

Children's Storybooks to Teach Nutrition

Many children's storybooks talk about food. They are beautifully illustrated and provide an engaging way to have conversations about all aspects of food and eating. Although written for young children (preschool through grade 2), many of these books can be enjoyed by children of all ages. Reading to younger children is a great way for older children to begin sharing what they have learned about food. This list can get you started finding children's storybooks that emphasize all parts of the Food Guide Pyramid, and more! Check your local libraries or bookstores for availability or order from the publisher. The listed books are available in paperback, unless otherwise noted. Some are available in Spanish.

Stories about Bread

Bread Bread Bread

by Ann Morris, photographs by Ken Heyman
1989. New York: Scholastic Inc.

From fat loaves for sale by the wall of the Old City of Jerusalem to sliced bread with peanut butter and jelly in the hands of a U.S. child, this photographic tour is a cultural feast. How it looks and how it's made may differ, but people all over the world eat bread.

Bread and Jam for Frances

by Russell Hoban, illustrated by Lillian Hoban
1964. Reprint. New York: Scholastic Inc., 1993.

Frances is a young badger who wants only bread and jam at every meal. When that is what he gets, Frances reconsiders his choice.

Bread is for Eating

by David and Phillis Gershtator, illustrated by Emma Shaw-Smith.
1995. Reprint. New York: Scholastic Inc., 1995.

When a child leaves bread on his plate, his mother reminds him that "bread is for eating." In song and story she celebrates bread and the people who make it. The rhythmic, bilingual text comes to life with illustrations that depict a variety of peoples and breads.

Everybody Bakes Bread

by Norah Dooley, illustrated by Peter J. Thornton
1996. New York: Scholastic Inc.

It's a rainy Saturday and Carrie is bored. Her mom sends her out into the neighborhood in search of a three-handled rolling pin. She returns, not with the rolling pin, but filled with stories and tastes of bread being baked in the multiethnic neighborhood. Recipes are included: coconut bread, chapatis, corn bread, pocket bread, challah, pupusas, and Italian bread.

If You Give a Moose a Muffin

by Laura Joffe Numeroff, illustrated by Felicia Bond
1991. Reprint. New York: Scholastic Inc., 1992.

It begins with a muffin and ends with a muffin. But in between, this story is just a rollicking good time. Enjoy!

Jalapeno Bagels

by Natasha Wing, illustrated by Robert Casilla
1988. Reprint. New York: Atheneum Books for Young Readers, 1996. hardcover.

Pablo's parents own a bakery and he is helping to make the pan dulce (Mexican sweet bread), empanadas de calabaza (pumpkin turnovers), chango bars, bagels, and challah (Jewish braided bread). He is also trying to decide what to take to the school for International Day. By telling about traditional foods, this warm family story celebrates the blending of Mexican and Jewish cultures. Recipes for chango bars and jalapeno bagels are included.

Justin and the Best Biscuits in the World

by Mildred Pitts Walter
1986. Reprint. New York: Scholastic Inc.

Ten-year-old Justin can't seem to do anything right. All that changes when he spends time on his Grandpa's ranch, where he learns how to mend fences, catch fish, and handle horses. And he learns other equally important work—how to make his Grandpa's prize-winning biscuits. A warm family story for intermediate readers, this book reveals much about the history of African American cowboys in the United States.

Make Me a Peanut Butter Sandwich and a Glass of Milk

by Ken Robbins
1992. New York: Scholastic Inc.

Sandwiches are a favorite way to use bread. Where do bread, milk, and peanut butter *really* come from? Through photographs and simple text, this behind-the-scenes production tour ends in a kitchen with a peanut butter sandwich and a glass of milk!

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Pancakes for Breakfast

by Tomie dePaola

1978. Reprint. New York: Scholastic Inc.

In this book without words, the reader follows a country woman as she goes about gathering each ingredient to make pancakes. As she dreams about eating a nice big stack of pancakes, her pets are into mischief but her neighbors come to the rescue. A recipe for pancakes is included.

The Sleeping Bread

by Stefan Czernecki and Timothy Rhodes, illustrated by Stefan Czernecki

1992. Reprint. New York: Hyperion Books for Children, 1993.

Beto works from dawn to dusk filling a small Guatemalan village with the smell of fresh baked bread. He is a kindly baker who befriends a ragged beggar. Then one day, the bread fails to rise. The fable-like story reveals the foolishness of the villagers and imparts a timeless message about friendship.

