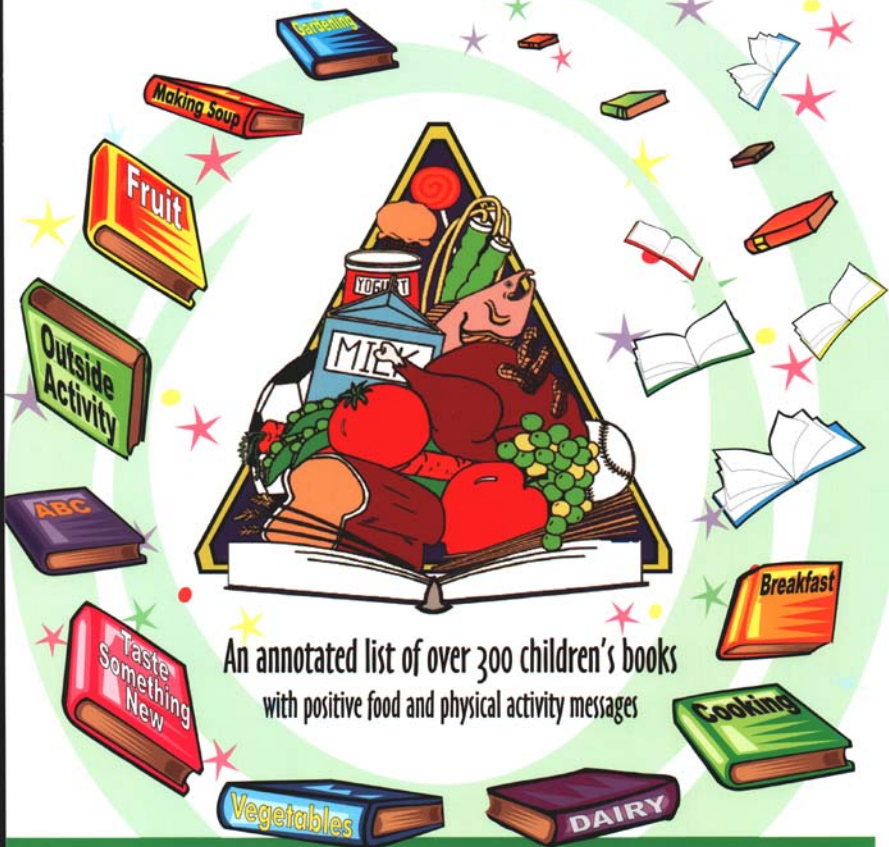


The Michigan Team Nutrition Booklist



An annotated list of over 300 children's books
with positive food and physical activity messages

Michigan Team Nutrition • Family and Consumer Sciences
Michigan State University Extension
E-2835

This booklist is a component of *Pyramids Between the Pages*, a program that links literacy with nutrition and physical activity education. For more information on this program, and other program components go to www.tn.fcs.msue.msu.edu.



CREDITS

The books on this booklist were reviewed by Chris Flood, M.S., Michigan State University Extension Program Leader, and Melinda Graham, M.B.A., Reading is Fundamental Coordinator, South Haven, Michigan.

Annotated by Melinda Graham

Introduction written by Chris Flood

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Welcome to the Michigan Team Nutrition Booklist

About this Resource

The Michigan Team Nutrition Booklist contains the annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade.

If you're reading this introduction, chances are you're probably interested in nutrition, physical activity, reading or a combination of all three. **That's great.** Teaching children to read, teaching children how to choose and eat healthy foods, and teaching children to have fun being physically active are very important jobs. **Thanks for your commitment!**

Nutrition educators can use the books on the Michigan Team Nutrition Booklist to...

- Introduce children to the Food Guide Pyramid and the Physical Activity Pyramid;
- Create enthusiasm for learning about and tasting new foods;
- Teach children about the food, food customs, and physical activity habits of others around the world;
- Motivate children to be physically active and to enjoy physical activity;
- Integrate nutrition and physical activity education into core subjects including reading/language arts, social studies, math, and science.

Who is the Booklist for?

This booklist is for teachers, Extension staff members, dietitians, nutritionists, health educators, Comprehensive School Health Education Coordinators, school nurses, librarians, parents, school foodservice staff members or anyone interested in reading, learning about healthy foods, and growing up healthy.

Read On!

Children's Eating and Physical Activity Habits are Not What They Should Be . . .

Did you know . . . ?

