Interesting Book You'll Ever Read About Eating	Swanson, Diane	This book provides a wealth of information about the digestive system. Written in a lively manner with plenty of interesting examples that relate to youngsters, this book also includes activities to do and fascinating factoids. Colorful, cartoon-style illustrations add to its appeal.	N	3 to 5
Busy Body Book, The: A Kid's Guide to Fitness	Rockwell, Lizzy	This lively and appealing book describes how our bodies move and things we can do to keep our bodies healthy. It includes simple information about the skeleton, muscles, brain, nerves, lungs, heart, stomach and intestines using large, well-labeled illustrations.	N	K-2
Busy Day at Mr. Kang's Grocery Store, A	Flanagan, Alice	This book features a Korean-American family and the neighborhood grocery store they own. The family left Korea six years ago and came to America to start their own business. Large, colored photos and simple text describe the long hours they work to make their grocery store a success.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Busy in the Garden	Shannon, George	Zucchini meeny miney moe. Plant a seed and watch it grow. How will you stay busy in the garden? Picking bouquets? Uprooting rutabagas? Looking for four-leaf clovers? Eating juicy berries? Here are twenty-four poems ripe for the picking. Delicious!	F	K - 2
Carla's Sandwich	Herman, Debbie	Carla likes unique sandwiches and she brings them to school every day. The other children call Carla's sandwiches "gross," "disgusting," and "sick," but Carla doesn't mind. When Buster forgets his sandwich on the day of the class picnic, Carla finds a way to change everyone's mind about her creative food choices. This book can serve as a springboard for encouraging children to try new foods. The whimsical illustrations add to the book's humorous appeal and reflect ethnic diversity.	F	K-2
Carlos and the Cornfield	Stevens, Jan Romero	Written in both English and Spanish, the Carlos stories follow the adventures of a young boy who lives in New Mexico. Carlos loves corn, all kinds of corn dishes and he is very eager to help when his father promises him \$5.00 for planting corn seeds. But Carlos learns an important lesson about "reaping what you sow." At the back of the book is a recipe for Cornmeal Pancakes, Panques De Maiz.	F	K-2
Carlos and the Squash Plant	Stevens, Jan Romero	Written in both English and Spanish, the Carlos stories follow the adventures of a young boy who lives in New Mexico. Carlos loves helping his family in the garden, but he hates taking baths. His mother warns him that a squash plant will grow in his ear if he doesn't wash it. When Carlos deceives his mother about taking a bath, something green starts growing out of his ear. A recipe for Carlos' favorite dish, "Calabacitas," is included.	F	K-2
Carlos Digs to China	Stevens, Jan Romero	Written in both English and Spanish, the Carlos stories follow the adventures of a young boy who lives in New Mexico. Carlos and his classmates learn about China in school and then enjoy delicious Chinese food when their teacher takes them to a local Chinese restaurant. Carlos likes the food so much he decides to dig a hole to China so he can have more Chinese food rather than his usual food. His digging project attracts a lot of attention, but fame is short-lived when he reaches a surprise destination. At the back of the book is a recipe for Sweet Rice/Arroz Dulce.	F	K-2
Carrot Seed, The	Krauss, Ruth	This classic picture book tells the story of a boy who plants a carrot seed and faithfully tends it, although no one else in his family believes it will grow. And, then, one day a carrot comes up. Intended for young children, beginning readers will also enjoy the simple text.	F	K-2
Carrots Grow Underground	Schuh, Mari	Simple text and photographs describe how carrots grow underground. While small in size, the photos are excellent and show every phase from the tiny seed to seedling to a full-grown carrot plant.	N	K - 3



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Cat Who Came for Tacos, The	Helmer, Diana Starr	Señor Tomás and Señora Rosa welcome a stray cat into their home, but insist that he use good table manners. All goes well until the cat decides that tacos, green peas, and chocolate cake are not for him. Spanish words and phrases are effectively interspersed throughout the text.	F	K-2
Char Siu Bao Boy	Yamate, Sandra	Char siu bao is Charlie's favorite food, but all the other kids at school think it is terrible and make fun of him. Charlie tries to eat what they like, but he misses his delicious Chinese sandwich. Finally, Charlie finds a way to get them to try char siu bao, and they discover how good it really is. This is a good book to use as a lead-in to a multicultural, food tasting activity.	F	K-2
Charlie and Lola: We Are Extremely Good Recyclers	Child, Lauren	After Charlie convinces Lola to recycle her old toys instead of throwing them away, Lola discovers a recycling competition. If she can recycle one hundred plastic, metal, and paper items, she can get her very own real live tree to plant. But she only has two weeks, so Lola decides to ask her classmates to help. They turn out to be extremely good recyclers indeed. This adventure is printed on FSC - approved paper and includes recycling tips.	F	K-5
Chato and the Party Animals	Soto, Gary	With vivid illustrations and lively characters, readers visit el barrio (the neighborhood) where Chato, a cat, plans a birthday fiesta complete with refritos, guacamole, fresh salsa, and tortillas. But will the guest of honor ever arrive? A glossary of Spanish words used in the story is included. This is a good book to use with a Cinco de Mayo fiesta.	F	K-2
Chato's Kitchen	Soto, Gary	Chato, a cat, invites his mouse family neighbors over for dinner. Not wanting the mice to know they are the main item on the menu, Chato and his friend, Novio Boy, prepare a delicious meal of arroz, fajitas, enchiladas, frijoles, carne asada, chilies rellenos, flan, and more. But, the mice have a surprise for Chato. A glossary of Spanish words and Chato's menu appear in the book.	F	K-2
Chef Ki Is Serving Dinner	Duvall, Jill	This book features two restaurants owned and run by a Korean-American man and his wife. Large, colored photos and simple text describe how the food is prepared and served to their customers. It also emphasizes that the chef keeps learning and trying new things in his cooking.	N	K-2
Cherries and Cherry Pits	Williams, Vera	Bidemmi loves to draw, and she makes up stories to tell her friend who always brings her new markers. All of Bidemmi's stories have an element in common: cherries and cherry pits. Creative and imaginative, this picture book could serve as an effective springboard for children to make up their own stories using another food as the common element. The colorful illustrations encourage children to express themselves through drawing.	F	K-2
Chewy Chuckles: Deliciously Funny Jokes About Food	Dahl, Michael	What could be more fun for children than silly jokes about food? Written in a familiar question and answer format, the jokes rely upon puns and word play and are accompanied by cartoon-style illustrations that help convey the humor.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Chicken Soup with Rice	Sendak, Maurice	This classic picture book, written by an award winning author and illustrator, is a charming book of months. Each month has a verse with the theme of eating chicken soup with rice and an illustration. The entire book can be sung.	F	K-2
Chicken Sunday	Polacco, Patricia	A heart-warming story that demonstrates the power of accepting differences and working together to overcome negative impressions. Skillfully weaving multicultural and intergenerational elements with ethnic traditions, this book has a life-affirming lesson, not only for elementary schoolchildren, but people of all ages.	F	K-2
Chicks and Salsa	Reynolds, Aaron	The chickens on the Nuthatcher Farm are tired of chicken feed, so the rooster decides to do something about it. After watching a cooking show on TV from the farmhouse window, the rooster creeps into the garden to gather tomatoes and onions and make salsa. Then the ducks, fish, and the rooster join in. This delightful tale continues as more and more animals want to try new dishes. This picture book concludes with several recipes children can prepare with an adult's help.	N	K-2
Children Around the World	Montanari, Donata	This informational book introduces us to how children live and play around the world. Using a first-person writing style, twelve children describe their families, homes, and daily activities. Large, attractive illustrations and simple but lively text makes this a splendid book for classroom use.	N	K-2
Child's Play! Clarabella's Teeth	Vrombaut, An	What could be more fun than brushing your teeth with a crocodile and her animal friends? Lively language, repetition, and vivid, imaginative illustrations make this witty picture book about good dental hygiene one that children will want to hear or read over and over again.	F	K-2
City Chicken	Dorros, Arthur	Henry, short for Henrietta, is a chicken who lives in the city and doesn't know anything about country life or country animals. She lays blue eggs and eats people food like pizza, watermelon, and waffles. Lucy, the cat, teases Henry until she decides to go to the country herself to find out what it's like. But, Henry is in for many surprises before she decides that city life is the life for her.	F	K-2
City Green	DiSalvo-Ryan, Dyanne	When the city tears down an empty building and leaves a vacant lot, it looks like it will become another junk-filled eyesore. Then, Marcy and her friend, Miss Rosa, organize their neighbors to take action, rent the lot from the city, and turn it into a community garden.	F	K-2
Clap to the Music	Horn, Nancy	Each page of this eight-page book has a simple four-word sentence with an accompanying illustration related to a music and movement theme. Using patterns and repetition, beginning readers could read this book independently as they clap and move along with the story.	N	K-2
Clap Your Hands	Cauley, Lorinda Bryan	Colorful and whimsical illustrations of children and animals spring to life as they hop, jump, spin, roar, and twirl in this adorable, beautifully illustrated read and move rhyming book.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Clara's Dancing Feet	Richardson, Jean and Joanna Carey	Clara loves to dance, anywhere and everywhere. But, when she takes dance lessons, something strange happens to her feet. This heart-warming tale about overcoming shyness makes everyone want to get up and dance. It also offers a good opportunity to discuss similar experiences with shyness that children may have had and how they overcame them.	F	K-2
Cloudy with a Chance of Meatballs	Barrett, Judi	Chewandswallow is very much like any other small town, except that in this whimsical tall tale, there is no need for any food stores. All the food falls from the sky. But, when the weather takes a turn for the worse, strange things begin to happen.	F	K-2
Color of Us, The	Katz, Karen	Seven-year old Lena discovers a rich variety of skin tones when she walks through her multicultural neighborhood. She likens the colors of her friends to some of her favorite foods and spices such as cinnamon, chocolate, honey, pizza crust, and coffee toffee. This picture book is a positive affirmation of our diversity.	F	K-2
Come and Play with Us	Oxfam	This book presents children from around the world playing and being active in a variety of ways. Each two-page layout has a combination of both narration and information to interest the reader and also has a flap to lift to see more illustrations. The book concludes with a map of the world and a list of questions to encourage discussion.	N	K-2
Come Out and Play	Ajmera, Maya and John Ivanko	Kermit the Frog provides a lively foreword to this attractive book. Large, colorful photographs accompanied by brief text show children from around the world involved in play. The last two pages describe the many things kids have in common when they play no matter where they live. This book could serve as an excellent springboard for class discussion or a model for a school photo album.	N	K-2
Compost Stew	Siddals, Mary McKenna	This book provides all the answers for kids and families looking for simple, child-friendly ways to help the planet. With rhymes and illustrations, it is best for young kids and those who do not know much about compost beforehand.	F	K - 2
Cook-A-Doodle-Do!	Stevens, Janet and Susan Stevens Crummel	Big Brown Rooster is sick of chicken feed and wants something new. He remembers the story of his famous great grandmother, Little Red Hen. What happens next is a hilarious adventure as Big Brown Rooster, Pig, Turtle, and Iguana work together to make strawberry shortcake. Most pages have basic information about ingredients, and how to measure and bake. The illustrations are big and the authors' comical use of homonyms adds to the fun. The book concludes with a recipe for "Great-Granny's Magnificent Strawberry Shortcake."	F	K-2
Cooking with the Cat	Worth, Bonnie	The Cat in the Hat is back and wants to cook! Based on the book by Dr. Seuss, this hilarious story takes us through the misadventures of a boy and girl as they cook with the Cat in the Hat, but who will clean up? Rhyming text and colorful Dr. Seuss-style illustrations provide lots of fun for young children.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Counting in the Garden	Parker, Kim	In this gorgeous counting book, readers can count from one to ten while they search among the colorful flowers for various creatures hidden among lush garden scenes.	F	K - 1
Cow	Older, Jules	Beginning with an eye-catching cover and then continuing with witty and light-hearted text, this book is full of both ordinary and amazing facts about cows. Note: The Food Guide Pyramid appears in this book. For updated information on the current MyPlate, go to www.choosemyplate.gov	N	K-2
Crooked Apple Tree, The	Houghton, Eric	Ben and Kate are disappointed when the garden at their new house only has a crooked old tree. But as the seasons pass the tree changes, and with it the children learn about imagination. This lovely book with warm, appealing illustrations celebrates the power of nature and imaginative play.	F	K-2
Crossover, The	Alexander, Kwame	Meet Josh and Jordan Bell, twin basketball stars, as they navigate life on and off the court in this touching middle grade novel.	F	5 and up
Crunch Munch	London, Jonathan	Animals like to eat and so do children. Some nibble, some chew, some peck, and some zap. What do you do when you eat? Witty illustrations and lively rhyming verse will have youngsters giggling as they gobble their way through this funny book.	F	K-2
Curious Garden, The	Brown, Peter	While out exploring one day, a little boy name Liam discovers a struggling garden and decides to take care of it. As time passes, the garden spreads throughout the dark, gray city, transforming it into a lush, green world.	F	K - 3
Curious George Makes Pancakes	Rey, Margret and H.A.	George and the man with the yellow hat go to the annual pancake breakfast, a fundraiser for the children's hospital. Suddenly George finds himself making pancakes, much to the delight of the crowd. But then George gets into trouble.	F	K-2
D.W. the Picky Eater	Brown, Marc	D.W. has a long list of foods she won't eat. When she throws a tantrum in a restaurant, her family decides to leave her at home with the babysitter the next time. But, when the family tells her they are going to eat out for Grandma's birthday, D.W. decides to change her ways.	F	K-2
Danny Goes to the Dentist	Robinson, Robert	Mom takes Emma and Danny to the dentist for a check-up. They both have their teeth cleaned, and the dentist discovers that Danny has a cavity. This story explains each procedure, including filling the cavity, using simple, basic language and full-page illustrations.	F	K-2
Dem Bones	Barner, Bob	This lively informational book describes the bones in the human body, accompanied by a colorful, paper collage skeleton band singing the traditional African American spiritual, "Dem Bones." Children will discover that learning basic anatomy is not only fun, but also easier to remember while singing and dancing.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Dental Care	McGinty, Alice	This informational book provides an overview of our teeth and how to take care of them. It uses succinct text and a combination of photographs and illustrations to help children learn about their primary and permanent teeth, gums, decay, and brushing and flossing.	N	K-2
Diary of a Worm	Cronin, Doreen	A baseball-capped crawler gives readers a glimpse into his life in these hilarious diary entries. Difficulties such as having no arms, having a head that looks a lot like your rear end, and facing the dangers imposed by people digging for bait are balanced by a loving family and good friends. The full-color watercolor-and-ink illustrations sprawl across the pages in lush earth tones.	F	K - 3
Dim Sum for Everyone!	Lin, Grace	A little girl and her family visit a dim sum restaurant. This picture book shows the family enjoying many different kinds of dim sum. The last two pages provide factual information about the dim sum tradition.	F	K-2
Dinosaur Pizza	Wardlaw, Lee	It's the first day of school and Jill is lonely. The Lunch Bunch Club will accept her as a member, but only if she comes up with some creative lunch ideas in a hurry. This book introduces children to a variety of foods. They also learn how Jill stands up to group pressure. The recipe for "Dinosaur Pizza" is included.	F	K-2
Dinosaurumpus!	Mitton, Tony	Whimsical dinosaurs romp, stomp, shake, and roar in this colorful picture book. Children are invited to get active and join in the dinosaur romp that leads them through a lively workout ending when the dinosaurs fall asleep and the only sound is dinosaur snoring.	F	K-2
Dirt on Their Skirts: The Story of the Young Women Who Won the World Championship	Rappaport, Doreen and Lyndall Callan	Told through the eyes of a young girl who loves baseball, this book describes in exciting detail the championship game of the 1946 All-American Girls Professional Baseball League. Based on the memoirs and written accounts of the players and set within the context of a loving family, this story celebrates women who gave their all for baseball.	F	3 to 5