Tony's Bread

by Tomie dePaola

1989. New York: G.P. Putnam's Sons.

In this delightful folktale, the reader learns how the Italian bread *panettone* came to be. Tony the baker dreams that one day he'll become the most famous baker in all of northern Italy. His daughter Serafina has a dream of her own. Father and daughter seem far from their dreams until one day a stranger comes to town.

Stories about Corn

Corn is Maize: The Gift of the Indians

by Alikei

1976. New York: Harper Trophy.

This story reveals all the history of corn—from how it was grown long ago to how it is grown today.

Itse Selu: Cherokee Harvest Festival

by Daniel Pennington, illustrated by Don Stewart

1994. Watertown, MA: Charlesbridge Publishing.

In this story filled with Cherokee traditions, Little Wolf awakens one morning with anticipation of Itse Selu, the Green Corn Festival. This festival was both an expression of thanksgiving for the corn harvest and the marking and celebration of a new year. The illustrations depict an Appalachian woodland village, in an area now known as North Carolina.

Three Stalks of Corn

by Leo Politi

1976. Reprint. New York: Aladdin Books, 1994.

In this warm family story, a little girl and her grandmother carry on the traditions of their Mexican heritage. Angelica not only learns how to make tortillas, tacos, and enchiladas from her grandmother but also the legends that reveal the significance of corn to her people. Recipes for tacos and enchiladas are included.

Too Many Tamales

by Gary Soto, illustrated by Ed Martinez

1993. Reprint. New York: Scholastic Inc. 1994. available in Spanish..

While helping to make tamales for a Christmas family gathering, Maria tries on her mother's wedding ring. Hours later, Maria panics when she realizes the ring is missing. With help from her cousins, she makes a desperate attempt to eat her way out of trouble.

Stories about Popcorn

Popcorn

by Frank Asch

1979. New York: Gold Banner Books.

When every guest at Sam Bear's party brings popcorn, the house is soon filled with it.

The Popcorn Book

by Tomie dePaola

1978. Reprint. New York: Scholastic Inc.

While one brother works at making popcorn, the other brother reads lots of interesting facts about it in this delightful blending of fact and fiction. Talk about the different ways to make popcorn and then make some!

The Popcorn Dragon

by Jane Thayer, illustrated by Lisa McCue

1953. Reprint. New York: Scholastic Inc., 1989.

A young dragon named Dexter likes to show off by breathing fire and smoke. No other animals will play with Dexter until he uses his "talents" to pop popcorn.

The Popcorn Shop

by Alice Low, illustrated by Patti Hammel

1993. New York: Scholastic Inc.

A rhyming story for beginning readers tells about Popcorn Nell and her popcorn shop. Nell runs into problems when her large popping machine runs both day and night, filling the town with popcorn.

Stories about Pasta

More Spaghetti, I Say!

by Rita Golden Gelman, illustrated by Mort Gergberg
1977. Reprint. New York: Scholastic Inc. 1993.

Humorous exchanges between two monkey friends focus on their passion for spaghetti, first by one and then the other. Repetitive text makes this story especially suitable for beginning readers.

Strega Nona

by Tomie dePaola

1975. Reprint. New York: Scholastic Inc.

Big Anthony is hired by Strega Nona to take care of her house and garden. When he disobeys her order not to touch her special pasta pot, the result is too much pasta.

Wednesday is Spaghetti Day

by Maryann Cocca-Leffler

1990. New York: Scholastic.

The family cat, Catrina waits impatiently for everyone to leave because Wednesday is “spaghetti day.” In this humorous tale all the neighborhood cats pitch in to make spaghetti, sitting down for a great Italian meal. Then Catrina dreams about tomorrow’s fun, because Thursday is Guacamole Day!

Stories about Pizza

How Pizza Came to Queens

by Dayal Khalsa

Reprint. New York: Scholastic Inc.

Mrs. Pelligrino, a visitor from Italy, enjoys everything about her visit to New York except for the lack of pizza. Finally, some thoughtful children help her make the first pizza in Queens, New York.

Little Nino’s Pizzeria

by Karen Barbour

1987. New York: Harcourt Brace Jovanovich.

Tony helps his father, Nino, work in their small family restaurant. But, everything changes when the pizzeria becomes a large and fancy restaurant.