- ▲ On any given day, less than 15% of school children eat the recommended servings of fruits; less than 20% eat the recommended servings of vegetables; less than 25% eat the recommended servings of grains, and only 30% consume the recommended milk group servings. (1)
- ▲ Of young people ages 6-17, 64% eat too much total fat, and 68% eat too much saturated fat. (1)
- ▲ Teenagers today drink twice as much carbonated soda as milk and only 19% of girls ages 9-19 meet the recommended intake for calcium. (1)
- ▲ The percentage of children and adolescents who are overweight has more than doubled in the past 30 years; most of the increase has occurred since the late 1970s. (1)
- ▲ Over one-half of the children at the highest weight percentiles will persist in being heavy into young adulthood. (2)
- ▲ The percentage of students who attended a daily physical education class dropped from 42% in 1991 to 27% in 1997. (1)
- ▲ Between 1977 and 1995, the number of walking and bicycling trips made by children ages 5-15 dropped by 40%. (3)
- ▲ Children ages 2-18 spend an average of four hours a day watching television or videotapes, playing video games, or using a computer. (4)

References:

1. Food and Nutrition Service. (2000). *Changing the Scene – Improving the School Nutrition Environment*. Alexandria, VA; U.S. Department of Agriculture, Food and Nutrition Service. For original sources referenced by *Changing the Scene*, go to www.fns.usda.gov/in to order a copy of this publication.
2. Whitaker, R.C., Wright, J.A., Pepe, M.S., Seidel, K.K., & Dietz, W.H. (1997). Predicting obesity in young adulthood from childhood and parental obesity. *New England Journal of Medicine*, 337, 869-873.
3. Federal Highway Administration. (1994). *National Bicycling and Walking Study: Transportation Choices for a Changing America*. (Publication FH10A PD 94-023). Washington, DC: U.S. Department of Transportation.
4. Kaiser Family Foundation. (1999, November). *Kids and Media at the New Millennium. A Kaiser Foundation Report*. Menlo Park, CA: Henry J. Kaiser Family Foundation.

Children in the United States Could Be Better Readers, Too . . .



Did you know . . . ?

- ▲ Thirty seven percent of American fourth graders read below the "Basic" level on the National Assessment of Educational Progress (NAEP) reading test. (1)
- ▲ The achievement gap is widening. Since 1992, NAEP average reading scores for high-performing students have improved while those for low-performing students have dropped. (1)
- ▲ Over 57% of fourth graders eligible for free or reduced lunch score below the "Basic" level on the NAEP reading test. (1)
- ▲ Fourth graders who reported daily reading for fun scored higher on the NAEP reading test than peers who reported less reading for fun. (1)
- ▲ Reading to preschoolers is the most important thing families can do to prepare them for reading. (2)
- ▲ A child from a low-income family enters kindergarten with a listening vocabulary of 3,000 words, while a child of a middle-income family enters with a listening vocabulary of 20,000 words. (3)
- ▲ Forty million adults in the U.S. can't read well enough to read a simple story to a child. (4)

References:

1. National Center for Education Statistics. (2001b). *NAEP 2000 Reading Report Card*. Office of Educational Research and Improvement. Washington, DC: U.S. Department of Education.
2. Adams, M.J. (1990). *Beginning to Read: Thinking and Learning about Print*. Champaign, IL: Center for the Study of Reading.
3. Hart, B., & Risley, T.R. (1995). *Meaningful Differences in the Everyday Experience of Young American Children*. Baltimore, MD: Paul H. Brookes.
4. National Center for Education Statistics. (1992). *National Adult Literacy Survey*. Office of Educational Research and Improvement. Washington, DC: U.S. Department of Education.



Why Link Nutrition and Physical Activity with Reading?

There is a natural link between nutrition, physical activity, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own daily lives such as food, eating, playing sports, being active, and family mealtime. Reading books that focus on preparing and eating healthy foods and being physically active can motivate students to adopt positive food and physical activity behaviors that can last a lifetime.

How Can Reading Books with Positive Food and Physical Activity Messages Improve the School Nutrition Environment?

Children spend a lot of time reading in school. By providing students with books and a variety of creative ways to use them that promote choosing and eating healthy foods and being physically active, you can change your School Nutrition Environment in the classroom, the cafeteria, and the entire school.

Try these suggestions:

1. **Read books in class that relate to foods being offered on the school menu.** For example, on "Pizza Day" you might read the books *Pizza Party!* by Grace Maccarone or *The Little Red Hen Makes a Pizza* by Philemon Sturges.
2. **Conduct a hands-on cooking activity to go with a book you've read.** For example, to encourage students to drink more milk read the book *Oliver's Milk Shake* by Vivian French and make Oliver's "yummy scrummy" milk shake using the recipe in the book.
3. **Use books to encourage students to learn about and try new foods from other countries or cultures.** Read the books *Magda's Tortillas/Las Tortillas de Magda* by Becky Chavarria-Cháirez or *Dumpling Soup* by Jama Kim Rattigan.
4. **Create a showcase that relates to a specific food or food group using 3-D food models or empty food packages.** Place books in the showcase that are about those foods. For instance, you might set up a fruits and vegetables display during National 5 A Day Week and feature the books: *W Love Fruit!* by Grace Robinson; *Grandpa's Garden Lunch* by Judith Caseley; or *The Ugly Vegetables* by Grace Lin.
5. **Set up a reading corner in the classroom.** Include plenty of light and space for students to get comfortable while reading. Designate a special shelf for books about food, nutrition, and physical activity.
6. **Consider using your school's already established reading incentive program as a way to teach nutrition.** Set up a reading contest during March—National Nutrition Month. Award points to students for reading books with positive food and physical activity messages. Give away nutrition and physical activity-related incentives when students have read a designated number of books.