Dog Food	Freymann, Saxton and Joost Elffers	Fruits and vegetables are carved and cleverly arranged to look like dogs performing a variety of actions. This book, with colorful, bold photographs and simple captions, is an amusing way to help children identify fruits and vegetables and may spark their own artistic creativity or interest in tasting new fruits and vegetables.	N	K-2
Don't Yuck My Yum	Pleiming, Amy	Have you ever sat down to a plate of your favorite food and the person next to you says "Yuck! That is GROSS!"? "Don't yuck my yum" can be your reply, "you might like it too if you try." This book teaches some basic healthy eating concepts to kids and parents in a fun and unique way. Throughout the book, readers will learn valuable nutrition messages, like how important it is to try new foods and to eat foods that are many different colors.	F	K - 2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Dumpling Soup	Rattigan, Jama Kim	Set in the Hawaiian Islands, this picture book presents a joyful look at the Yang family custom of making dumpling soup to celebrate the New Year. Seven-year-old Marisa gets to help make dumplings for the first time but is worried that hers don't look like the others. This is a warm and caring story about accepting each others' cultures, traditions, and foods.	F	K-2
Earth Book, The	Parr, Todd	Todd Parr explores the important, timely subject of environmental protection and conservation in this eco-friendly picture book. This book includes lots of easy, smart ideas on how we can all work together to make the Earth feel good - from planting a tree and using both sides of the paper, to saving energy and reusing old things in new ways.	N	K - 5
Eat Your Colors!	Harris, Terry	"Eat Your Colors!" offers a captivating, vibrant way to teach children about colors and foods that are good to eat. Through the use of fun rhymes and brightly colored pictures of foods, the author shows children all the benefits of eating healthy, delicious foods while teaching them about colors. From green lettuce and white cauliflower to yellow grapefruit and red apples, little ones are introduced to a variety of fruit and vegetable options.	N	K-2
Eat Your Peas, Louise!	Snow, Pegeen	Discover what gets Louise to eat her peas. Children could use this simple book as a model for writing their own story about a food they have to be persuaded to try.	F	K-2
Eating Fractions	McMillan, Bruce	This book uses appealing, full-page photos of two children and a dog sharing a meal to introduce the concepts of whole, halves, thirds, and fourths. The book has two pages of recipes for the foods with suggestions for additional activities with fractions.	F	K-2
Eating Pairs: Counting Fruits and Vegetables by Twos	Schuetz, Sarah	Starting with two heads of cabbage, this picture book not only helps children learn to count by twos, it provides them with basic facts about many fruits and vegetables. Large, bold, brightly-colored illustrations will attract the attention of youngsters.	N	K-2
Eating the Alphabet: Fruits and Vegetables from A to Z	Ehlert, Louis	Lois Ehlert's bold, distinctive illustrations of fruits and vegetables fill the pages of this alphabet book. Each letter has at least one clearly labeled, edible food, and a three-page glossary offers information about each food. This is an excellent picture book to introduce young children to a variety of fruits and vegetables. Older children could use it as a model for writing and illustrating their own alphabet book.	N	K-2
Eddie's Garden and How to Make Things Grow	Garland, Sarah	What makes Eddie's garden grow? Earth, rain, sun, and all sorts of creatures, of course! Eddie works hard digging, pulling weeds, and watering his plants, and soon his garden is magnificent. Children will be inspired by the idea that they can grow plants themselves that the whole family will eat and enjoy. The book includes information on growing a home garden.	F	K - 3

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Edible Alphabet, An	Christensen, Bonnie	Detailed wood engravings of edible plants from A-to-Z provides an introduction to familiar and unfamiliar plants from around the world. Each page shows a letter of the alphabet, the name of the plant, and an illustration with children and adults using the plant. The book concludes with two pages of information that describe each plant and how it is used for food.	N	K-2
Elympics	Kennedy, XJ	Divided into two sections, this book of poems celebrates the summer and winter Olympic games. The illustrations and unifying theme focus on elephants performing athletic events representative of actual Olympic events, such as sprinting and figure skating. The elephant athletes demonstrate teamwork, perseverance, modesty, and sportsmanship.	F	K-2
Enormous Carrot, The	Vagan, Vladimir	Bright, bold illustrations enhance this version of a favorite Russian folktale "The Enormous Turnip," that demonstrates the benefits of working together to solve a problem. Floyd and Daisy, two rabbits, ask their animal friends for help when they discover that they can't pull an enormous carrot out of the garden by themselves. The repeating refrain and ongoing action make this an excellent book for a read-aloud, choral reading, or creative drama.	F	K-2
Enormous Potato, The	Davis, Aubrey	How do you get the biggest potato in the world out of the ground? In this retold folktale, it takes a lot of help. A farmer plants a potato eye and the rest is a comical surprise. Big, bold illustrations and repetitive text make this an enjoyable read-aloud.	F	K-2
Everybody Brings Noodles	Dooley, Norah	This book celebrates a Fourth of July block party in a multicultural neighborhood. All the neighbors bring noodle dishes representing their heritage. The book concludes with noodle recipes.	F	K-2
Everybody Cooks Rice	Dooley, Norah	Dinner is almost ready, and Mother sends Carrie out to look for her younger brother, Anthony. In this multicultural book, each home that Carrie visits represents a different culture with the family preparing a meal typical of that culture. There is one similarity: all the families eat rice in different ways. You will find five pages of recipes using rice from the following cultures: Barbados, Puerto Rico, Vietnam, India, China, Haiti, and Italy.	F	K-2
Everybody Serves Soup	Dooley, Norah	It's almost Christmas and Carrie doesn't have a gift for her mother, but what she discovers in her neighborhood is better than anything she could buy in a store. Carrie's multicultural neighborhood is the setting for a delightful story about diversity, culture, sharing food, and giving gifts from the heart.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Everyone Bakes Bread	Dooley, Norah	It's another rainy Saturday, and Mother sends Carrie on a made-up errand to keep her from fighting with her little brother. Carrie visits homes in the multicultural neighborhood and finds that they are all baking or eating bread, but each one is a different kind. The book has five pages of bread recipes including: Coconut, Chapatis, Corn, Pocket, Challis, Pupusas, and Italian Bread. This book illustrates the principle that beneath our differences, we are very much alike. It serves as a springboard to a class project centering on food of various cultures.	F	K-2
Experiments with Foods	Tocci, Salvatore	Almost all kids love to cook! This informational book takes that interest and uses it to help youngsters learn important scientific principles through cooking and experimenting in the kitchen. It is clearly written with easy-to-follow directions.	N	3 to 5
Extra Cheese, Please	Peterson, Cris	Almost everyone loves pizza, especially with lots of cheese. But where does cheese come from? This informative book introduces us to Annabelle the cow and takes the reader on the journey her milk takes from farm to school as pizza cheese. Large, color photos show the milking process, transporting the milk to the dairy, and making cheese.	N	K-2
Family	Monk, Isabell	Hope and her parents go to Aunt Poogee's farm for their family's annual summer party. A multicultural gathering of aunts, uncles, and cousins feast on their favorite foods and share laughter and playful teasing. Hope brings a new and unusual dessert, but she is worried the family may not like it. Recipes for "Aunt Frances' Corn Puddin'," "Hope's Sweet and Sour Pickles," and other dishes are provided. This joyous picture book provides a springboard for children exploring new foods.	F	K-2
Fannie in the Kitchen	Hopkinson, Deborah	This delightfully embellished story of how Fannie Farmer came to write the first modern cookbook is accompanied with quotes from the 1896 and 1906 editions of her book, Boston Cooking School Cookbook. Pen, ink, and watercolor illustrations effectively convey a sense of the late 1800s.	F	K-2
Farmer Will Allen and the Growing Table	Martin, Jacqueline Briggs	Will Allen is no ordinary farmer. A former basketball star, he's as tall as his truck, and he can hold a cabbage, or a basketball, in one hand. This is a children's book about Will Allen and his urban agriculture work. The book focuses on problem solving and how Farmer Will can see what others don't; for example how an abandoned city lot could become a table big enough to feed the world.	F	K-5
Farmer's Market: Families Working Together	Rendon, Marcie and Cheryl Belville	A visit to this farmers' market is almost like visiting a foreign country, because families who have recently immigrated from Southeast Asia, Africa, and Mexico sell their fresh produce, flowers, herbs, and baked goods along side families who immigrated many years ago from Germany, Poland, and other European countries. This book provides a look at the lives of two of these farm families, their histories, and the work they perform on their farms.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Farming	Gibbons, Gail	This informational book provides an introduction to farms and the work done on them throughout the seasons. Simple text and folk art illustrations combine to make this an engaging picture book. A good book to read before a discussion on where foods come from.	N	K-2
Fast Food! Gulp! Gulp!	Waber, Bernard	Bernard Waber takes us on a joyous romp through Fast Food Town. Using cartoon style illustrations and lively rhyming, we experience all kinds of foods being prepared, served, and eaten faster and faster. Finally the cook has had enough and quits to work in a health food place. Waber leaves us with this positive message: "Bon appetit - whatever you eat."	F	K-2
Father's Rubber Shoes	Heo, Yumi	Yungsu and his family have moved to America, but Yungsu is lonely and wants to return to Korea. His father tries to explain why they are in America, but it is not until his mother's delicious Korean cooking helps Yungsu make a friend that he changes his mind.	F	K-2
Feast for 10	Falwell, Cathryn	This simple counting book tells about an African-American family joyfully engaged in shopping and preparing for a meal. The brightly colored illustrations and brief text lead children in counting from 1 to 10 twice, as they prepare for dinner and share a healthy meal.	F	K-2
Fed Up!: A Feast of Frazzled Foods	Barron, Rex	See Anxious Apples, Impatient Ice Cream, Zen Zucchini... whether they're about to be eaten, melting in the hot sun or relaxing in a Japanese garden, Rex Barron's eye-catching characters are altogether hilarious, tragic, and so nearly human! In this fresh and unique ABC for all ages you will see the real feelings of the foods you eat. Irresistible fruits, vegetables and other foods bring new meaning to the food chain and a dose of humor to eating.	F	K - 3
Field Day	Mayer, Mercer	This story describes the good times Miss Kitty's class has when she takes them outdoors for field day. The book concludes with seven pages of educational activities and support material.	F	K-2
Finn Cooks	Muller, Birte	Finn really likes to eat candy, chips, and sweet stuff instead of the healthy meals his mother prepares. Finally, his frustrated mother lets him shop and prepare anything he wants for one whole day. Finn thinks it is great until he gets a stomachache. This charming picture book tells how Finn learns an important lesson.	F	K-2
Food	Hall, Margaret C.	This informational book gives an overview of food, why people need it, and how food is grown. Large, colorful photographs accompany the clearly-written text.	N	K-2
Food and Eating Long Ago	Brooks, Felicity and Shirley Bond	This informational book presents an overview of food and eating habits throughout the years, beginning with food that primitive humans ate. Ample, colorful cartoon-style illustrations are interspersed with the text on each page. Several recipes are also included.	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Food for Thought: The Complete Book of Concepts for Growing Minds	Freymann, Saxton and Joost Elffers	Freymann uses his signature style of arranging fresh fruits and vegetables in a variety of unusual poses to represent basic concepts: shapes, colors, numbers, letters, and opposites. Bold and colorful, these photographs are creative and evoke discussion.	N	K-2
Food Is Fun!	Leonard, Marcia	This simple but colorful book is designed for preschool or kindergarten children. Each two-page spread features a short rhyme about some aspect of food accompanied by a photograph of a child with that food on the opposite page. The photographs reflect a multicultural society.	N	K-2
Food Safety	Gordon, Sharon	This book takes a comprehensive approach to understanding food safety and illnesses that people can get from food. It includes information about food safety laws, food labels, and chemicals in food. Brightly colored photographs reflecting racial diversity complement the text.	N	K-2
Food Safety	Kalbacken, Joan	This informational book helps young readers learn how to use their senses to help determine if food is safe to eat or not. It is enhanced with clearly written text and bright, bold photographs, reflecting the diversity of our culture.	N	3 to 5
Foods from the Farm	Weber, Rebecca	This informational book describes foods that come from farms and how they are harvested and processed for us to eat. Large print and big, clear photographs enhance the text. The book includes two-pages of fun farm facts.	N	K-2
For My Family, Love, Allie	Senisi, Ellen	Allie's relatives are coming for a big family party and she wants to give them a present. She finally decides to make a special dessert all by herself. This picture book features photographs of a interracial family. A recipe for peanut butter treats and additional gift ideas are included. The recipe is simple enough that children can make it with a minimum amount of adult help.	F	K-2
Franklin Plays the Game	Bourgeois, Paulette and Brenda Clark	Franklin loves soccer and wants to be the best player on his team. But he isn't very good and the harder he tries, the worse he plays. Goose, Beaver, and his other friends on the team want to score a goal too, but the harder they try, the worse they play. Finally, when they start using teamwork, they begin to score goals and have fun.	F	K-2
Frannie's Fruits	Kimmelman, Leslie	Frannie's Fruits, a roadside fruit stand named after the family dog, sells fresh fruits, vegetables, and pick-your-own flowers. Some customers come every day and buy the same thing. Others add excitement to the family's long day, such as the artist who buys flowers to paint. This book will help children become familiar with a variety of fruits and vegetables.	F	K-2
Frog Legs: A Picture Book of Action Verse	Shannon, Geoge	The verses of this imaginative picture book will make children want to dance, jiggle, jump, hop, run, and race. Energetic frogs decorate the pages and add a comic touch. This lively book has 24 poems that can serve as a springboard for children to create their own action verses using a favorite creature.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Froggy Eats Out	London, Jonathan	Froggy and his parents go to a fancy restaurant to celebrate their anniversary. Froggy tries to behave, but he fidgets and squirms and slurps his spaghetti. But, when he gets embarrassed and hides under the table, things really get out of hand. Finally, his family decides to eat at the “fast flies” place where they happily munch and crunch their dinner.	F	K-2
Froggy Goes to the Doctor	London, Jonathan	Froggy has a doctor’s appointment for a check-up but he’s afraid the doctor will give him a shot. He tries to persuade his mother that he doesn’t need to go but that doesn’t work. At the doctor’s office, Froggy jumps and leaps and scoots and wiggles. Fortunately he is healthy and doesn’t need a shot. And the doctor is happy to send loveable, little Froggy home with his mother!	F	K-2
Froggy Plays Soccer	London, Jonathan	Froggy is really excited about playing soccer in the BIG GAME! If his team beats the Wild Things, they will win the City Cup. But Froggy has to remember one important thing: Don’t use your hands. Readers can identify with the successes and mistakes Froggy makes as he behaves in very normal ways and learns from his experiences.	F	K-2
Froggy Rides a Bike	London, Jonathan	What’s more exciting than learning to ride a new, shiny two-wheeler bike? Froggy is excited and ready to learn but like most children, he’s just a little afraid. Dad helps Froggy and after some mishaps and spills with a few bumps and bruises, lively Froggy masters his bike!	F	K-2
Froggy’s Day with Dad	London, Jonathan	Froggy has a special Father’s Day planned for his dad from making breakfast all by himself to a trip to the fun park to play miniature golf. But as usual, things don’t go quite as planned.	F	K-2
From Cow to Ice Cream	Knight, Bertram	This book uses large, colorful photographs and easy-to-understand text to describe how ice cream is made, beginning with dairy cows and ending in grocery stores and ice cream shops. The last page contains several interesting facts about ice cream such as how and when ice cream cones were invented.	N	K-2