The Pizza Book

by Stephen Krensky, illustrated by R.W. Alley

1992. New York: Scholastic Inc.

How big was the largest pizza ever made? Who invented pizza? The answer to these and many other questions about pizza can be found in this story about a father and daughter who work together to make their own homemade pizza. A recipe for pizza is included.

Stories about Rice

Chicken Soup with Rice

by Maurice Sendak

1962. Reprint. New York: Scholastic Inc. 1992.

With rhymes and pictures, a young boy explains why each month of the year is good for eating his favorite food—chicken soup with rice.

Everybody Cooks Rice

by Norah Dooley, illustrated by Peter J. Thornton

1991. Reprint. New York: Scholastic Inc., 1992.

available in Spanish.

It’s dinnertime and Carrie’s younger brother Anthony is late again. Carrie’s search for her brother takes her to the kitchens of neighbors who came from Barbados, Puerto Rico, Vietnam, India, China, and Haiti. Everyone is cooking a dinner of rice but no two dinners are the same. Recipes for eight rice dishes are included.

Mama Provi and the Pot of Rice

by Sylvia Rosa-Casanova, illustrated by Robert Roth

1997. New York: Atheneum Books for Young Readers, Simon & Schuster, hardcover.

In a heart-warming intergenerational story, a simple pot of *arroz con pollo* (chicken with rice) is transformed into a multicultural feast. Mama Provi lives on the first floor of a tall apartment building and her granddaughter, Lucy, lives on the eighth floor. When Lucy gets chicken pox her grandmother’s act of kindness becomes a celebration of good neighbors and good food.

Stories about Fruits & Vegetables

Eating the Alphabet—Fruits and Vegetables from A to Z.

by Lois Ehlert

1989. Orlando: Harcourt Brace Jovanovich.

Bold, colorful illustrations of 75 fruits and vegetables plus a glossary which gives descriptions and interesting facts about each, distinguish this storybook. The A-Z feast includes both common and more exotic choices.

Latkes and Applesauce

by Fran Manushkin, illustrated by Robin Spwart

1990. New York: Scholastic Inc.

A family is preparing to celebrate Hanukkah but suddenly a blizzard traps them inside their home. The snow also covers the apples and potatoes they hoped to harvest for a traditional meal. In a surprising way the latkes and applesauce finally do make it to their table. A recipe for latkes, as well as other Hanukkah traditions are included.

Lunch

by Denise Fleming

1992. Reprint. New York: Scholastic Inc., 1993.

A hungry mouse chomps his way through a colorful array of foods—yellow corn, red apples, purple grapes, and more. When he is finally full, he takes a nap until... dinnertime!

One Potato

by Diana Pomeroy

1996. Reprint. Orlando, FL: Voyager Books, 2000.

From 1 potato to 100 sunflower seeds, counting is delicious fun! The colorful array of fruits and vegetables – eggplants, corn, pears, carrots, tomatoes, oranges, strawberries, turnips, cherries, radishes, blueberries, grapes, blackberries – are created from potato printing. Includes instructions to create your own potato prints.

Radio Man

by Arthur Dorros

1993. New York: HarperCollins.

Diego and his family are migrant farm workers who move from state to state in southwestern U.S. picking fruits and vegetables. Diego has a radio that brings stability to his life. This is a heartwarming look at the life of a migrant worker as seen through the eyes of a young boy. Bilingual English/Spanish for children ages 6 to 10.

Stories about Fruits

Apple Picking Time

by Michele Benoit Slowson, illustrated by Deborah Kogan Ray. 1994. New York: Crown Publishers, Inc.

When the weather changes, there's a strong sense of community as the whole town joins together to pick apples. A young girl tells the story and shares her sense of determination and satisfaction when this year she fills an entire bin of apples all by herself. Includes a recipe for apple crisp.

Blueberries for Sal

by Robert McCloskey

1948. Reprint. New York: Scholastic Inc.

"One day Little Sal went with her mother to Blueberry Hill to pick blueberries." So begins the adventure in this classic story for young children.

Cherries and Cherry Pits

by Vera B. Williams

1991. Reprint. New York: Scholastic Inc.

Through her drawings, Bideemmi tells detailed and fanciful stories about people in her neighborhood, all of whom eat cherries. But only Bideemmi saves her cherry pits for a very special purpose.