7. **Create hallway displays or bulletin boards that focus on annual health happenings, e.g., National Pasta Month, National Pancake Week, National Physical Fitness and Sports Month, etc.** Promote books that go with these events.
8. **Designate a specific place in the school library to showcase books that promote choosing and eating healthy foods and being physically active.** Decorate the area to fit the theme.
9. **Coordinate a classroom tasting party to go with books you've read that focus on a specific theme.** For example, during National School Breakfast Week read the books listed under the breakfast theme in this resource. At the end of the week, have a "School Breakfast Tasting Party" and invite students, parents, and school staff members to attend.
10. **Develop, with student input, short school-wide announcements that focus on nutrition and health topics kids are interested in.** Invite students to read the announcements over the school PA system. Include titles of books to go with the nutrition/physical activity concepts being promoted.

Nutrition Educators:



If you teach the Nutrition Unit from the Michigan Model for Comprehensive School Health Education curriculum, you can use books from this list to enhance the lessons. SEE THE APPENDIX (PAGES 94 - 102) OF THIS RESOURCE TO LOCATE BOOKS THAT SUPPORT EACH OBJECTIVE.

Introducing a New Book



Use these basic, pre-reading strategies to get students interested in a new book before reading it:

- ▲ Examine the cover to predict what the book will be about.
- ▲ Read the title of the book to, or together with, students.
- ▲ Identify the author and illustrator.
- ▲ Introduce important concepts and vocabulary words that might be confusing to students prior to reading the book.

While reading:

- ▲ Stop at appropriate times to allow for participation and discussion.
- ▲ Encourage children to interact with the text while listening to it. This helps them to understand and remember the important points.

After reading:

- ▲ Provide students with a time to reflect on the book.
- ▲ Ask them to describe their favorite part or to share something new that they learned from the story.

★ Teachers and Out-of-School Time Educators:

Incorporate Books from the Michigan Team Nutrition Booklist Into What You are Already Doing!

You can use books from the Michigan Team Nutrition Booklist to enhance reading/language arts activities and to make nutrition education exciting, interesting, and meaningful for students. You might try these suggestions or use the description paragraphs in the booklist for more ideas:

1. **Use books from this list as read-alouds.** Tried-and-true, child-tested favorites include *The Very Hungry Caterpillar* by Eric Carle, *Bread and Jam for Frances* by Russell Hoban, and *D.W. the Picky Eater* by Marc Brown.
2. **Use books from this list for group reading.** Provide students with specific strategies to use when reading including practicing new vocabulary words and locating important information. *Supermarket* by Kathleen Krull and *Bananas* by Elaine Landau are both great books with plenty of interesting new words and information.
3. **Use books from this list as springboards to writing experiences such as bookmaking and journaling.** Read the book *The Biggest Sandwich Ever* by Rita Golden Gelman, and help students put together a classroom recipe book of their own favorite healthy sandwiches; or read the book *In My Momma's Kitchen* by Jerdine Nolen, and ask students to journal about their favorite special holiday meal.
4. **Send home books from this list for family sharing.** Books that do an especially good job of depicting families working together include: *Feast for 10* by Cathryn Falwell, *Family* by Isabell Monk, *Let's Eat!* by Ana Zamorano, and *We Had a Picnic This Sunday Past* by Jacqueline Woodson.
5. **Encourage partner reading which provides students with an opportunity to talk and share the book with each other.** Books that rhyme or are silly are fun for students to read with a partner such as *Cloudy with a Chance of Meatballs* by Judi Barrett, *Let's Get the Rhythm* by Anne Miranda, and *Peanut Butter and Jelly* by Nadine Bernard Westcott.



How Were the Books Chosen for This List?

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

1. Books about food, healthy eating, and physical activity were selected for review.
2. Books were read at least twice by the reviewers and once out loud to children.
3. Books were screened to see if they met specified criteria. Using the following checklist, it was required that all boxes be checked.



Checklist

- ✓ Book is appropriate for one or more grade levels: Pre-K–3.
- ✓ Book promotes or supports one or more of the Team Nutrition messages. (See page 9 for messages.)
- ✓ No negative messages or illustrations about any one food or group of foods. If the phrase “junk food” is mentioned at all, minimal reference is made to “junk food.” Book retains the overall theme: *All Foods Can Fit*.
- ✓ No negative messages or illustrations about body size or body image.
- ✓ No negative messages, illustrations, or stereotypes about other cultures or ethnicities.
- ✓ Physical activity (if mentioned) is referenced and depicted in a positive, not negative, way.

Why and How Were the Books Rated? What Does the Rating Mean?



Books were rated to make it easy for educators to identify those with the strongest nutrition and physical activity messages. Books were categorized into the following three categories and assigned a rating of a 1, 2, or 3:

1 =

Easily identifiable, positive nutrition, food, and physical activity message(s) that focus on increasing students' knowledge about nutrition and improving their eating and physical activity habits.

2 =

Positive nutrition, food, and physical activity messages and themes to help students gain awareness about, and increased exposure to, a variety of nutritious foods and physical activity behaviors.

3 =

Positive nutrition, food, and physical activity underlying themes but no specific message.