From Flower to Honey	Nelson, Robin	This book describes how honey is made. Using simple language and large photographs, the process is clearly explained.	N	K-2
From Head to Toe: The Amazing Human Body and How it Works	Seuling, Barbara	This lively book engages children in learning about the human body by comparing it to a machine. Basic information about how our bodies work is cleverly presented with clarity and wit and enhanced by eye-catching illustrations, including comic cartoons.	N	3 to 5
From Milk to Ice Cream	Taus-Bolstad, Stacy	This book describes how ice cream is made from milk using simple language and large photographs. A wonderful book to read to children before an ice-cream-making or tasting experience.	N	K-2
From Peanut to Peanut Butter	Nelson, Robin	This book tells how a peanut grows, and then how it is made into peanut butter. It includes a fun picture on every page.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
From Seed to Apple	Ganeri, Anita	This book looks at the life cycles of apples. Question boxes throughout the text encourage children to make predictions about what is coming up in the text.	N	K-3
From Seed to Plant	Gibbons, Gail	Gibbons explores the complex relationship between seeds and plants in a simple, concise format. This book gives young readers an interesting look into the basics of plant reproduction, pollen transference, seed dispersal, and germination. A great first look at botanical science.	N	K-2
From Seed to Pumpkin	Pfeffer, Wendy	With clear text and detailed, colorful illustrations, this book explains what a pumpkin seed needs to help it grow! This book also includes delicious pumpkin recipes and easy experiments to do with pumpkin seeds.	N	K-2
From Seed to Sunflower	Ganeri, Anita	This book looks at the life cycles of sunflower seeds. Question boxes throughout the text encourage children to make predictions about what is coming up in the text.	N	K-3
From Shoot to Apple	Taus-Bolstad, Stacy	This title describes how apples grow. Using simple language and large photographs, the process is clearly explained.	N	K-2
From the Garden: A Counting Book About Growing Food	Dahl, Michael	The book begins with mama pulling one fat tomato from the garden and ends with 12 plates of salad, all with ingredients the family has grown and gathered. Large, vivid illustrations add to this counting book's appeal. The book concludes with fun facts and activities.	N	K-2
From Wheat to Bread	Taus-Bolstad, Stacy	This book describes how bread is made. Using simple language and large photographs, the process is clearly explained.	N	K-2
From Wheat to Pasta	Egan, Robert	Large, color photographs accompany a simple text that describes the steps in making pasta, from growing and harvesting the wheat to making the dough, and packing and shipping the final product. The book shows ideas for alternate ways to use pasta other than eating it and concludes with a page about six different kinds of pasta.	N	K-2
Fruit and Vegetable Man, A	Schotter, Roni	Day after day, Ruby Rubenstein, a fruit and vegetable man, jumps out of bed and rushes to the market to select the best fruit and vegetables for his store. But, after 50 years, Ruby is getting older and more tired. Soon Ruby begins to teach a young boy named Son Ho the secrets of being a good fruit and vegetable man. Then one day, Ruby, for the first time, is ill and cannot get out of bed in the morning. Who will bring fruits and vegetables to the store?	F	K-2
Fruit Is a Suitcase for Seeds, A	Richards, Jean	A simple picture book provides an illustrated description of seed dispersal by which plants, most specifically fruits, travel from one place to another.	N	K - 5
Fruits and Vegetables	Rosa-Mendoza, Gladys	This book presents fruits and vegetables in English and Spanish. Large, bright illustrations and simple sentences introduce common fruits and vegetables to young children. The last two pages provide a list of the fruits and vegetables and pronunciation guides in both English and Spanish.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Full, Full, Full of Love	Cooke, Trish	Jay Jay loves his Grannie and her Sunday dinners which are always full: full of hugs, laughter, good food, and family and friends. Using rhythmic language and large, colorful, appealing illustrations, this picture book celebrates the joyous gathering of an African American family.	F	K-2
Game Time!	Murphy, Stuart	The Huskies and the Falcons prepare for the big championship game in soccer. Both teams practice long and hard, but which one will win? The concept covered is "time," specifically how clocks and calendars represent units of time. With clever text and humorous illustrations, this book entertains as it teaches.	F	K-2
Garbage Helps Our Gardens Grow: A Compost Story	Glaser, Linda	This book follows one family through the year as they help the environment by composting their foods scraps. They tend to a backyard compost pile and use the newly created soil in their garden.	N	K-2
Garden Project, The	McNamara, Margaret	Mrs. Connor's class learns how to plant and tend a garden full of delicious vegetables the whole class can share.	F	K-2
Gardener, The	Stewart, Sarah	Lydia Grace Finch brings a suitcase full of seeds to the big gray city, where she goes to stay with her Uncle Jim, a cantankerous baker. There she initiates a gradual transformation, bit by bit brightening the shop and bringing smiles to customers' faces with the flowers she grows. But it is in a secret place that Lydia Grace works on her masterpiece -- an ambitious rooftop garden -- which she hopes will make even Uncle Jim smile.	F	K - 2
George Washington Carver: The Peanut Wizard	Driscoll, Laura	This informational book uses a combination school report and scrapbook format to tell the remarkable story of George Washington Carver. It also involves students with experiments and recipes, and provides fascinating facts about peanuts.	N	3 to 5
George Washington's Breakfast	Fritz, Jean	George W. Allen is proud that he was named for George Washington and that he has the same birthday. George knows many things about George Washington, but he wants to know what Washington ate for breakfast. His grandmother promises to cook this breakfast if George can discover what it is.	F	3 to 5
Germ Busters, The	Wells, Rosemary	The children in Mrs. Jenkins' class sing the Clean Hands song and wash their hands frequently with soap and water. But the Frank twins think hand washing is for sissies and don't keep their hands germ-free. When Nora Frank and her family become sick, the science teacher comes to the rescue by building a Germostat machine that can tell when someone's hands haven't been washed.	F	K-2
Germ Zappers	Balkwill, Fran and Mic Rolph	This informational book explains how the body protects itself against sickness and disease. Lively writing and colorful cartoon-style illustrations clearly explain the role of bacteria, viruses, and other germs in our bodies.	N	3 to 5
Germs Are Not for Sharing	Verdick, Elizabeth	This sturdy board book tells children in a variety of situations how not to spread germs. With simple text and large, colorful illustrations, the book shows a young boy getting a tissue, blowing, wiping, and then tossing it in the trash.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Germes Make Me Sick!	Berger, Melvin	We all know that germs can make us sick, but this informational book teaches how they do that and how to prevent this from happening. The book provides clearly-written and succinct descriptions of how bacteria and viruses work, using examples that pertain to children's daily experiences.	N	K-2
Germes on Their Fingers!	Ferrin, Wendy Wakefield	This story is told in English for half of the book and then it can be flipped over and the story is told in Spanish. A mother finds a clever way to deal with her worries about germs on her children's dirty hands and how to share the solution to others. Bold, colorful illustrations complement the simple text.	F	K-2
Germes! Germes! Germes!	Katz, Bobbi	Germes are everywhere and in this informational book, germes assume a first person stance as they describe what they do, how they multiply, and what their enemies are. This book presents a brief but engaging overview enhanced with witty cartoon-style illustrations.	N	K-2
Giant Carrot, The	Peck, Jan	Adapted from a favorite Russian folktale, "The Turnip," this story features a family who plants a carrot seed. Each family member does something to help the carrot grow, but what Little Isabelle does is the most unusual. She dances and sings around the carrot and makes it grow bigger and bigger. It has a recipe for "Little Isabelle's Carrot Puddin'."	F	K-2
Gino Badino	Engel, Diana	The Badino family of mice thinks Gino should help in the family pasta factory instead of playing with dough and sculpting macaroni animals. When the business fails, Gino finds a unique solution to the problems. This picture book could be used as a good springboard to creating dough sculptures. It could also lead to tasting different kinds of pasta.	F	K-2
Giraffes Can't Dance	Andreae, Giles	Gerald the giraffe longs to dance at the annual African Jungle Dance. But his neck is too long, and his legs are too skinny, and he stumbles and falls. All the other animals laugh at him and call him names until a little cricket helps him find his own special music. This delightful story will amuse and inspire youngsters who have ever felt like they just can't do what others do.	F	K-2
Girl Wonders: A Baseball Story in Nine Innings	Hopkinson, Deborah	Loosely based on the life of female baseball pioneer Alta Weiss, this delightful picture book tells the story of a young girl who can throw a ball better than most boys. Nicknamed "Girl Wonder," she joins a boys' semi-pro team at age 17 and becomes their star pitcher, attracting crowds who want to see a girl play baseball. Eye-catching illustrations enhance the lyrical text.	F	K-2
Good Bread, A Book of Thanks	Weninger, Brigitte	As a child and her mother bake bread, she learns how grains grow, are harvested, and then ground into flour. This charming picture book uses simple text and warm, appealing illustrations to tell the story and convey information.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Good for Me and You	Mayer, Mercer	Little Critter discovers that healthy eating and physical activity are not only good for you, they can be lots of fun! With his family and friends, Little Critter engages in a variety of activities that demonstrate the theme of better living through good food and good exercise. Much of the humor in this book comes from the ironic contrast between the text and the illustrations. Note: The Food Guide Pyramid appears in this book. For information on the new MyPlate, go to www.choosemyplate.gov .	F	K-2
Good Morning, Let's Eat!	Badt, Karin Luisa	This attractive, informative book presents a positive look at the first meal of the day—breakfast. It describes different foods and traditions that make up breakfast customs around the world. With its well-defined chapters, it could be used effectively as a read-aloud or to promote discussion.	N	3 to 5
Grandma Lena's Big Ol' Turnip	Hester, Denia Lewis	In this variation of the classic Russian folktale, Grandma Lens plants some special turnip seeds in her garden. One turnip grows especially well and Grandma Lena has to enlist the help of her entire family to get that turnip out of the ground.	F	K-3
Grandpa's Garden Lunch	Caseley, Judith	Grandpa likes to work in his garden, and Sarah loves to help him. She learns many things when they work together, and one day he invites her to a special lunch. Everything for lunch has some connection to Grandpa's garden, from the flowers that decorate the table to the zucchini cake for dessert. This picture book, with its attractive, watercolor illustrations, helps young children learn about the pleasure of bringing food from garden to table.	F	K-2
Greatest Gymnast of All, The	Murphy, Stuart	Zoe demonstrates her understanding of spatial opposites, such as up and down, in and out, and forward and backward, as she performs her gymnastic routine. The concept of opposites is covered. With clever text and humorous illustrations, this book entertains as it teaches.	F	K-2
Green Eggs and Ham	Dr. Seuss	What could be more fun than Dr. Seuss's Green Eggs and Ham? This classic, with its rhyming text and zany illustrations, delights children of all ages while teaching them the importance of trying new foods.	F	K-2
Green, Green Garden, A	Mayer, Mercer	Little Critter and his family plant some vegetables. After lots of watering, weeding, and waiting, they enjoy a delicious meal—all from their green, green garden.	F	K - 2
Gregory, the Terrible Eater	Sharmat, Mitchell	What family hasn't had the problem of a child who is a "terrible eater?" It happens in all families, even goat families! Gregory, a goat, has his family worried because he doesn't like good, goat food such as cans, boxes, and shoes. Instead, he insists on eating awful things like fruits, vegetables, and eggs. How his family solves the problem of a fussy eater makes for a funny, tongue-in-cheek picture book with an important lesson for everyone.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Group Soup	Brenner, Barbara	The Rabbit children are very hungry and can hardly wait for Mama Rabbit's delicious dinner, but Mama left them a message to make their own dinner. They decide to work together to make soup, except for Rhoda, who finally consents to contribute something to the soup. This book is about values and stresses the importance of cooperation and sharing. The first page has words and music for "Count Me In," a song Rhoda made up.	F	K-2
Grow it, Cook it: Simple Gardening Projects and Delicious Recipes	DK Publishing	Discover delicious recipes you can make with food from your garden.	N	3-5
Growing Colors	McMillan, Bruce	This appealing picture book introduces 14 fruits and vegetables and their colors. Each two-page spread has a large, close-up photo of a single fruit or vegetable, the color word to describe it, and a smaller photo of the plant. The last two pages serve an index of the fruits and vegetables. Additional pages explain that fruits and vegetables grow in a variety of colors.	N	K-2
Growing Vegetable Soup	Ehlert, Lois	Vivid colors and large, bold print make this deceptively simple picture book come alive. Lois Ehlert takes children through the steps of growing, harvesting, and preparing vegetables for soup. Although simply written for young children, this book can serve as a catalyst for introducing older school children to a variety of vegetables and how to make soup. A recipe for vegetable soup is included.	N	K-2
Gus and Button	Freyman, Saxton and Joost Elffers	Gus, a mushroom person, and his faithful dog, Button, leave their bland, colorless town to see the world. They brave the scary Howling Forest and discover a world of colorful fruits and vegetables and learn an important lesson about life. The imaginative illustrations in this book are created entirely from food.	F	K-2
Halmoni and the Picnic	Choi, Sook Nyul	Yunmi's grandmother, Halmoni, has only lived in New York City for two months and is uncomfortable with all the changes. From Korea, Halmoni is having difficulty adjusting to the different customs in America and is reluctant to speak the English words she's learning from Yunmi. This warm-hearted story tells how Yunmi's classmates help her grandma feel accepted and in the process, learn to enjoy new foods from Korea.	F	K-2
Handa's Surprise	Brown, Eileen	Handa puts seven delicious fruits in a basket, balances it on her head, and starts out for her friend's village. She plans to surprise her friend and wonders which fruit she will like best. But along the way, without Handa knowing it, animals quietly take the fruit piece by piece from her basket. So, how is it that she arrives at the village with a basket full of tangerines?	F	K-2
Happy and Healthy	McKay, Cindy	Why do you need lots of water and a good night's sleep? Read this book to find out.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Harvest Home	Yolen, Jane	With lively verse and repeating refrain, award-winning author Jane Yolen celebrates the traditions of the harvest season as a young girl and her family bring in the wheat. The illustrations glow with the golden hues of autumn and the warmth of family and community. This special picture book concludes with information about harvest customs and directions for making a harvest doll.	F	K-2
Harvest Time	Mayer, Mercer	This story describes harvest time at grandpa and grandma's farm where the Little Critters pick pumpkins and apples, go on a hay ride, help grandpa with outdoor chores, and cook with grandma. Seven pages of activities, such as sequencing and rhyming words that focus on reading skills, are included in the back of the book.	F	K-2
Harvest Year	Peterson, Cris	Month-by-month we're introduced to a wide assortment of mouthwatering foods that are harvested throughout the United States. Large, colorful photographs and clear, concise writing enhance the appeal of this stunning picture book. Map inserts show where each food is harvested, providing a geography lesson.	N	K-2
Healthy Kids	Ajmera, Maya	Discover what kids all around the world do in order to become and stay healthy.	N	2-4
Hidden Cherries	Lewis, Anne Margaret and Susan Hammon	This colorful picture book entices us to find Mr. Cherry on every page until, by the end of the book, we have found 100 cherries which make a pound. Along the way, we learn much about this healthy food.	F	K-2
Hockey Hero	Marzollo, Jean	Hal is a star hockey player, but when he moves to a new town things change. His new team isn't doing very well and neither is Hal. His coach and his dad help him learn that he can be a star in ways other than scoring goals.	F	K-2
Honey Cookies	Hooper, Meredith	Ben asks grandma to help him make honey cookies. When he asks her what ingredients are needed, Grandma helps Ben discover much more than how to bake cookies. He learns where milk, eggs, and wheat come from and why "dried bark" (cinnamon) is put in the batter. The book concludes with a recipe for honey cookies.	F	K-2