Eat Up, Gemma

by Sarah Hayes; illustrated by Jan Ormerod

1988. New York: Lothrop, Lee & Shepard, hardcover

At breakfast, at the market, at dinner, in the park, at a party—everyone in the family tries to get little Gemma to eat. Instead she finds other things to do with the food (throws, squishes, feeds the birds, and feeds the dog). Just when it looks like she will never eat again, her brother has an idea that gets Gemma's attention. In this story about a young African American family, warmth, humor, and reality are blended in an irresistible way.

Fruit

by Gallimard Jeunesse and Pascale de Bourgoing, illustrated by P.M. Valet

1989. Reprint. New York: Scholastic Inc., 1991.

Transparent pages allow readers to first get an outside view of a fruit and then "turn the page" to see inside.

Handa's Surprise

by Eileen Browne

1994. Reprint. New York: Scholastic Inc., 1999

Handa carefully selects seven fruits to take to her special friend. As she walks the journey from village to village in this Kenya setting, several animals appear who add to Handa's surprise.

Jamberry

by Bruce Degen

1983. Reprint. New York: Scholastic Inc., 1990.

"One berry, two berry, pick me a blueberry" -- rhyming fun that just rolls off your tongue fills this storybook. It reflects the author's fond childhood memories of picking wild berries for eating plain or in pies and jams.

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear

by Don and Audrey Wood, illustrated by Don Wood

1984. Reprint. New York: Scholastic Inc., 1994.

This whimsical tale begins with one big ripe strawberry. It's filled with adventure and disguise, ending with one contented mouse.

The Magic of Pomme

by Ilse Sondheim, illustrated by dee deRosa

1990. Fayetteville, New York: Rainbow Press.

Almost every family had an apple orchard in the village of Pomme. When tragedy strikes, the village survives because a child who ate a magic apple is able to do something very special. Beautifully illustrated, this heartwarming tale is rich with apple lore and community traditions.

The Market Lady and the Mango Tree

by Pete and Mary Watson

1994. New York: Tambourine Books, hardcover.

Set in a West African village, a sly merchant gets rich when she devises a contraption for collecting mangoes. Eventually, however, her conscience gets the best of her, and she learns a valuable lesson about greed.

Mr. Putter and Tabby Pick the Pears

by Cynthia Rylant, illustrated by Arthur Howard

1995. Reprint. New York: Scholastic Inc.

The pears are ready to pick and Mr. Putter can't wait to have pear jelly, but—he can't climb the tree like he used to be able to do. He's stuck with an unsolvable problem until he remembers what fun he used to have with a slingshot.

The Seasons of Arnold's Apple Tree

by Gail Gibbons

1984. Reprint. New York: Scholastic Inc.

Throughout the year, a young boy enjoys playing in and around his apple tree. He observes the many changes in the tree and enjoys picking and eating the apples. A recipe for apple pie is included.

Tingo Tango Mango Tree

by Marcia Vaughan, illustrated by Yvonne Buchanan

1995. Morristown, N.J.: Silver Burdett Press.

One day Sombala Bombala Rombala Roh, a selfish iguana, secretly plants a giant mango seed. A tree grows and then one day a big, ripe, juicy, giant mango appears. The fun begins in this lyrical tale as each of the island animals tries to help the iguana get the mango to the ground.

Stories about Vegetables

The Big Green Bean

by Marcia Wiesbauer, illustrated by Trina Schart Hyman

1974. Reprint. Parsippany, N.J.: Silver Burdett Press, 1995.

When their garden produces a huge green bean, an old man and his wife take it to the queen in hopes of gaining a fortune. They are rewarded not with gold, but a huge, red beet! They then discover all the great things you can make from a beet.

Carlos and the Squash Plant

by Jan Romero Stevens, illustrated by Jeanne Arnold

Reprint. New York: Scholastic Inc.

In this bilingual book with Spanish and English text side by side, Carlos doesn't listen to his mother's warnings about washing behind his ears. Now, true to her word, he's got a squash plant growing out of his head! A recipe is included.

Jamie O'Rourke and the Big Potato

by Tomie dePaola.

1992. Reprint. New York: Scholastic Inc., 1993.

In this humorous rendition of an Irish folktale, Jamie O'Rourke, the laziest man in all of Ireland, catches a leprechaun. He returns home, not with a pot of gold, but with a potato seed. A seemingly foolish choice proves quite powerful.