Important Note: Over 75% of the books on this list received a rating of 2 or 3. All of the books on this list can be used effectively to teach nutrition and/or physical activity concepts when properly linked to the Food Guide Pyramid, the Physical Activity Pyramid, or the Team Nutrition messages (see next page).

How is the Michigan Team Nutrition Booklist Organized?

There are two different ways to search for a book using the Michigan Team Nutrition Booklist: "Search by Theme" and "Search by Title."

The first section, "Search by Theme," enables you to search for books that are associated with a specific theme, e.g., Food Guide Pyramid, Physical Activity, Soup-Making, Pizza, Fruits, Dairy, Farm to Table, and more. There are 39 different themes. This section contains the following information:

- ▲ **Theme:** The themes are listed in alphabetical order, across the page inside the shaded bar. Additional cross-themes for each book are listed under the column **Other Themes**.
- ▲ **Page:** This column tells you what page in this resource contains the book description.
- ▲ **AR:** If an "X" appears in this column, this book is an Accelerated Reader® book. Many schools in the nation utilize the Accelerated Reader Program. For more information on this program go to: www.renlearn.com/ar/.
- ▲ **F/N:** This classifies each book as fiction or non-fiction.
- ▲ **Team Nutrition Message:** There are four Team Nutrition messages. Each book has been assigned one primary Team Nutrition message, however, many books on this list support and promote more than one Team Nutrition message.

The Team Nutrition messages are:

1. Eat a variety of foods.
2. Eat more fruits, vegetables and grains.
3. Eat lower fat foods more often.
4. Be physically active.

To find out more about Team Nutrition, or to enroll in Team Nutrition, go to the Michigan Team Nutrition Web site: www.tn.fcs.msue.msu.edu or the National Team Nutrition Web site at www.fns.usda.gov/tn

The second way you can search for a book, "Search by Title," is organized alphabetically. In addition to the title of each book this section contains the following information:

- ▲ Short description of each book
- ▲ Author
- ▲ Publisher and date published*
- ▲ Rating (see page 8 for more information on how books were rated)
- ▲ Associated theme(s)

*The publisher and the date published information for each book on our booklist are subject to change. Books frequently go in and out of print, and publishers and publishing dates change. The best way to find a book you are looking for is to search for it by title and/or author.

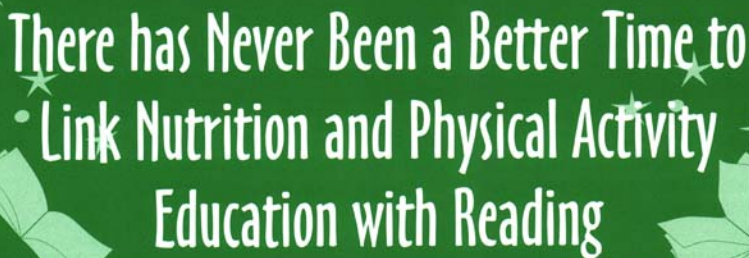
Why are Some Books Missing from the List?

Reviewing books for the Michigan Team Nutrition 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 from our list because it did not meet our criteria. If you know of a good book that you think should be on our list, please send an e-mail to Chris Flood, Michigan Team Nutrition Booklist Coordinator, at: floodc@msue.msu.edu.

Downloading the Booklist

You can download the Michigan Team Nutrition Booklist, or search for books by theme, at the Michigan Team Nutrition Web site.

Go to: www.tn.fcs.msue.msu.edu

A green banner with a white border, decorated with several green stars and two green book icons. The text is written in a white, sans-serif font.

There has Never Been a Better Time to Link Nutrition and Physical Activity Education with Reading

When you read books from the **Michigan Team Nutrition Booklist** to or with children, they will learn basic nutrition and physical activity education concepts and beginning reading and literacy skills – at the same time!

Teaching children to read and to eat healthy is a big job, but an extremely important one. By using the books on this list you can help students develop an appreciation for literature, practice basic reading skills, and gain important nutrition and physical activity knowledge that could potentially have a long-lasting effect on their eating habits, physical activity habits, reading habits, and self-esteem.

A collection of green stars and two green book icons scattered across the lower half of the page.

Good Luck!

Title	Page	Other Themes	AR	TN Message	F/N
ABC's					
Alligator Arrived with Apples: A Potluck Alphabet Feast	38	Potluck		1	F
Alphabet Soup: A Feast of Letters	38	Potluck, Making Soup		1	F
Animal Action ABC	38	Physical Activity	X	4	N
Eating the Alphabet: Fruits and Vegetables from A to Z	51	Fruits, Vegetables		2	N
Edible Alphabet, An	51	Fruits, Vegetables		2	N
Gathering the Sun: An Alphabet in Spanish and English	56	Food Poetry, Intergenerational, Other Cultures' Food & Customs, Spanish Translations	X	1	F
Potluck	78	Potluck	X	1	F
Spice Alphabet Book, The	82		X	1	N
Victory Garden Vegetable Alphabet Book, The	88	Gardening, Vegetables	X	2	N