Hoop Queens	Smith Jr., Charles R.	Acknowledging the influence of rap music, poet Charles R. Smith Jr. creates lively, action-packed poems celebrating the basketball prowess of twelve women who are professional players. Muted photographs of the players in action with bold and varied print size and style makes this an appealing book for youngsters who might otherwise not enjoy poetry.	F	3 to 5
Hoops	Burleigh, Robert	A celebration of basketball told in verse and illustrations. The bold movements and continuous flow of the game are portrayed in this striking picture book.	F	K-2
Hoops with Swoopes	Kuklin, Susan	Author and photographer Susan Kuklin teamed up with basketball star Sheryl Swopes to create this action filled tribute to basketball. Sparse text combined with dramatic photos of Swoopes playing basketball make this a lively picture book that is likely to inspire youngsters to shoot hoops.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Hooray for Dairy Farming!	Kalman, Bobbie	Using a combination of photographs, illustrations, and concise text, this book describes life on a dairy farm. Organized into fourteen short chapters, it provides clear information about the life of cows, bulls, and calves, and the cow's nutritional product, milk. The book includes a recipe for a banana milkshake.	N	K-2
Hooray for Orchards!	Kalman, Bobbie	This book provides a comprehensive and interesting look at many types of orchards. Clearly written text and a combination of drawings and photographs make this a useful informational book. It includes a recipe for apple crisp.	N	K-2
Hop Jump	Walsh, Ellen Stoll	What happens when a frog gets bored with hopping and jumping? The answer? Dancing! This delightful picture book with sparse text and whimsical illustrations tells the story of a frog who leads the way to do things a little differently and influences other frogs to give it a try. This book is sure to get youngsters up and moving!	F	K-2
How a Seed Grows	Jordan, Helene	How does a tiny acorn grow into an enormous oak tree? With beautiful and accurate watercolor illustrations from Loretta Krupinski, this book by Helene Jordan traces the process of how a little seed grows into the plants and trees that surround us.	N	K - 2
How Are You Peeling? Foods with Moods	Freymann, Saxton and Joost Elffers	This clever book about emotions uses common fruits and vegetables sculpted as characters expressing moods and feelings. The photos are humorous and the questions with them encourage a discussion of feelings. A "Note About The Art" is included and could serve as the launchpad for an art activity or creative writing experience.	N	K-2
How Can You Dance?	Walton, Rick	This book's use of rhyming, repetition, and lively language will turn readers into dancers! Quirky, creative illustrations add to the appeal and the desire to move and turn and twist and bend.	F	K-2
How Did That Get in My Lunchbox?: The Story of Food	Butterworth, Chris	The best part of a young child's day is often opening a lunchbox and diving in. But how did all that delicious food get there? Who made the bread for the sandwich? What about the cheese inside? Who plucked the fruit? And where did the chocolate in that cookie get its start? Here is a clear, engaging look at the steps involved in producing some common foods. Healthy tips and a peek at basic food groups complete the menu.	N	K-2
How Do Apples Grow?	Maestro, Betsy	Did you know that when you bite into an apple, you're eating part of a flower? This and other scientific information, including explanations of the male and female parts of the flower, are presented, accompanied by large, labeled illustrations.	N	K-2
How Do You Raise a Raisin	Ryan, Pam Muno	Where do raisins come from? Who discovered raisins? How many grapes must a farmer raise to make a box of raisins? The answers to these and other intriguing questions about raisins can be found in this book that has attractive illustrations, some historical information and several recipes.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
How Hungry Are You?	Napoli, Donna Jo and Richard Tchen	A group of cartoon-style animal friends decide to go on a picnic and take a delicious assortment of food with them. But they have a problem—how do they divide the food so everyone gets a fair share? Witty dialogue and colorful, zany cut-paper illustrations combine to introduce simple division concepts and yummy food to the readers.	F	K-2
How My Family Lives in America	Kuklin, Susan	This book tells the story of the everyday life of three American families with diverse ethnic and cultural backgrounds. Told from the perspective of a child in each family, we learn about aspects of their heritage. At least one page is devoted to the food customs of families from Africa, Taiwan, and Puerto Rico. There are recipes and photos for “Sanu’s Tieou Dienn,” “Eric’s Habichuelas,” and “April’s Cold Sesame Noodles.”	N	K-2
How My Parents Learned to Eat	Friedman, Ina	In this lovely picture book, a little girl tells a story of how her parents met in Japan and learned to eat using each other’s family practices. Her father, an American sailor, learned to use chopsticks, and her mother, a young Japanese woman, learned to use a fork, knife, and spoon. Humor and love fill the pages of this multicultural book.	F	K-2
How Pizza Came to Queens	Khalsa, Dayal Kaur	What was life like before there was pizza? This delightful story tells how Mrs. Pelligrino, from Italy, came to visit the Penny family in Queens. She speaks little English so no one understands her when she looks around and mournfully says, “No pizza.” The Penny children and their next-door neighbor, May, try to cheer her up and to discover what is in her mysterious green package, but nothing works until the girls go to the library to learn about pizza.	F	K-2
How to Make an Apple Pie and See the World	Priceman, Marjorie	How do you get ingredients for an apple pie if the market is closed? The answer is quite simple: pack your suitcase and travel around the world from Italy to Sri Lanka to Vermont and gather the ingredients. This charming picture book includes a recipe for apple pie. It could serve as a link to geography, nutrition, and literacy, and the children might make maps to show where other foods come from.	F	K-2
I Am an Apple	Marzollo, Jean	This book takes the reader on an apple-growing journey. From bud to ripening apple, through harvest and gathering seeds for future trees, readers learn about the life cycle of an apple. The last page gives children a chance to use the illustrations to retell the story.	N	K-2
I Can Move	Suhr, Mandy	This informational book explains how our bones and muscles help us move. It has a two page drawing of a human skeleton with major bones labeled. With simple text and lively, cartoon-style illustrations, it could be used as a read-aloud or read independently by children reading at the first-grade level. The last page contains information for adults about activities to help children learn more about how we move.	N	K-2
I Smell Honey	Pinkney, Andrea and Brian	This sturdy board book shows a young child in the kitchen, helping mama prepare a delicious meal of sweet potato pie, catfish, red beans, and collard greens. Simple text and large, colorful illustrations combine to produce a warm, appealing book.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
I Want My Banana!	Risk, Mary	This appealing picture book tells a simple story while introducing young children to a foreign language in a relaxed manner. Using one sentence per page written in both English and Spanish, it tells the story of a monkey who lost his banana, but finds it just in time.	F	K-2
I Will Never Not Ever Eat a Tomato	Child, Lauren	Charlie is supposed to give his little sister, Lola, her dinner, but Lola is a very fussy eater. How Charlie uses his imagination to get Lola to eat makes this a funny and delightful book. Big, bold illustrations accompanied by colorful photos of food add to the appeal. It could serve as a model for creative language activities as children make up other exotic names for ordinary foods just as Charlie did.	F	K-2
Icy Watermelon	Galindo, Mary Sue	This intergenerational picture book gives a glimpse of traditions and personal experiences. It shows the love and of a family through their stories, evoked by eating watermelons together. This story could serve as a springboard for children to collect family traditions centering on sharing special foods.	F	K-2
I'm a Seed	Marzollo, Jean	This book features conversations between two seeds as they are growing. As the story unfolds, children can make predictions about each plant based on clues given by the seeds. One is a marigold plant, the other is a pumpkin plant.	F	K-2
I'm Growing	Aliki	In this delightful picture book, a young boy describes how his body is changing and growing and how others, both young and old, change too. The importance of eating healthy food and playing outdoors are also part of his story. The appealing illustrations reflect ethnic diversity and enhance the information about human growth and development.	N	K-2
In My Garden	Schumaker, Ward	In this charming garden of numbers, readers will be delighted by dancing flowers and crabby apples while they learn to count from one watering can to ten snails, from twenty weepy onions to fifty cherry pies, to as many as two hundred and thirty three peas! A bright palette and whimsical illustrations make this book perfect for budding counters and gardeners, alike.	F	K - 2
In My Momma's Kitchen	Nolen, Jerdine	Centered on the kitchen, this richly illustrated picture book celebrates African-American families. Each chapter describes an experience such as Talking Pots Day when all the aunts gather to make the biggest pot of soup in town, and Corn Pudding Time when Daddy takes over the kitchen. The engaging stories are told through the eyes of a young girl and the illustrations convey a sense of family and warmth and love.	F	3 to 5
In the Kitchen	Canizares, Susan and Betsey Chesson	This book asks the question: What happens in the kitchen? It then answers the question using colorful photographs with one-word captions. This format could be easily adapted for the class to make their own informational books about cooking or family mealtime.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Inch by Inch: The Garden Song	Mallet, David	Simple but colorful illustrations enliven this celebration of gardening and singing. This picture book could be used by itself or with a gardening project. Illustrations of fruits and vegetables decorate the inside covers. The book includes the music for the song.	F	K-2
It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History	Solheim, James	Want to learn about earthworm soup or bird's-nest soup? This book is full of fascinating facts about the variety of strange and unique foods eaten around the world and over the years. It also has witty poems, maps, and recipes. Realistic illustrations add to the witty and slightly zany flavor of this book.	N	3 to 5
It's Just a Game	Farrell, John	The soccer team is having lots of fun, until the adults get involved and start yelling and criticizing. The kids teach the grown-ups the importance of good sportsmanship and that trying hard and having fun are more important than winning. Rhyming and repetition and appealing illustrations make this book a winner.	F	K-2
It's Our Garden	Ancona, George	Want to grow what you eat and eat what you grow? Visit this lively, flourishing school and community garden and be inspired to cultivate your own. Find out about how compost, insects, and soil help small seeds become delicious vegetables that an entire class can share.	N	K-2
Jalapeño Bagels	Wing, Natasha	Pablo is supposed to take food to school for International Day that represents his culture, but his mother is Mexican and his father is Jewish. How can he decide what to bring? Although the story is fiction, it's based on an actual Mexican-Jewish bakery in California. Recipes for "Chango Bars" and "Jalapeño Bagels" are included, as well as a glossary of Spanish and Yiddish food terms used in the story.	F	K-2
Jamie O'Rourke and the Big Potato	de Paola, Tomie	This charming Irish folktale is sure to make everyone laugh as it relates the adventures of Jamie O'Rourke, the laziest man in all of Ireland. When Jamie accepts a magic potato seed from a leprechaun instead of a pot of gold, the fun is just beginning. The author provides notes about the story describing his grandfather's influence on his own storytelling.	F	K-2
Jody's Beans	Doyle, Malachy	This gentle, intergenerational story tells about Jody and her Grandpa planting runner beans. It shows how they water, stake, pick, cook, and eat the beans. Appealing, watercolor illustrations with a timeless quality show the growth of the beans throughout the summer. An index to learning about beans is included. This book could serve as directions for children who want to plant and grow their own beans.	F	K-2
Judy Moody Saves the World!	McDonald, Megan	When Judy learns how rapidly rain forests around the world are being destroyed, she decides to take action to save them. Before she knows it, her entire class is involved.	F	3-4
June 29, 1999	Wiesner, David	Holly Evans conducts a science experiment to study the effects of extra-terrestrial conditions on vegetables. Full of imaginative word play and fantasy depicted as reality, this picture book views vegetables in a new light that is bound to delight readers and spark creative responses.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Just Enough Carrots	Murphy, Stuart J.	This clever story introduces the concepts of fewer, same, and more as a rabbit and his mother go shopping. But why are they shopping for peanuts and worms along with their carrots? The book concludes with two pages of ideas to extend these math concepts.	F	K-2
Just Right Stew	English, Karen	Told in first person by a young girl, this charming picture book tells the story of a warm and loving African American family trying to prepare a pot of oxtail stew for grandma's birthday dinner that tastes just like how grandma used to make it. Each grown-up daughter tries to outdo the others with a missing ingredient, but finally it is grandma who secretly provides it.	F	K-2
Keeping Fit from A to Z: Mantente en Forma de la A a la Z	Maze, Stephanie	Keep moving with activities from every letter of the alphabet with this bilingual English/Spanish alphabet picture book. This book is designed to inspire children to stay active and healthy while introducing them to new vocabulary in two languages.	N	K-2
King of Pizza, The	Sanzari, Sylvester	One morning a king decides to disguise himself as a beggar and sets out to learn what his subjects eat. He not only discovers pizza, but also discovers the importance of generosity, love, and caring for those who are less fortunate. He sends out a royal decree making every Saturday night "Pizza Night at the Palace." Included is information about King Ferdinand whose real-life story inspired this story and recipe for Salvatore's Rainbow Pizza.	F	K-2
Let the Games Begin!	Ajmera, Maya and Michael J. Regan	Photographs and quotes from children around the world capture the joy and importance of sports. The accompanying text describes how kids enjoy sports and what they learn from them no matter where they live.	N	K-2
Let's Eat!	Zamorano, Ana	Every day Antonio's Mama prepares a delicious meal such as chickpea soup, empanadas, or sardinas for her extended family. But, one day Mama has gone to the hospital to have a new baby. When she returns, the entire family celebrates with a feast of paella. Distinctive illustrations show the love and warmth the Spanish family shares together with their food.	F	K-2
Let's Eat! ¡A Comer!	Morez, Pat	It's dinnertime. Look at all the food! There are beans, tortillas, cheese, and even a green salad.	F	K - 3
Let's Get the Rhythm	Miranda, Anne	This book engages young children in a series of movements such as snapping, clapping, stamping, and shaking. Lively illustrations demonstrate each one. This book could be used as a read-aloud with an entire class or read independently by beginning readers.	N	K-2
Life and Times of the Apple, The	Micucci, Charles	This book provides a wealth of information about apples, including how they grow and are harvested, varieties, uses, and historical facts. Some of the information, such as cross-fertilization and grafting, is quite technical. However, it is presented clearly and with drawings. The book includes the "Legend of Johnny Appleseed."	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Lima's Red Hot Chilli	Mills, David	Written in both Spanish and English, this charming book tells the story of Lima, who comes home hungry and then eats a red hot chilli even though her mother tells her not to. The story cleverly introduces the names of various foods in both English and Spanish. The book is also available in English and numerous other languages.	F	K-2
Little Apple: A Book of Thanks	Weninger, Brigitte	This lovely picture book is the English translation of the original written in German. Using lyrical language and warm, appealing illustrations, it celebrates the beauty and wonder of apples while providing basic information about how they grow.	N	K-2
Little Bit of Soul Food, A	Sanger, Amy Wilson	Beginning with biscuits and grits with gravy for breakfast, a young child describes favorite foods of family members. This sturdy board book is colorful and appealing. The food illustrations are made from cut paper and fabric that is then photographed to appear as actual food. The back cover lists the foods in the book and explains what they are.	F	K-2
Little Hoot	Rosenthal, Amy Krouse	It's not fair! All Little Owl wants is to go to bed at a reasonable hour, like his friends do. But no... Mama and Papa say little owls have to stay up late and play. So Little Owl spends all night jumping on his bed, playing on the jungle gym, and doing tricks on his skateboard but he's hooting mad about it! Children who have a hard time going to bed will love this fun twist on the universal dilemma.	F	K - 3
Little Nino's Pizzeria	Barbour, Karen	Tony's dad, Nino, makes the best pizza in the world and Tony likes to help him at their small family restaurant, Little Nino's. But when Nino closes the restaurant so he can open a bigger one and make more money, everything changes, and not necessarily for the better. This appealing picture book with colorful illustrations helps children explore issues of what's truly important.	F	K-2