June 29, 1999

by David Wiesner

1992. New York: Clarion Books.

Wow! Holly's experiment has taken on gigantic proportions, or has it? This is a story about a classroom science project that's anything but ordinary. Imagination and wit put a new twist on growing vegetables—turnips, parsnips, cabbage, broccoli, and more.

Picking Peas for a Penny

by Angela Shelf Medearis, illustrated by Charles Shaw

1990. Reprint. New York: Scholastic Inc., 1993

"Let me tell you a story that my mama told me about picking peas in the 1930s." So begins this Depression-era tale told through the eyes of children. In a rhyming cadence reminiscent of black work songs, it provides an upbeat, historical portrait of an African-American farm family.

The Ugly Vegetables

by Grace Lin

1999. Watertown, MA: Charlesbridge Publishing hardcover

When a little girl helps her mother plant a garden she is excited until the plants start to grow. Compared to the neighbors' flower gardens, her garden is ugly. But then she discovers the magic of a vegetable garden when her mother makes a special soup. Includes a recipe for "Ugly Vegetable Soup" and a dictionary of Chinese vegetables like Shiann Tsay, Sy Gua, and Kuu Gua.

Stories about Gardening

Blue Potatoes, Orange Tomatoes

by Rosalind Creasy, illustrated by Ruth Heller

1994. San Francisco, CA: The Sierra Club, hardcover.

This nonfiction book presents a gardenful of fruits and vegetables in unexpected colors. It gives general guidelines for organic gardening, plus more detailed instructions for eight featured fruits and vegetables. Recipes are included.

City Green

by DyAnne DiSalvo-Ryan

1994. New York: Scholastic, Inc.

A young girl in an urban neighborhood discovers how to transform an empty lot into something beautiful and meaningful for everyone. By summertime the lot fills with vegetables, herbs, flowers and a very special friendship. Includes information for starting a community garden.

Growing Vegetable Soup

by Lois Ehlert

1987. Reprint. New York: Scholastic Inc.

Also available in Spanish.

An “out-of-view” child and father plant, tend, and harvest vegetables to make soup. A recipe for vegetable soup is included.

Inch by Inch: The Garden Song

by David Mallett, illustrated by Ora Eitan

1975. Reprint. New York: Harper Trophy, 1997.

Bold, expressive illustrations provide a wonderful background for this classic folk song which celebrates the bounty of nature. The musical score is included.

Oliver’s Vegetables

by Vivian French, illustrated by Alison Bartlett

1995. Reprint. First Orchard Paperbacks. 1998.

Oliver tells his grandpa he doesn’t eat vegetables; he only eats french fries. But spending a week with his grandpa provides a garden adventure that changes the way Oliver thinks about vegetables – carrots, spinach, rhubarb, cabbage, beets, peas, and potatoes.

It’s Pumpkin Time!

by Zoe Hall, illustrated by Shari Halpern

1994. New York: Scholastic, Inc.

Vibrant cut-paper illustrations and simple text tell the story of a brother and sister who plant a pumpkin patch for Halloween. From seed to harvest, each step of the process is shown, including a page showing what’s happening underground.

The Plant that Kept on Growing

by Barbara Brenner, illustrated by Melissa Sweet

1996. New York: Bantam Doubleday Dell Books for Young Readers.

A brother and sister plant a garden with their sights set on winning a first prize at the 4-H club fair. The seeds all sprout, only to be eaten by various pests. That is, all except one—a tomato plant that grows and grows and grows.

Pumpkin Pumpkin

by Jeanne Titherington

1986. Reprint. New York: Scholastic Inc., 1989.

available in Spanish

A young boy named Jamie plants a pumpkin seed and watches as it grows into a vine with big orange pumpkins.

The Snail’s Spell

by Joanne Ryder, illustrated by Lynne Cherry

1982. Reprint. New York: Scholastic Inc., 1991.

available in Spanish.

Kneeling in a garden, a child is asked to imagine he is as small as a snail. He then explores everything in the garden from a snail’s perspective.

This Year’s Garden

by Cynthia Rylant, illustrated by Mary Szilagyi

1984. New York: Aladdin Books.

A family works together through the year to plan, plant, care for, and harvest their vegetable garden. The subdued illustrations help convey one family’s “almanac” of this year’s—and each year’s—garden.

The Victory Garden Alphabet Book

by Pallotta and Bob Thomso, illustrated by Edgar Stewart.