African-American Food & Family

Cherries and Cherry Pits	46	Food Art, Fruits, MI Agriculture	X	2	F
Chicken Sunday	46	Intergenerational	X	1	F
City Green	46	Gardening, Vegetables, Intergenerational	X	2	F
Color of Us, The	47			1	F
Family	52	Books with Recipes, Intergenerational	X	1	F
Feast for 10	53	Counting and Math		1	F
For My Family, Love, Allie	54	Other Cultures' Food & Customs, Books with Recipes		1	F
In My Momma's Kitchen	64		X	1	F
Picking Peas for a Penny	76	Counting and Math, Gardening, Vegetables		2	F
Shaina's Garden	81	Gardening, Vegetables		2	F
We Had a Picnic This Sunday Past	89	Potluck		1	F

Body Parts

Bones	43		X	4	N
Dem Bones	49	Physical Activity, Read and Move		4	N
Eat Your Vegetables!	50	Dairy, Food Guide Pyramid		1	N
Drink Your Milk!					
Food for Healthy Teeth	54	Dairy, Fruits, Vegetables	X	2	N
I Can Move	61			4	N
I Have a Weird Brother	61		X	1	N
Who Digested a Fly					
Me and My Amazing Body	70		X	1	N
Muscular System, The	72	Physical Activity		4	N
My Body, Your Body	72		X	4	N
My Two Hands/My Two Feet	72			4	F
Staying Healthy: Let's Exercise	83	Physical Activity		4	N
Vitamins and Minerals	89	Food Guide Pyramid		1	N

Title	Page	Other Themes	AR	TN Message	F/N
Books with Recipes					
Apple Batter	39	Fruits, Fall Harvest, Growing Fruit, Physical Activity	X	4	F
Apple Pie Tree, The	39	Fall Harvest, Fruits, MI Agriculture, Seasons and Weather	X	2	F
Apples	39	Farm to Table, Fruits, Growing Fruit, MI Agriculture		2	N
Bananas	40	Breakfast, Farm to Table, Fruits, Growing Fruit		2	N
Beekeeper's Year, A	41	Honey	X	1	N
Berry Book, The	42	Fruits, Growing Fruit, MI Agriculture		2	N
Blue Potatoes, Orange Tomatoes	42	Gardening, Vegetables		2	N
Cake All for Me!, A	44	Cooking, Counting and Math		1	F
Carlos and the Cornfield	44	Other Cultures' Food & Customs, Gardening, Vegetables, Spanish Translation	X	1	F
Carlos and the Squash Plant	45	Other Cultures' Food & Customs, Gardening, Vegetables, Spanish Translation	X	2	F
Carlos Digs to China	45	Other Cultures' Food & Customs, Gardening, Grains, Spanish Translation	X	1	F
Cook-A-Doodle-Do!	48	Cooking	X	1	F
Corn	48	Farm to Table, MI Agriculture, Vegetables		2	N
Count on Pablo	48	Counting and Math, Intergenerational, Fruits, Shopping, Vegetables	X	2	F
Dinosaur Pizza	49	Pizza, Cooking	X	1	F
Dumpling Soup	50	Other Cultures' Food & Customs, Making Soup, Intergenerational	X	1	F
Eating Fractions	50	Counting and Math		1	N
Everybody Bakes Bread	52	Other Cultures' Food & Customs, Grains, Bread	X	2	F
Everybody Cooks Rice	52	Other Cultures' Food & Customs, Grains	X	2	F
Extra Cheese, Please!	52	Pizza, Farm to Table, Dairy, MI Agriculture		1	N
Family	52	African-American Food & Family, Intergenerational	X	1	F
Fannie In the Kitchen	52	Cooking	X	1	F
For My Family, Love, Allie	54	Other Cultures' Food & Customs, African-American Food & Family		1	F
Giant Carrot, The	57	Gardening, Vegetables, MI Agriculture	X	2	F
Good Enough To Eat: A Kid's Guide to Food and Nutrition	57	Food Guide Pyramid	X	1	N
Growing Vegetable Soup	58	Gardening, Making Soup, Vegetables	X	2	N
Harvest of Color, A	59	Gardening, MI Agriculture, Vegetables		2	N
Here's the Scoop!: Follow an Ice-Cream Cone Around the World	59	Dairy, Farm to Table		1	F
Hooray for Dairy Farming!	60	Farm to Table, Dairy, MI Agriculture	X	3	N
How My Family Lives in America	60	Other Cultures' Food & Customs	X	1	N
How to Make an Apple Pie and See the World	60	Other Cultures' Food & Customs, Fruits, MI Agriculture	X	1	F