Little Pea	Rosenthal, Amy Krouse	In this delightful twist to the age-old dilemma of helping children develop healthy eating habits, Little Pea must eat five pieces of candy before he is allowed to have his favorite dessert of spinach. This charming story is for every family that struggles with getting children to eat their vegetables before having dessert.	F	K-2
Little Red Hen Makes a Pizza, The	Sturges, Philemon	The Little Red Hen decides to make a pizza but finds herself without a pizza pan and the necessary ingredients. As in the original version, duck, dog, and cat are unwilling to help with the work but are very willing to partake of the results. However, this story has a surprise twist at the end. Along the way, children are introduced to a variety of foods, some of which may be new to them.	F	K-2
Little Red Hen Makes Soup	Williams, Rozanne Lanczak	In a simple variation of the folktale, Little Red Hen and her friends make vegetable soup. The story uses repetition and has colorful illustrations. The book concludes with a list of new and review sight words.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Little Red Hen, The	Downard, Barry	The Little Red Hen asks other animals to help her make bread and gets the same response: "Not I." Large, bold photo collages of animals with human-style props provide a hilarious visual treat.	F	K-2
Loaves of Fun	Harbison, Elizabeth	Take a trip back in time and around the world with this historical look at the importance of bread in ancient and modern civilizations. You'll learn fascinating tidbits of history and experience the thrill of using recipes from other lands and times. Written in an engaging manner, the book is mostly text with black and white line drawings.	N	3 to 5
Lunch	Fleming, Denise	Mouse was so hungry. He ate many fruits and vegetables on the kitchen table. Large, brightly colored illustrations and a simple text engage young children in learning about fruits and vegetables. This picture book lends itself to reading aloud over and over again, letting children guess the names of the foods from the word and picture clues.	F	K-2
Lunch Box Surprise, The	Maccarone, Grace	This book uses simple text to describe what each child brought to school for lunch. But, Sam's mother forgot to pack anything for him, so the other children share with him. The illustrations show a multicultural class with one child in a wheelchair.	F	K-2
Lunch Line, The	Nagel, Karen Berman	Using simple text and cartoon-style illustrations, this book provides a real life situation where Kim and her friends must decide how to spend their lunch money in the school cafeteria. The book concludes with six pages of suggested math activities based on the story.	F	K-2
Mabel the Tooth Fairy and How She Got Her Job	Davis, Katie	Mabel is the very first tooth fairy ever, but she wasn't always a tooth fairy. First, she was just a regular fairy but she hated brushing her teeth, flossing, and going to the dentist. You can imagine what happened to Mabel's teeth! This witty, clever story tells how Mabel decided to take kids' teeth to replace her own, and the problems that arose from those adventures. Mabel learns important lessons about dental hygiene while still making children happy as the tooth fairy.	F	K-2
Magda's Tortillas, Las Tortillas de Magda	Chavarria-Chairez, Becky	It's Magda's seventh birthday, and grandma has promised to give Magda her first tortilla-making lesson. But when Magda's tortillas don't turn out perfectly round, her grandma helps her handle her disappointment by learning to appreciate their creative shapes. This picture book has warm, appealing illustrations and is written in both English and Spanish.	F	K-2
Magic School Bus Inside a Beehive, The	Cole, Joanna	In the context of the magical adventures of Ms. Frizzle's class, children learn important facts about bees, how they live and work, and how honey is produced. When Ms. Frizzle's students become bees, they experience the life cycle of a bee and its dangers. With its cartoon-like illustrations and witty humor, this book teaches information in a way that is easy for elementary students to understand and remember.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Make Me a Peanut Butter Sandwich and a Glass of Milk	Robbins, Ken	What do a wheat field, a cow, and a handful of peanuts have in common? This informative book answers that question by describing things that result in America's favorite after-school snack—a peanut butter sandwich and a glass of milk. While the snack may seem simple, what it takes to put it on the table is not. Hand-tinted photos highlight clearly written text in this farm-to-table book.	N	K-2
Make Way for Tooth Decay	Katz, Bobbi	Using rhyming verse and cartoon-style illustrations, we learn how bacteria make teeth decay and how to prevent that. Lively and witty, it introduces basic dental hygiene concepts. This book is a read-aloud for young children preceding a discussion or demonstration about how to care for your teeth.	N	K-2
Making Minestrone	Blackstone, Stella	Multicultural illustrations featuring lively children surrounded by friendly animals show them exploring the garden and gathering vegetables to make minestrone soup. The rhyming text celebrates gifts of nature to make a nourishing soup. The recipe, included in this picture book, could be used for a class cooking project.	N	K-2
Marge's Diner	Gibbons, Gail	This picture book tells about a typical day in the life of Marge, her diner, and the people who eat and work there. Open 24 hours a day, the diner is a microcosm of small town life. Teachers could use this book to start a discussion on restaurants and ask students to develop a menu for their own restaurant.	N	K-2
Market Day	Ehlert, Lois	Using bold, folk art collage illustrations, author/illustrator, Lois Ehlert, tells the simple story of a family taking its farm produce to market in the town square.	F	K-2
Markets	Chanko, Pamela and Samantha Berger	This easy-to-read informational book asks the question: What do markets sell? It then answers the question using colorful photographs and simple sentences with repeating phrases. This format could be easily adapted for a class to make their own informational books.	N	K-2
Max and Ruby's Midas	Wells, Rosemary	Max's big sister is worried because Max loves to eat sweets. She tries to cure him of his sweet tooth by reading an altered version of the Greek myth about Midas and the magic touch. This story of young Prince Midas, who turns healthy foods into delicious desserts, is a delightfully witty fantasy with an important message about healthy eating.	F	K-2
Max's Breakfast	Wells, Rosemary	Constructed of heavy cardboard, this book for young children tells the story of when Max doesn't want to eat his egg for breakfast. Simple text and clever illustrations show how one little rabbit outwits his mother.	F	K-2
Me and My Amazing Body	Sweeney, Joan	Written in a lively style and easy to understand, this informational book describes important parts of the body, including skin, bones, muscles, brain, blood, heart, lungs, and stomach. Large, color illustrations aid in explaining how each works and why they are important. The book concludes with two pages of "Amazing Body Facts."	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Mia Hamm: Winners Never Quit!	Hamm, Mia	As a child, Mia Hamm loved playing soccer with her brothers and sisters, but when she didn't win she became angry and quit. This story tells how she learned the importance of being part of a team, and how to lose gracefully.	N	K-2
Mighty Jackie: The Strike-Out Queen	Moss, Marissa	This exciting picture book tells the story of Jackie Mitchell, the first female professional baseball pitcher, who demonstrated that women could compete in what was considered a man's game. Large, realistic illustrations complement the text and help make the story come alive. The book concludes with an Author's Note about Jackie Mitchell, "The Girl Who Struck Out Babe Ruth."	N	3 to 5
Milk Makers, The	Gibbons, Gail	From dairy cows grazing in a meadow to trucks delivering milk containers to stores, this informative book traces how milk gets to our tables. Illustrations and diagrams describe how the food eaten by cows becomes milk. Vocabulary is introduced such as the scientific names of the parts of a cow's stomach. The book also shows breeds of dairy cows. A chart illustrating several types of milk and other dairy products is included.	N	K-2
Milk to Ice Cream	Snyder, Inez	This informational book features a boy and his dad making ice cream. Using simple text and large photographs, it takes the reader through the process of making ice cream at home.	N	3 to 5
Milk: From Cow to Carton	Aliki	This informative book shows how we get milk. It describes the entire process from farm to dairy, to stores, and to your home. Diagrams with technical vocabulary and cartoons supplement the text. This book could be used to provide information on several levels, from very basic to more complex.	N	K-2
Miss Fox's Class Shapes Up	Spinelli, Eileen	The students of Miss Fox's class are lethargic and cranky until they learn to eat better, exercise, and get more sleep. "This class is going to get fit!" Miss Fox says. "So we can be ready for Field Day?" asks Frog. "Not just Field Day," says Miss Fox "for every day!"	F	K - 3
Miss Mabel's Table	Chandra, Deborah	Using repetition and a cumulative counting rhyme, children become familiar with the ingredients for hot, golden pancakes and with the charming, red-headed lady who makes them. Illustrations on alternating pages depict Miss Mabel as she awakens, feeds her cat, and travels to her restaurant on the other side of town. This charming picture book concludes with Miss Mabel serving pancakes at her restaurant to the ten people she met during her morning journey.	F	K-2
More Spaghetti, I Say!	Gelman, Rita Golden	Minnie, the monkey, can do many things with spaghetti, especially when she is trying to avoid playing with Freddy. A humorous book that appeals to their sense of humor, children will have fun dramatizing the story and brainstorming other things to do with spaghetti or other foods. Beginning readers, also, will enjoy reading this book independently.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Mott's A Is for Apple: And All Things That Grow!	Bryant, Megan E. and Monique Z. Stephens	Large, colorful fruits, vegetables, and plants illustrate the letters of the alphabet in this engaging picture book for young children. The last two pages of the book provide interesting factual information on each item presented with a letter of the alphabet.	N	K-2
Mr. Belinsky's Bagels	Schwartz, Ellen	Mr. Belinsky makes the best bagels in town and his loyal customers love and depend upon him. When a fancy new bakery opens across the street, Mr. Belinsky decides to make other baked goods to stay in business. But, success comes with a price that Mr. Belinsky decides is too high. This heart-warming picture book and illustrations can be used to stimulate discussion about Mr. Belinsky's decisions.	F	3 to 5
My Amazing Body: A First Look at Health and Fitness	Thomas, Pat	This colorful picture book informs and celebrates children's amazing bodies. Written in a clear and lively manner, it explores many aspects of health and fitness encouraging children to eat healthy, try new foods, be active, and take care of themselves.	N	K-2
My Body, Head to Toe	Bullard, Lisa	Anna learns about her body from her aunt, a doctor, and by playing doctor with her pet cat. The story presents information about the basic parts of the human body and the importance of eating healthy and being active. The illustrations reflect ethnic diversity.	F	K-2
My Breakfast: A Book About a Great Morning Meal	Feldman, Heather	A young boy describes what he is having for breakfast. Simple text and large, colorful photographs complement each other to produce a positive, enthusiastic message about the importance of a good breakfast.	N	K-2
My Daddy Is a Pretzel: Yoga for Parents and Kids	Baptiste, Baron	Discover different yoga poses and learn how you can achieve physical and spiritual health.	F	K-2
My Dentist Is Not a Monster	Moffatt, Julia	It is Danny's first trip to the dentist and he is afraid. His brother told him scary stories including that the dentist is a big monster who lives in a cave. Danny hides under his bed but his mother finds him and they go to the dentist. Much to his surprise, the dentist is very nice and Danny has lots of fun. The simple text with bright illustrations convey a positive message about dental hygiene.	F	K-2
My Two Hands/My Two Feet	Walton, Rick	This book is written as two-books-in-one. First, you read one story and, then, turn the book over and read the other story. Using rhyming words, two girls describe how they use their hands and feet in their daily activities. This unique picture book has colorful, cut-paper illustrations. It could be used as a read-aloud with the class imitating what each girl does with her hands and feet.	F	K-2
My Wobbly Tooth Must Not Ever Never Fall Out	Child, Lauren	Charlie's little sister does "not ever never want my wobbly tooth to fall out." But when her friend tells her about the tooth fairy, she changes her mind. This quirky story charms the reader with its child's eye view of losing a first tooth and how friends and brothers and sisters interact. Imaginative collage-style illustrations add to the warmth and appeal of the book.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
NBA All-Time Super Scorers	Buckley, James Jr.	This informational book will intrigue and satisfy young fans of men's professional basketball. Full of photographs, it briefly describes several types of basketball shots as background for portraying the careers of basketball stars.	N	3 to 5
Noisy Breakfast	Blonder, Ellen	The simple sentences on each page describe preparing and eating breakfast. The fanciful illustrations of a mouse and dog entertain the reader. Beginning readers will enjoy reading this picture book independently.	F	K-2
Oh Say Can You Seed?	Worth, Bonnie	Told in rhyming text by the Cat in the Hat, this book gives an overview of how plants grow and make their own food. Technical terms are defined in a clear, easy-to-understand way with large, well-labeled illustrations. The Cat in the Hat provides a light touch to this information and makes comparisons with familiar things. The book is a useful resource to learn about plants.	N	K-2
Oh, No, Toto!	Tchana, Katrin	Toto is an affectionate name for a young child who loves food. In this richly illustrated picture book about life in Cameroon, West Africa, Toto is a lively two-year-old with an insatiable appetite who is full of curiosity. We follow his antics throughout one day as Big Mami, his grandma, takes him to the market where he gets into mischief. The book concludes with information about languages spoken in the Republic of Cameroon, a glossary of Cameroonian foods from the story, and a recipe for "Egussi Soup."	F	K-2
Oh, the Things You Can Do That Are Good for You!	Rabe, Tish	From the top of your head to the tips of your toes, learn all about health from a cool cat who knows! In this delightful book, Dr. Seuss's famous Cat in the Hat explains to young readers all the different ways to stay healthy.	F	K-2
Oliver's Fruit Salad	French, Vivian	Oliver goes shopping with his mother to help choose fruits, cut them up, and make fruit salad. But when it's time to eat, Oliver decides he doesn't like fruit, especially if it didn't come from Grandpa's garden. Big, bright illustrations and a clever text make this an excellent book to introduce young children to a variety of fruits and as a lead-in to a fruit-tasting experience.	F	K-2
Oliver's Vegetables	French, Vivian	Grandpa and Oliver have a bargain. Oliver can have French fries only if he finds them in the garden. If not, they will eat whatever Oliver picks. Will Oliver ever find those potatoes? Children will enjoy hearing or reading about Oliver's experiences in this appealing, intergenerational picture book as he tries new vegetables in his quest for French fries.	F	K-2
One Bean	Rockwell, Anne	This simple, informative book describes starting with one bean and growing a bean plant. Told through the eyes of a child. It could be read aloud to young children as an introduction to a bean growing experience. The last two pages use smaller print to provide more information about beans and suggestions for additional activities.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
One Potato	Pomeroy, Diana	Using potato print illustrations, this counting book features delicious looking fruits, vegetables, and seeds to count up to 100. Both young and older readers will enjoy looking at the unusual illustrations and then making their own books using potato printing. Directions and ideas for a project are included.	N	K-2
One Watermelon Seed	Lottridge, Celia Barker	Max and Josephine plant a garden starting with one watermelon seed and finishing with ten corn seeds. This charming counting book uses brightly colored illustrations and brief text to show children planting and harvesting their garden. In the spring, the seeds and plants are counted one-by-one and in the fall, the produce is counted by tens, concluding with one hundred ears of corn that will become hundreds and thousands of big white crunchy puffs of popcorn.	N	K-2
One, Two, Three!	Booth, David	This collection of four short selections provides counting and rhyming experiences for young readers. Each is accompanied by colorful, whimsical illustrations that add to the appeal of their lively language. Used as jump rope rhymes, the selections are: "One White Sail: A Caribbean Counting Book," "One, Two, Three!," "Take Me Out to the Ball Game," and "The Cat Came Back."	F	K-2
Orange in January, An	Aston, Diane Hutts	Plump, juicy oranges are one of the great pleasures of winter and one that is usually taken for granted. With vivid, glowing paintings, this unique picture book offers a poetic lesson about a plant's growth cycle and about the produce industry. We follow an orange from blossom to ripe fruit, from tree to truck to market, and into the hands of a boy who shares this treat with his friends on the playground, "so that everyone could taste the sweetness of an orange in January."	N	K - 3