1992. Watertown, MA: Charlesbridge Publishing.

From asparagus to zucchetto squash the authors share much information about planting a garden and growing vegetables.

Stories about Milk

Milk from Cow to Carton

by Aliki.

1974. Reprint. New York: HarperCollins Trophy, 1992.

From cow to farmer to dairy to container—this storybook tells the journey of milk to your glass. Products made from milk are shown, as well as instructions for making your own butter.

The Milk Makers

by Gail Gibbons

1987. Reprint. New York: Scholastic Inc.

available in Spanish.

Follow the steps of milk production, starting with cows at a modern dairy plant through to processing and sales in stores. The final page shows an array of dairy foods made from milk.

Stories about Meat, Poultry, Fish

Aunt Flossie's Hats (and Crab Cakes Later)

by Elizabeth Fitzgerald Howard, illustrated by James Ransome

1991. New York: Clarion Books.

In this heart-warming intergenerational story two African American sisters eagerly await Sunday afternoons. That's the time they get to visit great-great-Aunt Flossie. It's a special treat to eat crab cakes together. But the sister's agree that crab cakes taste best after one of Aunt Flossie's stories when she was young!

Chicken Sunday

by Patricia Polacco

1992. Reprint. New York: Scholastic Inc., 1993

A variety of African American and Russian traditions come together in this intergenerational tale of childhood kindness. After their weekly Sunday dinner of fried chicken, collard greens with bacon, hoppin' john, corn on the cob, and fried spoon bread, three neighborhood children begin working on a secret surprise for their beloved Miss Eula.

Stories about a Variety of Foods

Alligator Arrived with Apples: A Potluck Alphabet Feast

by Crescent Dragonwagon, illustrated by Jose Aruego & Ariane Dewey

1987. Reprint. New York: Aladdin Books, 1992.

From Alligator who arrives with apples and allspice, all the way through to Zebra who zips over with a zaftig zucchini, this alphabet feast is packed with good humor and fun. Colorful illustrations add to the carnival-like merriment of a very special Thanksgiving meal, with enough food to feed an entire zoo!

Chato's Kitchen

by Gary Soto, illustrated by Susan Guevara

1995. Reprint. New York: Scholastic Inc., 1996

Chato the cat very craftily invites his neighbors, the mice family, over for dinner. Then he and his friend set to work in the kitchen making salsa, tortillas, fajitas, enchiladas, carne asada, chiles rellenos, and a sweet, smooth flan. Soon, the mice family arrive with quesadillas for the feast and a special guest of their own—Chorizo, the dog!

Cloudy with a Chance of Meatballs

by Judi Barrett, illustrated by Ron Barrett

1978. Reprint. New York: Scholastic Inc.

When a flipped pancake lands on Henry's head, his grandfather tells a fantastic and humorous tale about a town named Chewandswallow. It's a place where everyone's food falls from the sky, sometimes with pleasant results and other times disastrous.

Eating Fractions

by Bruce McMillan

1991. New York: Scholastic Inc.

available in Spanish.

Two boys and a dog show that learning fractions is both fun and delicious! Using four foods—cloverleaf rolls, pizza, pear salad, and strawberry pie—the concepts of whole, half, thirds, and fourths are shown in photographs. Recipes are included.

Feast for 10

by Cathryn Falwell

1993. Reprint. New York: Scholastic, Inc.

available in Spanish.

Numbers from one to ten are used to tell how members of an African American family shop and work together to prepare a meal. A variety of foods are shown—chicken, pumpkins, dried beans, snap beans, dark leafy greens, tomatoes, potatoes, carrots.

Four Famished Foxes and Fosdyke

by Pamela Duncan Edwards; illustrated by Henry Cole

1997. Reprint. New York: Harper Trophy.

When a family of fox kits is left by their mom to take care of themselves for a week, plans are made to raid the farm hen house by all except one. Fosdyke prefers to stay in the kitchen to flambe fungi, frost a flan of fresh fruit, flip French toast, and other creative cooking. When the hunters fail, Fosdyke is ready with a first-class feast. By the way, can you find at least 60 objects beginning with the letter "F" in the story?

In the Diner

by Christine Loomis, illustrated by Nancy Poydar

1993. New York: Scholastic Inc.

Spend a day in a friendly, bustling, neighborhood diner! From morning to night, it's a sensory feast, full of sounds and smells, as well as sights and tastes.