Title	Page	Other Themes	AR	TN Message	F/N
Books with Recipes (continued)					
Jalapeño Bagels	65	Other Cultures' Food & Customs, Breads, Grains		2	F
Little Red Hen and the Ear of Wheat, The	68	Bread, Cooking, Farm to Table, Grains		2	F
Making Minestrone	69	Making Soup, Vegetables		2	N
Oh, No, Toto!	73	Other Cultures' Food & Customs, Intergenerational		1	F
Pancakes, Pancakes!	75	Cooking, Grains, Breakfast	X	1	F
Peanut Butter Party	75	Fun with Food, Food Art		1	N
Pigs in the Pantry: Fun with Math and Cooking	77	Cooking, Counting and Math	X	1	F
Pizza	77	Pizza, Cooking		1	N
Popcorn Book, The	78	Other Cultures' Food & Customs, Grains	X	3	F
Pumpkin Fiesta	79	Gardening, Fruits		2	F
Pumpkin Soup	79	Making Soup, MI Agriculture, Cooking	X	2	F
Seasons of Arnold's Apple Tree, The	81	Fall Harvest, Seasons and Weather, Fruits, MI Agriculture		2	F
Still-Life Stew	83	Cooking, Fun with Food, Gardening, Making Soup, Vegetables		2	F
Story of Chopsticks, The	83	Other Cultures' Food & Customs	X	1	F
Sun Bread	83	Cooking, Bread, Grains	X	2	F
This is the Way We Eat Our Lunch	85	Other Cultures' Food & Customs		1	F
Thunder Cake	85	Other Cultures' Food & Customs, Cooking, MI Agriculture, Intergenerational	X	1	F
Tomatoes	86	Farm to Table, Fruits, Growing Fruit, Vegetables		2	N
Ugly Vegetables, The	87	Other Cultures' Food & Customs, Gardening, Making Soup, Vegetables	X	2	F
Warhogs In the Kitchen	89	Counting and Math	X	1	F
Wheat	93	Bread, Farm to Table, Grains, MI Agriculture		2	N
Bread					
Biggest Sandwich Ever, The	42	Fun with Food, Grains, Sandwiches	X	1	F
Bread and Jam for Frances	43	Taste Something New, Grains, Sandwiches	X	1	F
Bread Bread Bread	43	Other Cultures' Food & Customs, Grains		2	N
Bread Is For Eating	43	Other Cultures' Food & Customs, Grains, Spanish Translation		2	F
Everybody Bakes Bread	52	Books with Recipes, Other Cultures' Food & Customs, Grains	X	2	F
Grain Group, The	57	Breakfast, Food Guide Pyramid, Grains, Pasta		2	N
I Like Bagels	61	Breakfast, Grains		2	N
It's A Sandwich!	65	Grains, Other Cultures' Food & Customs, Sandwiches, Taste Something New		1	N

Title	Page	Other Themes	AR	TN Message	F/N
Bread (continued)					
Alapeño Bagels	65	Books with Recipes, Other Cultures' Food & Customs, Grains		2	F
Little Red Hen and the Star of Wheat, The	68	Books with Recipes, Cooking, Farm to Table, Grains		2	F
Make Me a Peanut Butter Sandwich and a Glass of Milk	69	Dairy, Farm to Table, Sandwiches, Grains		1	N
Mr. Belinsky's Bagels	71	Grains, Breakfast, Other Cultures' Food & Customs	X	2	F
Peanut Butter and Jelly	75	Fun with Food, Grain, Sandwiches		1	F
Runaway Tortilla, The	80	Other Cultures' Food & Customs, Grains	X	2	F
Sun Bread	83	Cooking, Grains, Books with Recipes	X	2	F
Tortilla Factory, The	86	Other Cultures' Food & Customs, Farm to Table, Grains	X	1	N
Unbeatable Bread, The	87	Cooking, Grains	X	2	F
Walter the Baker	89	Cooking, Grains	X	2	F
What's for Lunch? Bread	91	Farm to Table, Grains, Other Cultures' Food & Customs		2	N
Wheat	92	Farm to Table, Grains		2	N
Wheat	93	Books with Recipes, Farm to Table, Grains, MI Agriculture		2	N
Where on Earth Is My Bagel?	93	Farm to Table, Grains, Other Cultures' Food & Customs	X	2	F
Breakfast					
Ananas	40	Books with Recipes, Farm to Table, Fruits, Growing Fruit		2	N
Burglar's Breakfast, The	44			1	F
George Washington's Breakfast	56	Cooking	X	1	F
Good Morning, Let's Eat!	57	Other Cultures' Food & Customs		1	N
Grain Group, The	57	Bread, Food Guide Pyramid, Grains, Pasta		2	N
Like Bagels	61	Bread, Grains		2	N
Like Cereal	62	Grains		2	N
Like Oranges	62	Fruits		2	N
Miss Mabel's Table	71	Eating Out, Grains		1	F
Mr. Belinsky's Bagels	71	Grains, Bread, Other Cultures' Food & Customs	X	2	F
Poisy Breakfast	72		X	1	F
Pancakes for Breakfast	75	Cooking, Grains		1	F
Pancakes, Pancakes!	75	Books with Recipes, Cooking, Grains	X	1	F
We're Making Breakfast for Mother	90			1	F
Cooking					
Sunny Cakes	44	Shopping	X	1	F
Take All for Me!, A	44	Books with Recipes, Counting and Math		1	F
Chef Ki Is Serving Dinner!	46		X	1	N