Orange Juice	Chessen, Betsey and Pamela Chanko	This easy-to-read book presents basic information about how we get orange juice. It uses colorful photographs and simple sentences with repeating phrases that engage beginning readers. The book concludes with two pages of more detailed information for the teacher and parent.	N	K-2
Our Community Garden	Pollak, Barbara	This delightful story describes the fun and learning that occur as a group of ethnically diverse children play and work in a community garden. Colorful folk art illustrations add appeal to this book. An accompanying website provides information about starting a community garden. A salsa recipe is included in this book.	F	K-2
Our School Garden	Swann, Rick	Students learn how food is grown as they work together in their school's garden.	F	K-2
Out and About at the Apple Orchard	Mayr, Diane	Take a field trip to the Shiny Apple Farm, and learn what is involved in growing apples. This book includes a floating fruit experiment and fun facts about apples.	N	K-2
Out and About at the Bakery	Ericsson, Jennifer A.	Take a field trip to Franz's bakery and learn how baked goods are made. This book includes an activity for testing yeast and fun facts about bread.	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Out and About at the Dairy Farm	Murphy, Andy	When a group of children go on a field trip to a dairy farm, they make a list of things to find out. Each two-page spread in this picture book contains basic information on one page and in-depth information on the other. The book concludes with a recipe for easy ice cream and fun facts about cows.	N	K-2
Pancakes for Breakfast	de Paola, Tomie	This delightfully illustrated, wordless picture book takes readers through all the necessary steps to gather the ingredients for pancakes. But what happens when the pets eat all the ingredients? Children will enjoy telling the story that the illustrations show.	F	K-2
Pancakes, Crackers, and Pizza	Eberts, Marjorie and Margaret Gisler	This simple book presents Eddy eating foods that represent various shapes, such as a triangle for pizza and a square for a cracker. Simply written and illustrated, this book concludes with a word list.	F	K-2
Pancakes, Pancakes!	Carle, Eric	Jack wants to have a pancake for breakfast. But, he must follow his mother's instructions to gather all of the ingredients and necessary utensils, and then help her cook it. This is an excellent read-aloud and could be used as an introduction to a classroom cooking project.	F	K-2
Parts	Arnold, Tedd	A young boy wonders what's happening to his body when he notices such things as pieces of hair in his comb, bits of skin peeling off his toes, and a loose tooth. Does this mean that the glue that holds his parts together isn't working anymore?! This picture book cleverly explains that these and other bodily occurrences are normal. Colorful, exaggerated illustrations and witty text are combined to produce an amusing story that addresses some typical childhood fears.	F	K-2
Peanut Butter and Jelly	Westcott, Nadine Bernard	How do you make a peanut butter and jelly sandwich? This variation on a popular play rhyme engages children in clapping and hand motions while chanting verses that describe making a peanut butter and jelly sandwich. Whimsical illustrations help make this book a favorite of young children. Beginning readers will enjoy reading independently and children can create more verses to this rhyme.	F	K-2
Peanut Butter Party	Charlip, Remy	This delightful book is full of creative, practical ideas for peanut butter including parties, games, jokes, riddles, plays, decorations, and songs. Simple recipes, such as peanut butter play dough, and directions for activities that can be done with minimal adult supervision are included. Pages contain clever quotes from kids about peanut butter and could serve as a springboard for activities and creative writing.	N	K-2
Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess	Palacios, Argentina	This picture book presents food riddles with easy text and appealing illustrations. Children will enjoy guessing the riddles. This book can be used as a read-aloud or as independent reading for beginning readers. It can also serve as a model for children to write their own food riddles.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Pick, Pull, Snap!	Schaefer, Lola M.	Lyrical language and gigantic, pastel paintings on foldout pages describe how plants flower, create seeds, and bear fruit. The last two pages provide additional information on how pears, raspberries, corn, peaches, peanuts, and pumpkins grow from flower to fruit.	N	K-2
Picking Apples and Pumpkins	Hutchings, Amy and Richard	Kristy and her friends and family go to an orchard to pick apples and choose pumpkins. They also learn about the delicious things that can be made from apples. When they return home, they help Grandma make an apple pie and help Dad carve their pumpkins. This book uses photos of an actual family to convey the fun and warmth involved in doing things as a family.	F	K-2
Pickles in My Soup	Pearson, Mary	This humorous story celebrates a girl who loves pickles and eats them in many unusual combinations with other foods. The cartoon-style illustrations add to the gaiety and sense of fun that will appeal to beginning readers.	F	K-2
Pickles to Pittsburgh	Barrett, Judi	In this sequel to Cloudy with a Chance of Meatballs, the town of Chewandswallow continues its crazy weather patterns, but people have found a way to share the excess food with the rest of the world. This book makes an excellent read-aloud and has the theme of sharing resources with the world community.	F	K-2
Pie in the Sky	Ehlert, Lois	Do pies grow on trees? A father tells his child that the cherry tree in their backyard is a pie tree, and together they watch until the cherries ripen are ready to be picked. The charming picture book with collage illustrations includes a recipe for cherry pie.	F	K-2
Pigs in the Pantry: Fun with Math and Cooking	Axelrod, Amy	Need to put some "spice" into teaching measurements to your class? This picture book, with the misadventures of the Pig Family and its recipe for "Firehouse Chili," will have readers laughing while learning the practical application of correct measurements. When Mr. Pig misreads the directions, the result is a comic disaster. The book concludes with a page of measurement facts and some questions that children can answer from the story.	F	K-2
Pilobolus: The Human Alphabet	Kane, John	Philbolus is a 35-year-old American dance company with an international reputation. In this creative presentation of the alphabet, the dancers illustrate each letter as their bodies bend, twist, and are shaped into ingenious designs. Colorful and joyous, this picture book celebrates creativity, the human body, and the alphabet.	N	K-2
Pizza	Romay, Saturnino	This short picture book has one word sentences accompanying illustrations of a baker making a pizza. It begins with "Measure" and concludes with "Eat!" The last page has a recipe for "Easy Pizza."	N	K-2
Pizza at Sally's	Wellington, Monica	Sally the pizza maker grows tomatoes in the community garden, buys cheese from the store next door, and orders flour from wheat farms. She cuts, chops, stirs, and simmers to make her famous pizza sauce. Ethnically-diverse customers flock to Sally's Pizzeria to eat pizza. This charming story with its colorful illustrations helps little pizza lovers discover how pizza is made. The book concludes with Sally's Pizza Recipe.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Pizza Counting	Dobson, Christina	What's more appealing than page after page of mouth watering pizzas? Accompanied by interesting pizza facts and tasty toppings, these colorful pizzas provide opportunities for counting, adding, multiplying, and using fractions in clever ways.	N	K-2
Pizza Party!	Maccarone, Grace	Appealing multicultural illustrations and simple text take children through the steps of making a pizza. Beginning readers will enjoy reading this book independently. It can be used as a springboard to a classroom cooking or pizza-making experience.	F	K-2
Pizza That We Made, The	Holub, Joan	This story describes how Suzanne, Max, and Jake make a pizza, clean up their mess, and eat the yummy pizza. The book concludes with a recipe for pizza. The simple text uses rhyming and repetition enhanced by bright, appealing illustrations.	F	K-2
Plant a Little Seed	Christensen, Bonnie	What happens when you plant a seed? Flowers grow and turn into fruits and vegetables that then can become a part of a home cooked meal.	F	K-2
Planting a Rainbow	Ehlert, Lois	Young children will enjoy learning about colors and flowers with this new edition of one of Lois Ehlert's most popular titles in a brand-new format.	F	K - 2
Play it Safe	Mayer, Mercer	This story describes "bike safety day" at school and the important things Officer Bow Wow teaches the Little Critters. The simple text with repetitive language is enhanced with charming illustrations. The book concludes with educational activities.	F	K-2
Popcorn	Moran, Alex	This book about popping too much popcorn uses simple text and whimsical illustrations. The rhyming words and short sentences make it fun to use as a chant. Beginning readers will enjoy being able to read it independently.	F	K-2
Popcorn Shop, The	Low, Alice	This book tells the story of Popcorn Nell and her Popcorn Shop. Nell's popcorn machine makes more popcorn than anyone can eat, and Nell can't stop it. Using repetition and rhyming, this excellent book for reading aloud or independent reading has illustrations that add a lighthearted tone.	F	K-2
Potluck	Shelby, Anne	Alpha and Betty plan a potluck and their friends bring everything from A-to-Z: Acton appears with asparagus soup, and Zeke and Zelda zoom in with zucchini casserole. Each character brings a dish that begins with the letter of their name, and they have a feast of flavors. With alliterative language and bright, bold illustrations, this picture book could serve as a model for children to write their own potluck books or plan a potluck party.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Pretend You're a Cat	Marzollo, Jean	Written with short questions and rhyming text, this picture book leads children through a series of physical movements as they pretend to be animals. It asks children to imagine what else they can do like the animals. Illustrations show both the animals and children pretending. This creative book can be used in many ways including creative drama, chart reading, and as a model for children to write and illustrate their own books.	N	K-2
Princess Fidgety Feet	Posner, Pat	Princess Bridget wants to play soccer. Her fidgety feet want to run and hop and leap, but that isn't princess-like behavior. Her mother, the queen, scolds her and her father, the king, hires Miss Posy to teach her what to do with her fidgety feet.	F	K-2
Pumpkin Circle: The Story of a Garden	Levenson, George	Using large, colorful photographs and rhyming text, this award-winning picture book chronicles the life cycle of the pumpkin, from seeds to pumpkins and jack-o-lanterns to seeds again. The last page of the book provides factual information about pumpkins.	N	K-2
Pumpkin Day, Pumpkin Night	Rockwell, Anne	Jeffrey can't wait to go with his mother to the orchard to pick the perfect pumpkin to carve into a jack-o-lantern. While Jeffrey searches for one just the right size, his mother buys ten little pie pumpkins. When they get home, they roast pumpkin seeds and carve Jeffrey's pumpkin. This gentle picture book with paper-collage illustrations celebrates fall and a special day for mother and child.	F	K-2
Pumpkin Fiesta	Yacowitz, Caryn	Foolish Fernando spies on Old Juana who always wins the pumpkin crown for the best pumpkins at the annual fiesta. With comic results, he tries to copy her but when that fails, he steals her pumpkins and pretends they are his. Just as Fernando is to be crowned, Juana appears. While this picture book, with its lively illustrations, has a light touch, it conveys important life lessons. Juana's recipe for "pumpkin soup" is included.	F	K-2
Pumpkin Patch, The	King, Elizabeth	From the time the farmer prepares the soil for pumpkin seeds to harvesting and carving time, the growth cycle of the pumpkin is clearly described. The simple text, accompanied by eye-catching photographs, makes an appealing and informational book.	N	K-2
Pumpkin Soup	Cooper, Helen	Cat, Squirrel, and Duck are good friends and make the best pumpkin soup in the woods. But when Duck decides he wants to be head cook, Cat and Squirrel quarrel with him, and he runs away. By the time Duck returns, the three animals have learned an important lesson about friendship and sharing. The book concludes with a "Pumpkin Soup" recipe humans can make.	F	K-2
Rabbit Food	Gretz, Susanna	Uncle Bunny comes for the weekend to encourage John to eat his rabbit food of celery, tomatoes, peas, mushrooms, and carrots. But is Uncle Bunny a picky eater, too? With its illustrations and humorous text, this tale can be used to encourage children to try new foods.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Racing Around	Murphy, Stuart	Mike wants to compete in a 15-kilometer bike race, but his brother and sister say he's too young. Mike doesn't give up and learns important lessons along the way. The concept of perimeter or the distance around a shape, is covered. With clever text and humorous illustrations, this book entertains as it teaches.	F	K-2
Rah Rah Radishes!: A Vegetable Chant	Sayre, April Pulley	Know any kids who don't like veggies? Here is a book that's sure to change their hungry minds! With a raucous rhyming text, Rah, Rah Radishes celebrates fresh vegetables, nature's bright colors, and the joy of healthy eating. The book's interactive spirit encourages kids to join in on the read-aloud fun, and little ones won't be able to resist the book's vibrant photographs--they're a feast for the eyes!	N	K - 3
Raising Cows on the Koebels' Farm	Flanagan, Alice K.	This book features a contemporary farm family in Michigan. Large, colored photographs and simple text present basic information about how a dairy farm works, especially the care provided to the cows. It describes how farmers use computers to keep important records on the farm.	N	K-2
Rap a Tap Tap: Here's Bojangles - Think of That!	Dillon, Leo and Diane	This picture book celebrates the greatest tap dancer of all times, Bill "Bojangles" Robinson. Bold, cut-paper illustrations and simple text with a rhyming refrain dance across the page. The last page provides a brief summary of Robinson's life and why "He talked with his feet."	F	K-2
Ready for Pumpkins	Duke, Kate	Hercules, a classroom guinea pig, lives in Miss MacGuffey's first-grade classroom and he loves pumpkins! It's up to the first graders to teach Hercules how to grow them. One of the most important things he learns about gardening is patience.	F	K-2
Reason for a Flower, The	Heller, Ruth	The reason for a flower is to manufacture seeds, but Ruth Heller shares much more about the parts of plants and their functions in her trademark rhythmic style and stunning illustrations.	N	K - 2
Recipe for Adventure Series	De Laurentiis, Giada	Brother and sister, Alphie and Emilia, are transported to cities around the world by the magical cooking of their Great Aunt Donatella. Each adventure is filled with new foods, friends, and experiences.	F	3-5
Red Are the Apples	Harshman, Marc and Cheryl Ryan	This richly-illustrated picture book guides us through a lush fall garden with a colorful scarecrow and an abundance of fruits and vegetables that will make your mouth water. The book also includes illustrations of apples being pressed into cider. Written in rhyming verse, this book appeals to both our eyes and ears.	F	K-2
Rice Is Life	Gelman, Rita Golden	This picture book uses both poetic and informative texts to describe and celebrate the importance of rice to life on the island of Bali. A traditional Balinese family eats rice for every meal along with small amounts of vegetables and proteins. The richly colored illustrations add to the sense of what life is like on a tropical island.	N	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Rosie Sprout's Time to Shine	Worchte, Allison	When their class grows pea plants, Rosie's and Violet's are the first to sprout! But Violet's is a little taller, so Rosie pushes some soil over Violet's sprout to slow it down. And for a moment, Rosie's plant is the best, but she feels terrible. She feels even worse when she learns that Violet has the chicken pox. This empathetic story captures every child's desire to be noticed and praised, and the subtle competitions that go on in a classroom.	F	K - 3
Round the Garden	Glaser, Omri	Written as a cyclic tale, children learn how a tear forms a puddle, that becomes a cloud, that makes rain, that waters the garden, that grows the onion, that makes the gardeners cry. With simple text and large, digitally-created illustrations, this picture book conveys basic information about the water cycle in an appealing manner.	N	K-2
Runaway Orange, The	Brooks, Felicity	This cumulative tale involves an orange that falls to the ground at the fruit stall and rolls away, collecting more and more dogs that chase it through Littletown. Finally it is caught and returned, but the town is a mess. A policeman asks who made the mess, and the readers are asked to retell the story sequentially. The illustrations are colorful photographs of models of doll-like little people, toy animals, and their surroundings.	F	K-2
Runaway Rice Cake, The	Compestine, Ying Chang	The traditions of Chinese New Year are celebrated in this picture book through a story of the Chang family. This poor family has only enough rice flour to make one special New Year's rice cake, but then it comes to life and escapes from their kitchen.	F	K-2