My Little Island

by Frane Lessac

1984. Reprint. New York: HarperCollins Trophy, 1984.

Two friends visit the Caribbean island where one of them was born. Bright, detailed illustrations show the boys visiting family and friends, a marketplace and shops, the seashore, and even a carnival. Along the way they enjoy the sights, smells, and tastes of many tropical foods.

Pass the Fritters, Critters

by Cheryl Chapman, illustrated by Susan L. Roth

1993. Reprint. New York: Scholastic Inc., 1994.

A young boy is hungry but... The antelope won't pass the cantaloupe and the puffin won't pass the muffin, and on it goes until a solution is found.

Potluck

by Ann Shelby, illustrated by Irene Trivas.
1991. Reprint. New York: Orchard Books, 1994.
Starting with a table set for thirty-one, this story delivers a frolicking good time from A to Z. Between asparagus soup and zucchini casserole you will find many foods at this alphabetical feast.

The Very Hungry Caterpillar

by Eric Carle
1969. Reprint. New York: Scholastic Inc., 1987.
available in Spanish.
A hungry caterpillar eats many different foods until it grows large enough to build a cocoon and emerge as a butterfly.

This is the Way We Eat Our Lunch

by Edith Baer; illustrated by Steve Bjorkman
1995. New York: Scholastic, Inc.
Travel from the USA to Canada, Puerto Rico, Ghana, Morocco, India, and more. Fun-filled rhymes and lively pictures show how children around the world eat lunch. A world map, 3 recipes, and a short dictionary of featured foods are also included.

Stories about Cookies & More

The Doorbell Rang

by Pat Hutchins
1989. Reprint. New York: Scholastic, Inc. 1987.
This story is about sharing, friendship, and simple math as children enjoy cookies together with an ever-widening group of friends. There's humor and warmth in this simple, predictable text.

How to Make an Apple Pie and See the World

by Marjorie Priceman
1994. New York: Dragonfly Books.
"Making an apple pie is really very easy.... Unless, of course, the market is closed." So begins this tale of how a young cook collects all the ingredients to make apple pie by traveling to 6 countries. Of course, you don't need to go to France for eggs or England for milk, but this whimsical tale is pure pleasure to read. A recipe is included.

If You Give a Mouse a Cookie

by Laura Joffe Numeroff; illustrated by Felicia Bond
1985. New York: Scholastic, Inc.
Cookies and milk go together. But that's only the beginning in this delightfully whimsical story about an energetic mouse and an accommodating little boy.

Thunder Cake

by Patricia Polacco
1990. Reprint. New York: Scholastic Inc., 1992.
This is a story about how a grandmother calms her young granddaughter's fear of thunderstorms. Together they busily set to work gathering eggs, milk, flour, tomatoes, and strawberries from the farm. Before long they are sitting together at the table enjoying the delicious Thunder Cake they made together. A recipe is included.

Stories about Seasonings

The Spice Alphabet Book

by Jerry Pallotta, illustrated by Leslie Evans
1994. Watertown, MA: Charlesbridge Publishing.
Herbs, spices, and natural flavors are an important part of many recipes. In A-Z fashion many are illustrated in this storybook. The Artist's Notes at the end of the book gives more information about the detailed illustrations that convey their history and use.

Too Many Babas

by Carolyn Croll
1994. New York: HarperTrophy.
This is a humorous tale of how "too many cooks spoil the soup." As they sneak a taste, each guest thinks she will "fix" the soup that's cooking—just a little more salt, a little more garlic, a little more pepper. The result is disastrous, but they find a way to make amends and enjoy a really tasty bowl of vegetable soup after all!

Stories about Food Markets

A Fruit and Vegetable Man

by Roni Schotter, illustrated by Jeanette Winter
1993. New York: Little Brown & Company, hardcover.
This is a story about a young Korean, Sung Ho, who loves to watch Ruby, an Italian shop owner, make beautiful and artistic arrangements of the fruits and vegetables. Soon Ruby is teaching Sung Ho all the tricks of the trade. When Ruby decides it's time to retire, Sung Ho gets to prove that he can be the next fruit and vegetable man.

El Gusto Del Mercado Mexicano, A Taste of the Mexican Market

by Nancy Maria Grande Tabor
1996. Wathertown, MA: Charlesbridge Publishing
Take a walk through a Mexican market with this bilingual book. From bunches of hanging bananas and braids of garlic to pyramids of melons and baskets of sweet cheese, this market is a visual feast of culture and customs.