Title	Page	Other Themes	AR	TN Message	F/N
Cooking (continued)					
Cook-A-Doodle-Do!	48	Books with Recipes	X	1	F
Dim Sum for Everyone!	49	Other Cultures' Food & Customs, Eating Out	X	1	F
Dinosaur Pizza	49	Pizza, Books with Recipes	X	1	F
Fannie In the Kitchen	52	Books with Recipes	X	1	F
First Book of Sushi	53	Other Cultures' Food and Customs		1	N
Froggy Bakes A Cake	55		X	1	F
George Washington's Breakfast	56	Breakfast	X	1	F
I Like Corn	62	Vegetables, MI Agriculture		2	N
In the Kitchen	64			1	N
Little Red Hen and the Ear of Wheat, The	68	Books with Recipes, Bread, Farm to Table, Grains		2	F
Little Red Hen (Makes a Pizza), The	68	Pizza, Grains	X	1	F
Marge's Diner	69		X	1	N
Pancakes for Breakfast	75	Breakfast, Grains		1	F
Pancakes, Pancakes!	75	Books with Recipes, Breakfast, Grains	X	1	F
Pie is Cherry, The	76	Potluck		1	F
Pigs in the Pantry: Fun with Math and Cooking	77	Counting and Math, Books with Recipes	X	1	F
Pizza	77	Pizza, Books with Recipes		1	N
Pizza Party!	77	Pizza		2	F
Pumpkin Soup	79	Making Soup, MI Agriculture, Books with Recipes	X	2	F
Seven Silly Eaters, The	81	Taste Something New	X	1	F
Still-Life Stew	83	Books with Recipes, Fun with Food, Gardening, Making Soup, Vegetables		2	F
Sun Bread	83	Bread, Grains, Books with Recipes	X	2	F
Thunder Cake	85	Other Cultures' Food & Customs, MI Agriculture, Books with Recipes, Intergenerational	X	1	F
Unbeatable Bread, The	87	Grains, Bread	X	2	F
Walter the Baker	89	Grains, Bread	X	2	F
Counting and Math					
Alice in Pastaland: A Math Adventure	38	Grains, Pasta		2	F
Apples	39	Fruits, MI Agriculture		2	N
Bearobics: A Hip-Hop Counting Story	41	Physical Activity, Read & Move		4	F
Cake All for Me!, A	44	Books with Recipes, Cooking		1	F
Count on Pablo	48	Intergenerational, Books with Recipes, Fruits, Shopping, Vegetables	X	2	F
Eating Fractions	50	Books with Recipes		1	N
Edible Pyramid, The:	51	Food Guide Pyramid	X	1	F
Good Eating Every Day					
Feast for 10	53	African-American Food & Family		1	F

Title	Page	Other Themes	AR	TN Message	F/N
Counting and Math (continued)					
Gigantic Turnip, The	57	Gardening, Vegetables		2	F
Ichworm and a Half	64	Gardening, Vegetables		2	F
One Grain of Rice: Mathematical Folktale	74	Other Cultures' Food & Customs, Grains	X	2	F
One Lonely Sea Horse	74	Food Art, Fruits, Vegetables	X	2	F
One Potato	74	Food Art, Fruits, Vegetables	X	2	N
Picking Peas for a Penny	76	Gardening, Vegetables, African- American Food & Family 52		2	F
Pigs in the Pantry: Fun with Math and Cooking	77	Cooking, Books with Recipes	X	1	F
Paghetti and Meatballs for All!	82			1	F
Parthos In the Kitchen	89	Books with Recipes	X	1	F
Dairy					
Big Cheese for the White House, A How	42	Farm to Table	X	1	F
at Right: Tips for Good Nutrition	48	MI Agriculture, Farm to Table	X	3	N
at Your Vegetables! Drink Your Milk!	50	Fruits, Grains, Food Pyramid	X	1	N
Extra Cheese, Please!	50	Body Parts, Food Guide Pyramid		1	N
	52	Pizza, Farm to Table, MI Agriculture, Books with Recipes		1	N
Food for Healthy Teeth	54	Body Parts, Fruits, Vegetables	X	2	N
Food Pyramid, The	54	Food Guide Pyramid, Fruits, Grains, Taste Something New, Vegetables		1	N
From Cow to Ice Cream	55	Farm to Table, MI Agriculture		3	N
Here's the Scoop!: Follow an Ice-Cream Cone Around the World	59	Books with Recipes, Farm to Table		1	F
Hooray for Dairy Farming!	60	Farm to Table, MI Agriculture, Books with Recipes	X	3	N
Like Cheese	62			3	N
Ice Cream	63	Farm to Table, MI Agriculture		1	N
It Weren't for Farmers	64	Farm to Table, Fruits, Growing Fruit, MI Agriculture, Vegetables	X	1	N
Take Me a Peanut Butter Sandwich and a Glass of Milk	69	Farm to Table, Sandwiches, Bread, Grains		1	N
Milk Makers, The	70	Farm to Table, MI Agriculture	X	3	N
Milk: From Cow to Carton	71	Farm to Table, MI Agriculture	X	3	N
Go Milk!	72	MI Agriculture		3	F
Yogurt's Milk Shake	73	Farm to Table, MI Agriculture		1	F
Raising Cows on the Koebels' Farm	80	Farm to Table, MI Agriculture	X	1	N
Thanks to Cows	85	Farm to Table, MI Agriculture	X	3	N
What's for Lunch? Milk	91	Farm to Table, MI Agriculture	X	3	N