Runaway Tortilla, The	Kimmel Eric A.	Tia Lupe and Tio Jose own a taqueria that makes the best enchiladas, burritos, tacos, and fajitas in Texas. The secret ingredient is Tia Lupe's tortillas that are "as light as a cloud and soft as the fuzz on a baby's cheek." In this Southwestern version of the Gingerbread Man, one of the tortillas runs away because she thinks she is too beautiful to be eaten. The chase is on with Tia Lupe and Tio Jose leading it, followed by an assortment of horned toads, donkeys, jackrabbits, rattlesnakes, and buckaroos. The tortilla escapes until it is tricked by wily Señor coyote.	F	K-2
Saturday Market	Grossman, Patricia	The outdoor Mexican market opens early on Saturday and readers accompany 12 people as they open their stalls and sell their wares. Each one has a different story such as Luis who secretly hopes that no one will buy his pig. Attractive illustrations enhance this fascinating glimpse into the world of a Mexican market. The book concludes with a glossary of Spanish words.	F	K-2
Scarlette Beane	Wallace, Karen	Scarlette Beane is born with a face "as red as a beet" and the ends of her fingers are green. Her parents believe that she will grow up to do something wonderful, and on her fifth birthday, they give her a vegetable garden. What Scarlette does, with the help of a little magic and much hard work, turns this picture book into a heart-warming fantasy. Extravagant illustrations capture the special essence of this fanciful story about "growing tall and strong and doing something wonderful."	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
School Lunch	Kelley, True	Harriet was the cook at Lincoln School and worked very hard preparing good, healthy lunches, but someone was always complaining. Finally, Harriet became tired and flew away to a tropical island for a much-needed vacation. The principal hired one substitute cook after another, but none of them prepared good, healthy food like Harriet. The children and staff sent letters, postcards, emails, telegrams, and drawings begging Harriet to return.	F	K-2
Seasons of Arnold's Apple Tree, The	Gibbons, Gail	This book describes Arnold's experiences with his special apple tree throughout the four seasons of the year. A recipe for "Arnold's Apple Pie" with instructions, and a diagram of how an apple cider press works are included. The illustrations and simple text will help children learn valuable information about flowering trees and seasons.	F	K-2
Seed Is Sleepy, A	Aston, Dianna Hutts	Award-winning artist Sylvia Long and author Dianna Hutts Aston have teamed up again to create this gorgeous and informative introduction to seeds. Poetic in voice and elegant in design, the book introduces children to a fascinating array of seed and plant facts, making it a guide that is equally at home being read on a parent's lap as in a classroom reading circle.	F	K - 5
Seeds	Robbins, Ken	From summer's flourishing flowers to autumn's succulent fruits, everything begins with a tiny little seed. In this fascinating chronicle, young readers will learn how seeds grow, and how they vary in shape, size, and dispersal patterns. From cherry pits to exploding pods, to sticktight seeds that cling to your shoes, acclaimed photographer and author Ken Robbins illuminates how wondrous nature springs up throughout the year before our very eyes.	N	K - 3
Seeds, Bulbs, Plants & Flowers: The Best Start in Science	Orme, Helen	Questions posed on each spread help children learn about seeds, bulbs, plants, and flowers in a bright and modern way. Concise text combines with fantastic photography and illustrations in a book that will challenge children to figure things out for themselves.	N	K - 5
Seven Silly Eaters, The	Hoberman, Mary Ann	This picture book, with rhyming text and detailed illustrations, tells the story of the Peters family with its picky eaters and a mother who tries too hard to please them. Finicky and demanding, the seven Peters children redeem themselves when they bake the perfect cake as a birthday surprise for their weary mother. This humorous book could be used to stimulate discussion about eating habits.	F	K-2
Shaina's Garden	Patrick, Denise Lewis	Today is a special day as Shaina learns to plant a garden. Simple text and appealing illustrations show an African-American family buying plants, preparing soil, sowing seeds, caring for the plants, and enjoying the vegetables they produce. Shaina not only learns to grow tomatoes, she learns some special terms associated with gardening.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Sheep Out to Eat	Shaw, Nancy	Another of Shaw's charming picture books featuring sheep, this one tells what happens when five sheep stop at a small tea-shop for something to eat. Simple rhyming text with soft, whimsical illustrations leads readers through a merry misadventure with a satisfying conclusion that demonstrates the importance of eating healthy foods.	F	K-2
Shimmy Shake Earthquake: Don't Forget to Dance Poems	Jabar, Cynthia	Lively and witty, this collection of eighteen poems is just made for moving and dancing. From Mother Goose to Langston Hughes and Jack Prelutsky, these quirky, new verses and bright illustrations reflect the multicultural background of a variety of dances.	F	K-2
Sleep Is for Everyone	Showers, Paul	When you feel tired, your body is telling you that it needs a rest. Everyone needs sleep. Babies need lots of sleep. Grown-ups need less. But no one can go without sleep for long. A team of scientists stayed awake for as long as they could to see what could happen. Read and find out some wide-eyed facts about the science of shut-eye.	N	K - 3
Slip! Slide! Skate!	Herman, Gail	A young girl just learning to skate becomes part of a team and has fun even when she's not the best skater in the class. Featuring multicultural illustrations, the story takes a lighthearted approach to learning something new and making mistakes while doing it.	F	K-2
Soccer Counts!	McGrath, Barbara Barbieri and Peter Alderman	Counting from zero to fourteen, this informational book introduces the basics of soccer accompanied by clever, colorful illustrations. This picture book includes interesting soccer facts, historical tidbits, and an overview of the rules of this popular game.	N	K-2
Soccer Game!	Maccarone, Grace	Large, colorful illustrations that are ethnically-diverse depict a group of children playing a game of soccer and winning. This book uses simple words and short sentences to help beginning readers experience success.	F	K-2
Sophie's Squash	Miller, Pat Zietlow	On a trip to the farmers' market with her parents, Sophie chooses a squash, but instead of letting her mom cook it, she names it Bernice. From then on, Sophie brings Bernice everywhere, despite her parents' gentle warnings that Bernice will begin to rot. As winter nears, Sophie does start to notice changes.... What's a girl to do when the squash she loves is in trouble?	F	K - 3
Soup	Fishman, Cathy Goldberg	A family works as a team to make soup for dinner. Short, simple sentences, rhyming words, and colorful, cartoon-like illustrations make this an appealing book for young readers.	F	K-2
Soup for Supper	Root, Phyllis	A wee, small woman who lives by herself encounters a hungry giant when he snatches food from her garden for his dinner. When she calls him names, he throws the vegetables at her. How they resolve their misunderstanding and become friends while sharing vegetable soup makes for a funny story. The music for "The Soup Song" is included.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Spaghetti and Meatballs for All!	Burns, Marilyn	This delightful picture book is an excellent teaching tool to help children understand the concepts of area and perimeter. We follow the complications of the Comfort family as they try to seat and feed 32 people for dinner.	F	K-2
Spaghetti Eddie	SanAngelo, Ryan	What could be better than an urban tall tale about a quirky kid who loves spaghetti and solves his friends and neighbors' problems by sharing his spaghetti? Eddie even thwarts a robber with a well-placed meatball. This hilarious picture book will make youngsters laugh while nourishing their imaginations. Clever, amusing illustrations add to the humorous appeal of this story.	F	K-2
Spice Alphabet Book, The	Pallotta, Jerry	Children and adults engaged in reading or listening to this informative alphabet book will learn more than their ABCs. Vividly illustrated, it's a rich treasure of fascinating information about spices, herbs, and natural flavors. Some words may be familiar, but others will be new such as "xocotal," the Aztec word for chocolate. "Artist Notes" provide additional information about each plant.	N	K-2
Spoon for Every Bite, A	Hayes, Joe	Inspired by traditional Hispanic stories, this tale relates how a poor husband and wife trick their rich neighbor out of his fortune. Vain, boastful, and extravagant, the rich man can't stand to have someone else have more than he does. When the poor couple tells him they have a friend who uses a different spoon for every bite he eats, the rich man fails to realize they are talking about tortillas!	F	K-2
Staying Safe	Silverstein, Alvin	This informational book takes a comprehensive approach to what youngsters need to know about safety: at home, at play, at school, on streets and roads, and with people. It includes information entitled "Did You Know ..." and a chart of what to do in an emergency. Illustrations and ethnically-diverse photographs complement the text.	N	3 to 5
Stella and the Berry Thief	Mason, Jane B.	Stella tends her garden and grows luscious, red raspberries. She loves raspberries and makes delicious pies and preserves that win blue ribbons at the state fair. But Stella never shares her pies and preserves with her neighbors and spends the long winters alone, enjoying them by herself. One summer, a berry thief is stealing her raspberries. This charming picture book tells how Stella solves the problem and learns the importance of sharing with others.	F	K-2
Stone Soup	Muth, Jon J.	This traditional European folktale is retold in a Chinese setting with three Buddhist monks tricking frightened villagers into making soup from stones. By doing this, the villagers learn how to find happiness through generosity. The illustrations use soft-toned watercolors and ink to evoke Eastern culture.	F	K-2
Stop That Pickle!	Armour, Peter	When the last pickle in the jar escapes from Mr. Adolph's deli, it sets off a hilarious chain of events with other foods leaping off the shelves and chasing the runaway pickle. This humorous food adventure will have everyone laughing, especially at the surprise ending.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Storm Run: The Story of the First Women to Win the Iditarod Sled Dog Race	Riddles, Libby	Libby Riddle tells the story of her life from her childhood in the Midwest and Pacific Northwest to her adult life in Alaska. She describes hardships she endured and challenges she conquered as she learned to live alone in the wilderness and train her dogs. The book is illustrated with both photographs and drawings.	N	K-2
Story of Noodles, The	Compestine, Ying Chang	The Kang brothers are helping Mama prepare her prize-winning dumplings for a cooking contest, when she and Poppa suddenly have to leave. The boys get in a food fight, break the table, and accidentally cut the dumpling dough into long strips. They tell Mama and Poppa that they have invented a new dish: mian tiao-noodles. But will it receive the prize? This delightful blend of fact and fiction is accompanied by traditional Chinese cut-paper illustrations. The book concludes with a recipe for Long-Life Noodles and an author's note about the history of Chinese noodles.	F	K-2
Sun Bread	Kleven, Elisa	It's cold and snowy and everyone misses the sun. Then the baker bakes bread that's like a sunny feast and everyone stops grumbling. As they fill their tummies, they begin to shine until the real sun bursts through the clouds looking for bits of delicious bread, too. Using lyrical, rhyming text and captivating illustrations, this picture book will delight both children and adults.	F	K-2
Surprise Garden, The	Hall, Zoe	Shown in large, bright illustrations, three children and a dog plant seeds and tend the plants that grow in their surprise garden. The children share the excitement of discovering what each plant produces that is edible. The book ends with an informative page about what grew in the garden. This appealing picture book would make a good introduction to gardening or to a tasting party with fresh garden produce.	F	K-2
Tangerines and Tea: My Grandparents and Me	Gritz, Ona	With cheerful illustrations, Jason describes his diabetes and how it affects his life. Written by his mother when he was diagnosed with type 1 diabetes at six years old, this book is intended to be read aloud in a child's classroom with discussion afterwards.	N	K-2
Taste	Hurwitz, Sue	Using easy-to-understand language, bright photographs, and clear diagrams, this informative book describes the sense of taste, your taste buds, and why things taste the way they do.	N	K-2
Taste of Honey, A	Wallace, Nancy Elizabeth	Lily Bear is always asking questions. When she opens a jar of honey, each question she asks Poppy about it stimulates another question. Cut-out illustrations and a simple text accompanied by clear diagrams and sidebars tell the story of where honey comes from and how it is made.	F	K-2
Thanksgiving at Obaachan's	Brown, Janet Mitsui	A Japanese-American girl has Thanksgiving at grandma's house. Grandma doesn't speak English and the girl doesn't speak Japanese, but the love of family and mutual respect overcome obstacles. Both traditional American Thanksgiving Day dishes and Japanese dishes are served.	F	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
This Is the Way We Eat Our Lunch	Baer, Edith	Using rhyming text and colorful illustrations, this charming picture book takes a global trip sampling different foods children have for lunch. The book shows children and food from nine states and moves to countries around the world. A map shows where the countries are located, and more recipes and interesting food facts titled, "Did you know that..." are included. This book contains a wealth of information and could be used to introduce an international food-tasting.	F	K-2
This Year's Garden	Rylant, Cynthia	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. Here is a glorious picture book, one family's "almanac" of this year's - and each year's - garden.	F	K - 2
Thunder Cake	Polacco, Patricia	The author tell us that, as a child, she was afraid of Michigan summer storms until Grandma involved her in making a Thunder Cake. Following Grandma around the farm to gather ingredients for the cake, she had several scary experiences that helped her learn to be brave. Grandma's recipe for "Thunder Cake" follows the story.	F	K-2
Tiny Seed, The	Carle, Eric	Carried from its flower home by the autumn wind, a tiny seed travels around the world. Its journey is perilous, and the reader learns the fate of fellow seeds: they can fall into the ocean, be burned by the sun, or be eaten by birds. Even those seeds that land and begin to grow are in danger of being stepped on or picked. Against the odds, however, this tiny seed survives to grow into a beautiful flower.	N	K - 2
To Market, to Market	Miranda, Anne	This witty read-aloud book is a variation of the familiar nursery rhyme. After bringing animals home from market and allowing them to "run all over the place," the woman declares she's "a shopping disgrace!" She returns to the market to buy vegetables and spices for a wonderful soup. The illustrations are comical and children will enjoy reading along with the text. This book introduces children to a variety of vegetables and can serve as a springboard to making soup or a creative drama experience.	F	K-2
Today Is Monday	Carle, Eric	Using paint and tissue paper collage, illustrations show animals enjoying foods like string beans, spaghetti, roast beef, fresh fish, chicken, and ice cream. The inside cover tells how to say "Enjoy your meal" in different languages, and at the end, all the hungry children eat. The repetitiveness of the text, and the words put to song, make this a great book to use with young children and beginning readers.	F	K-2
Too Many Pears	French, Jackie	What is Amy to do when the family cow, Pamela, loves pears so much that she'll do anything to get them? Amy loves pears, too, but Pamela continues to find and eat all the pears no matter what the family does to save them. Finally, Amy hits upon the perfect solution to this problem. With repetitive language and bold, colorful illustrations, this simple picture book will delight youngsters and tickle their funny bones.	F	K-2

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Too Many Pumpkins	White, Linda	Inspired by her family's experiences during the Depression, the author spins a delightful tale about an old woman, Rebecca Estelle, who hates pumpkins because when she was a little girl that was all her family had to eat. When an enormous pumpkin falls off a truck into her yard and produces a bumper crop, she is faced with a serious problem. Rebecca solves the problem by cooking and baking many delicious pumpkin dishes for the people of the town. But when there are too many for her to deliver, what will she do next?	F	K-2
Too Many Tamales	Soto, Gary	It's Christmas Eve and Maria thinks she lost her mother's diamond ring in the masa while helping make tamales for the family. Can she and her cousins eat all twenty-four tamales to find the ring before her mother discovers it's missing? This picture book, with warm, golden-tone illustrations, provides a gentle, loving glimpse into the life of a Mexican-American family.	F	K-2
Tooth Book, The: A Guide to Healthy Teeth and Gums	Miller, Edward	How do teeth grow? What does the inside of your teeth look like? Read this book to learn how to care for your teeth.	N	1-3
Tooth Decay and Cavities	Silverstein, Alvin, Virginia, and Laura Silverstein Nunn	This informational book takes a comprehensive approach to what youngsters need to know about their teeth, how to care for them, cavities, and going to the dentist. It includes activities for children to do to better understand dental concepts. Illustrations and photographs reflecting our diverse society complement the text.	N	3 to 5