Farmers' Market

by Paul Brett Johnson

1997. New York: Orchard Books. (hardcover)

On summer Saturdays Laura helps her family load the pickup with baskets and bushels of tomatoes, peppers, cucumbers they've grown to sell at the local Farmers Market. On one bustling market day the best fun comes with a small and delicious surprise.

The Potato Man

by Megan McDonald, illustrated by Ted Lewin

1991. Reprint. New York: Orchard Books. 1994.

A boy and a girl listen as their Grandpa recalls his youth – a time when horses drew peddlers' carts on cobbled streets. Piled high on the Potato Man's wagon are – apples, potatoes, turnips, rutabagas, and cabbages. A warm intergenerational tale that also speaks to acceptance of others.

Stories about Food Availability

Uncle Willie and the Soup Kitchen

by Dyanne Disalvo-Ryan

1991. Reprint. New York: Mulberry Book, 1997.

Uncle Willie volunteers at a local soup kitchen and one day his young nephew finds out just what that means. This story provides an informative, but not scary look at hunger in America. It also shows that many people, including kids, can make a difference working together.

Pickles to Pittsburgh

by Judi Barrett, illustrated by Ron Barrett

1997. New York: Aladdin Books

In this sequel to *Cloudy with a Chance of Meatballs*, the humorous happenings in the town named Chewandswallow continue in a dream. And Grandpa listens with a funny glint in his eye as Kate shares her dream about the Falling Food Company that ships an endless food supply to all parts of the world. Perhaps not as captivating as the original, it is still a fun flight of fancy with an underlying message of generosity in a world community.

Stories about Food Safety

Germs Make Me Sick!

by Melvin Berger; illustrated by Marilyn Hafner

1985. New York: Harper Trophy.

This 'Let's-Read-and-Find-Out Book' describes germs, how bacteria and viruses affect the human body and how the body fights against them. The nonfiction text introduces science concepts in an easy-to-read style with engaging illustrations for children ages 4 to 8. A Reading Rainbow book, it is featured on video with additional information about germs.

Those Mean Nasty Dirty Downright

Disgusting but... Invisible Germs

by Judith Rice; illustrated by Reed Merrill

1989. St. Paul, MN: Redleaf Press.

This story follows 5-year-old Beth's path through a day of activities. Colorful illustrations of 5 cartoon-character germs are interspersed with photographs of Beth to teach children ages preschool to 8 the importance of hand washing. Bilingual English/Spanish.

Stories about Nutrition

The Edible Pyramid: Good Eating Every Day

by Loreen Leedy

1994. New York: Trumpet Club, Inc.

"On the day of the grand opening of The Edible Pyramid restaurant, customers lined up to get inside." Once inside, the animal customers learn about the wide variety of foods in each section of the Food Guide Pyramid. Then they begin placing their orders: fish sandwich and a glass of milk; scrambled eggs, a bagel, and orange juice.

Good Enough to Eat: A Kid's Guide to Food and Nutrition

by Lizzy Rockwell

1999. New York: HarperCollins, hardcover.

This book is written as an introduction to nutrition for children ages 5-9. It includes concepts about nutrients, calories, digestion, why it's good to eat breakfast, and how to choose a variety of foods from the Food Guide Pyramid. It even includes 5 fun recipes: Full O' Bean Soup, Alphabread, Little Dippers, Fizzade, and Yogi Pops, explaining what nutrients each provides and how it fits into the Food Guide Pyramid.

I Know Why I Brush My Teeth

by Kate Rowan, illustrated by Katharine McEwen

1999. Reprint. New York: Scholastic, Inc. 2000.

This story begins when Sam yells to his mom that he has a "wiggly tooth." Brushing your teeth is important. Sam knows, and with a little help from his Mom, he takes you on Sam's Science adventure to explain why.

Staying Healthy: Let's Exercise!

by Alice B. McGinty

1998. New York: Franklin Watts

With easy-to-read text, photographs, and drawings this non-fiction book explains why exercise is important to good health. Learn about your body – bones and joints, muscles, lungs, heart and blood – and how to be physically fit.

What am I Made of?

by David Bennett; illustrated by Stuart Trotter

1996. Reprint. New York: Scholastic Inc.

This book lets you explore the most special of all living things—your body. Get the "inside stuff" on you!