Tops and Bottoms	Stevens, Janet	Hare tricks the lazy Bear into a deal using his wits. Hare will provide the labor for a wonderful crop on Bear's land, but Bear must choose if he wants to harvest the tops or the bottoms of the plants. This is an excellent book to discuss different types of plants and what parts we eat such as the root, stem, leaf, seed, or flower. With delightful illustrations and a witty text, this picture book is a classroom favorite and can be used to help children learn about vegetables.	F	K-2
Tortilla Factory, The	Paulsen, Gary	Gary Paulsen collaborates with his wife, Ruth, who creates oil-on-linen paintings to illustrate this book about making tortillas. The simple, but eloquent, language takes the reader on a journey, from field to factory to table, explaining the creation of a tortilla. This picture book celebrates the life cycle where the tortilla nourishes the farmer who once again plants seed for the corn to make tortillas.	N	K-2
Treats from a Tree	Canizares, Susan and Mary Reid	This book asks a question on one page and then answers it on the next. For example: Where do almonds come from? Where does maple syrup come from? The colorful photographs and simple text engage the beginning reader while providing basic information.	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Tree Lady, The: The True Story of How One Tree-Loving Woman Changed a City Forever	Hopkins, Joseph	Unearth the true story of green-thumbed pioneer and activist Kate Sessions, who helped San Diego grow from a dry desert town into a lush, leafy city known for its gorgeous parks and gardens.	N	K - 5
Trouble with Cauliflower, The	Sutton, Jane	Sadie invited her friend Mortimer for dinner and served a delicious stew. Mortimer ate four bowls and loved it. The next day Mortimer had a terrible day with all kinds of mishaps and he was sure that the cauliflower in the stew caused it. Sadie found a clever way to convince him otherwise. Witty and funny, this appealing book of friendship will warm the hearts of readers of all ages.	F	K-2
Tumbleweed Stew	Crummel, Susan Stevens	Jack Rabbit is hungry, but the only thing available is tumbleweed. How he tricks the other animals into providing ingredients for his tumbleweed stew makes a lighthearted story.	F	K-2
Two Bite Club, The	USDA, Food and Nutrition Services (FNS)	This educational storybook, available in English and in Spanish, introduces young children to MyPlate. Children are encouraged to try foods from each food group by eating just two bites.	N	K-2
Two Eggs, Please	Weeks, Sarah and Betsy Lewin	All of the animals want the same thing when they stop at the diner for breakfast—eggs. But they each want their eggs cooked a different way. This picture book, enhanced with illustrations by Caldecott Honor-winner, Betsy Lewin, cleverly demonstrates the basic concepts for same and different.	F	K-2
Ugly Vegetables, The	Lin, Grace	The neighbors have a beautiful flower garden, but a little girl thinks her own vegetable garden is ugly. As she and her mother plant, water, and harvest their Chinese vegetables the little girl wants to know why they have to do everything differently from their neighbors. Soon, intrigued by the garden and what it produces, the neighbors want to know how to garden like the little girl's family does! This is an excellent multicultural book and can be used as a springboard for discussions about appreciating differences.	F	K-2
Unbeatable Bread, The	Hoopes, Lyn Littlefield	It's a dark, cold winter morning when Uncle Jon decides to "bake an unbeatable bread that will wake the world from winter's sleep." But, their children are grown, and Aunt Lucy worries that there will be no one to eat it. The use of poetic language, rhyme, and bold illustrations painted from an unusual perspective make this imaginative picture book an extraordinary reading experience.	F	K-2
Up, Down and Around	Ayres, Katherine	This book has great rhythm and illustrations as it discusses plants in the garden that grow UP (corn is one example), that grown DOWN (radishes and onions are mentioned) and that grow ALL AROUND (pumpkins and green beans are mentioned).	N	K - 1

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Vegetable Friends	Lawlor, Tony and Bruce Kociemba	This colorful picture book presents six vegetable friends: “Spuds” Potato, “Corny” on the Cob, “Moy” Mushroom, “Ripe” Tomato, “Charles” Broccoli, and “Crunchy” Celery. Each character describes how it grows and the various ways it can be eaten.	N	K-2
Vegetable Show, The	Brown, Laurie Krasny	This witty picture book with colorful illustrations turns “dull” vegetables into the greatest show on earth. Vegetable Vaudeville, the Greatest, Greenest Show on Earth, features performers such as Bud the Spud, The Veggettes, and the last of the Red Hot Peppers. This book is a clever way to interest children in vegetables and could serve as a springboard to creative drama and writing. Informative descriptions of each vegetable and useful nutrition facts are included.	F	K-2
Vegetable Soup	Morris, Ann	This short picture book uses simple text and large illustrations to tell children how to make vegetable soup. While it's not a recipe, per se, it could be used as an introduction to a recipe for vegetable soup, especially one that might be more complex than the children could read. This book could also serve as a model for children making their own books about cooking a favorite food.	N	K-2
Vegetables in the Garden	de Bourgoing, Pascale and Gallimard Jeunesse	This spiral bound book presents clearly written information about vegetables as they are grown in a garden. Colorful illustrations show carrots, lettuce, potatoes, tomatoes, peas, and other vegetables, the parts above and below the ground, and the parts inside the skin or pods. Plastic overlay pages help children visualize what is inside.	N	K-2
Vegetables We Eat, The	Gibbons, Gail	Read about the different types of vegetables and what are the best ways to grow and eat them.	N	K-2
Vegetables, Vegetables!	Robinson, Fay	The natural world comes alive for young readers with this book. With striking, full-color photos and just the right amount of text, this book immediately involves young readers as they discover intriguing facts about the fascinating world of vegetables.	N	K-2
Veggie Soup	Donohue, Dorothy	Miss Bun, a rabbit, wants to make veggie soup. When her animal friends contribute their favorite ingredients such as worms, bugs, and hay, the soup is a disaster. They decide to make another veggie soup following Great Nana's recipe with “soup-perb” results. The cleverly written text and creative cut-paper illustrations combine to make this an amusing and informative picture book. The recipe for “Great Nana's Veggie Soup” is included.	F	K-2
Venus & Serena Williams	Donaldson, Madeline	This brief biography of Venus and Serena Williams opens with a description of the 2001 women's U.S. Open Final. This game was significant because it was the first time the two sisters faced each other AND it was the first time two African Americans played for the title. The book recounts their experiences growing up in a family dedicated to their education and tennis success. The book is illustrated with color photographs and concludes with timelines of their career highlights.	N	3 to 5



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Very Hungry Caterpillar, The	Carle, Eric	A very hungry caterpillar munches his way through too much food and then has a stomachache. The next day he eats a green leaf and feels much better. Eventually, he is transformed into a butterfly. Eric Carle's vividly illustrated picture book is a favorite of many and can be used to help young children learn the names of foods.	F	K-2
Very Smart Pea and the Princess-To-Be, The	Grey, Mini	This witty version of the Princes and the Pea is told through the eyes of the pea. When the prince can't find a worthy princess to wed, the pea finds a way to convince everyone that the gardener's daughter is a real princess. This clever and humorous tale with amusing illustrations raises the stature of garden peas.	F	K-2
Visit to the Farmers' Market, A	Sissel-Phelan, Peggy	Large, colorful photos and simple text make a visit to the farmers' market a special treat. Delicious-looking fruits and vegetables almost leap off the page as you stroll down the aisles, touching and tasting them. Benefits of fresh food are emphasized, as is the fun of meeting new people at the market. Readers also learn that fresh foods comes from farms and gardens.	N	K-2
Walter the Baker	Carle, Eric	Walter the Baker makes the most delicious baked goods in the whole Duchy, and its rulers, the Duke and Duchess, especially love his sweet rolls. One morning when the cat tips over the can of milk, Walter makes the sweet rolls using water and hopes that no one notices the difference. But the Duke and Duchess are furious and declare that Walter must invent a delicious roll through which the rising sun can shine three times, and it must be made from one piece of dough. If he fails, he will be banished forever.	F	K-2
Wangari's Trees of Peace: A True Story from Africa	Winter, Jeanette	As a young girl growing up in Kenya, Wangari was surrounded by trees. But years later when she returns home, she is shocked to see whole forests being cut down, and she knows that soon all the trees will be destroyed. So Wangari decides to do something and starts planting nine seedlings in her own backyard. And as they grow, so do her plans ... This true story of Wangari Maathai, environmentalist and winner of the Nobel Peace Prize, is a shining example of how one woman's passion, vision, and determination inspired great change.	N	K-3
Warthogs in the Kitchen	Edwards, Pamela Duncan	Children will giggle aloud at the way warthogs make cupcakes. Rhyming text and large, silly illustrations make this a funny picture book to read aloud or for beginning readers to read independently. The last page has two cupcake recipes—one for humans and one for warthogs.	F	K-2
Water, Weed and Wait	Fine, Edith Hope and Angela Demos Halpin	When Miss Marigold challenges the kids at Pepper Lane Elementary to turn an unpromising patch of their schoolyard into a garden full of fruits, flowers, and vegetables, they know they'll need all the help they can get. Soon everyone in the community is lending a hand and it isn't long before peppers, zucccchini, sugar peas, zinnias, and much more are growing and blooming.	F	K - 5

*(F) fiction/(N) nonfiction



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
We Can Eat the Plants	Williams, Rozanne Lanczak	This 8-page book is for young children or beginning readers. Each page uses the same beginning sentence stem, "We can eat the ..." The illustrations are colorful but repetitious. The inside backcover lists the science concepts upon which the book was based.	N	K-2
We Had a Picnic This Sunday Past	Woodson, Jacqueline	In a cheerful, breezy tone, Teeka describes going to a Sunday picnic with her grandma. Through Teeka's eyes, we learn about the family members, including Cousin Martha who always brings a dried out apple pie, and Cousin Trevor who never brings any food but struts around giving daisies he picked in the park to the pretty ladies. While the illustrations are of an African-American family, the experiences at a Sunday picnic are universal.	F	K-2
We're Making Breakfast for Mother	Neitzel, Shirley	Using rhymes, rebuses, and repetition, this picture book tells the story of making breakfast for Mother. The family wants her to have a super day, but when things don't turn out as intended, Mother knows how to save the day. This book has gentle humor and appealing illustrations, and young readers will enjoy being able to read it independently.	F	K-2
What Makes You Cough, Sneeze, Burp, Hiccup, Blink, Yawn, Sweat, and Shiver?	Stangl, Jean	This informational book takes a comprehensive approach to what youngsters need to know about the involuntary reflex actions of the body. It asks questions that children might have about these topics, and includes activities for them to help them understand the concepts. Illustrations and photographs that are ethnically diverse complement the text.	N	3 to 5
What You Never Knew About Fingers, Forks & Chopsticks	Lauber, Patricia	This book provides an entertaining look at eating habits around the world and their history. The text has clever illustrations and witty captions that add a light-hearted touch to the information. This book might be most effective when used as a read-aloud with third graders and above, or as a resource for a small group project.	N	3 to 5
What's Cooking, Jenny Archer?	Conford, Ellen	Jenny, after watching one of her favorite TV shows, "Kids in the Kitchen," decides to use her imagination and prepare her own lunch. Soon Jenny's delicious and unusual lunches are the envy of her friends and they offer to pay her to make their lunch. Jenny starts her own business, but she soon discovers that making lunches for friends who are picky eaters is not easy. This story will open children's eyes to many possibilities for lunch.	F	3 to 5
What's for Lunch? Milk	Llewellyn, Claire	This book provides clearly written information about milk from its inception in cows to its consumptions as dairy products. Large, color photographs enhance the text. Vocabulary is printed in bold type throughout the book and also defined in a two-page glossary at the back of the book.	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
What's So Terrible About Swallowing an Apple Seed?	Lerner, Harriet and Susan Goldhor	Rosie swallows an apple seed, and her big sister tells her an apple tree will grow out of her ears. The fun continues as the girls become more and more imaginative, and the lie grows bigger and bigger. Eventually the truth comes out, but not before the girls have constructed a delightful fantasy that will appeal to young readers. Whimsical watercolor illustrations complement this humorous picture book.	F	K-2
What's So Yummy?: All About Eating Well and Feeling Good	Harris, Robie	A family talks about all of the food they eat to stay strong and feel good.	F	K-2
Wheat	Canizares, Susan and Pamela Chanko	This easy-to-read informational book, asks the question: What can you eat that comes from wheat? It then answers the question using colorful photographs and simple sentences with repeating phrases.	N	K-2
Where on Earth Is My Bagel?	Park, Frances and Ginger Park	Yum Yang lives in Korea, but dreams of eating a New York bagel. He finds a pigeon to take his message to New York and then continues his search. With his friends, a farmer, fisherman, beekeeper, and baker, he discovers a creative solution that makes everyone happy.	F	K-2
Why Do People Eat?	Needham, Kate	This book introduces a wealth of information about many topics related to food including: why we get hungry, what's in food, how food is digested, and foods eaten around the world. Most sections begin with a question.	N	K-2
Why I Sneeze, Shiver, Hiccup and Yawn	Berger, Melvin	We all have experienced sneezing, shivering, hiccupping, or yawning without knowing it was going to happen. This informational book explains how these reflex acts happen. It provides clearly written and succinct descriptions of our nervous system, interesting examples that pertain to children's everyday experiences, and attractive illustrations that clarify and enhance the concepts.	N	K-2
Why Should I Eat Well?	Llewellyn, Claire	Rachel, a new girl in school, convinces Monica to forsake her unhealthy eating habits and enjoy nutritious snacks and meals. Rachel tells Monica why eating lots of sugary foods isn't good for her. Colorful, cartoon-style illustrations of ethnically-diverse people and lively conversation enhance the information about healthy eating. The book concludes with three pages of notes and suggested activities for parents and teachers.	N	K-2



BOOKS BY TITLE:

TITLE	AUTHOR	DESCRIPTION	*F/N	GRADE LEVEL
Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman	Krull, Kathleen	Wilma Rudolph, the first American woman to win three gold medals at a single Olympics, was a sickly child who had polio that paralyzed her left leg and forced her to wear a heavy steel brace. The twentieth child in a close-knit African-American family, Wilma learned to walk using exercise, determination, and faith. Wilma starred in high school basketball and earned a track-and-field scholarship to college. This inspiring book describes how she competed and won in the Olympics at a time when many thought that running was a sport for men, not women.	N	K-2
Yoko	Wells, Rosemary	The children in Mrs. Jenkins' classroom bring different foods to school in their lunches, but they still make fun of Yoko's lunch. Even when they have an international food day, and children bring enchiladas, Caribbean coconut crisps, Nigerian nut soup, Brazil nuts, Irish stew, potato knishes, mango smoothies, spaghetti, and Boston franks and beans, no one will try Yoko's sushi. Then Timothy, still hungry, tries a bite. Much to his surprise, he likes it! This delightful book provides an excellent springboard for talking about dishes from ethnic backgrounds and trying new food.	F	K-2
You Are a Lion! And Other Fun Yoga Poses	Yoo, Taeun	Get ready to bend and stretch and roar! This bright picture book introduces yoga to children in a fun and age appropriate way.	F	K-5
Yummy Rhymes	Mother Goose	This small picture book is a collection of 11 Mother Goose rhymes with food themes. Each poem is accompanied by a lively illustration.	F	K-2
Yummy Riddles	Helmer, Marilyn	These silly riddles about food are sure to please the youngsters in your classroom and they will "groan" when the answer is revealed. Written in a familiar question and answer format, the riddles rely upon puns and word play and are accompanied by cartoon-style illustrations that help convey the humor.	F	K-2
Zieglers and Their Apple Orchard, The	Flanagan, Alice K.	This book features a couple in Illinois, their large apple orchard and small store. The orchard has 1,500 trees and requires a lot of work to produce a good crop. Large, colored photos and simple text provide an overview of the kinds of work involved in growing, harvesting, and selling apples and apple products.	N	K-2





District of Columbia
Office of the State Superintendent of Education
810 1st Street NE, 9th Floor
Washington, DC 20002