Title	Page	Other Themes	AR	TN Message	F/N
Eating Out					
Dim Sum for Everyone!	49	Other Cultures' Food & Customs	X	1	F
Fast Food! Gulp! Gulp!	53		X	1	F
Froggy Eats Out!	55		X	1	F
Miss Mabel's Table	71	Grains, Breakfast		1	F
Fall Harvest					
Apple Batter	39	Books with Recipes, Fruits, Growing Fruit, Physical Activity	X	4	F
Apple Pie Tree, The	39	Books with Recipes, Seasons and Weather, Fruits, MI Agriculture	X	2	F
Apples and Pumpkins	40	Fruits, MI Agriculture		2	F
Autumn Equinox, The: Celebrating the Harvest	40	Seasons and Weather	X	1	N
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Farm to Table, Fruits, Growing Fruit, MI Agriculture, Vegetables	X	2	N
Picking Apples & Pumpkins	76	Fruits, MI Agriculture		2	F
Pumpkin Day, Pumpkin Night	79	Fruits, MI Agriculture	X	2	F
Seasons of Arnold's Apple Tree, The	81	Seasons and Weather, Fruits, MI Agriculture, Books with Recipes		2	F
Too Many Pumpkins	86	Fruits, MI Agriculture	X	2	F
Farm to Table					
Apples	39	Books with Recipes, Fruits, Growing Fruit, MI Agriculture		2	N
Bananas	40	Books with Recipes, Breakfast, Fruits, Growing Fruit		2	N
Bananas!	41	Fruits	X	2	N
Bananas: From Manolo to Margie	41	Growing Fruit, Other Cultures' Food & Customs, Fruits		2	N
Big Cheese for the White House, A	42	Dairy	X	1	F
Corn	48	Books with Recipes, MI Agriculture, Vegetable		2	N
Corn—On and Off the Cob	48	MI Agriculture, Vegetables	X	2	N
Cow	48	MI Agriculture, Dairy	X	2	N
Extra Cheese, Please!	52	Pizza, Dairy, MI Agriculture, Books with Recipes		1	N
From Cow to Ice Cream	55	Dairy, MI Agriculture		3	N
From Wheat to Pasta	55	Grains, Pasta		2	N
Here's the Scoop!: Follow an Ice-Cream Cone Around the World	59	Books with Recipes, Dairy		1	F
Hooray for Dairy Farming!	60	Dairy, MI Agriculture, Books with Recipes	X	3	N
Ice Cream	63	Dairy, MI Agriculture		1	N
If It Weren't for Farmers	64	Dairy, Fruits, Growing Fruit, MI Agriculture, Vegetables	X	1	N
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Fall Harvest, Fruits, Growing Fruit, MI Agriculture, Vegetables	X	2	N

Article Title	Page	Other Themes	AR	TN Message	F/N
From Farm to Table (continued)					
Little Red Hen and the Ear of Wheat, The	68	Books with Recipes, Bread, Cooking, Grains		2	F
Make Me a Peanut Butter Sandwich and a Glass of Milk	69	Dairy, Sandwiches, Bread, Grains		1	N
Milk Makers, The	70	Dairy, MI Agriculture	X	3	N
Milk: From Cow to Carton	71	Dairy, MI Agriculture	X	3	N
How Many Say Can You Seed?	73	Gardening, Vegetables, Fruits, Growing Fruit		2	N
Smiley's Milk Shake	73	Dairy, MI Agriculture		1	F
Raising Cows on the Koebels' Farm	80	Dairy, MI Agriculture	X	1	N
Thanks to Cows	85	Dairy, MI Agriculture	X	3	N
Tomatoes	86	Books with Recipes, Fruits, Growing Fruit, Vegetables		2	N
Tortilla Factory, The	86	Other Cultures' Food & Customs, Grains, Bread	X	1	N
Treats from a Tree	86	MI Agriculture		1	N
Vegetables, Vegetables!	88	MI Agriculture, Vegetables	X	2	N
We Love Fruit!	90	Fruits, Growing Fruit, MI Agriculture	X	2	N
What's for Lunch? Banana	91	Fruits, Growing Fruit		2	N
What's for Lunch? Bread	91	Bread, Grains, Other Cultures' Food & Customs		2	N
What's for Lunch? Corn	91	MI Agriculture, Vegetables		2	N
What's for Lunch? Eggs	91			1	N
What's for Lunch? Milk	91	Dairy, MI Agriculture	X	3	N
What's for Lunch? Oranges	92	Fruits, Growing Fruit		2	N
What's for Lunch? Peanuts	92			1	N
What's for Lunch? Peas	92	Vegetables		2	N
What's for Lunch? Potatoes	92	MI Agriculture, Vegetables		2	N
What's for Lunch? Rice	92	Grains, Other Cultures' Food & Customs		2	N
Wheat	92	Grains, Bread		2	N
Wheat	93	Books with Recipes, Bread, Grains, MI Agriculture		2	N
Where on Earth Is My Bagel?	93	Bread, Grains, Other Cultures' Food & Customs	X	2	F
Food Allergies					
Meet the Allergic Elephant: A Children's Story of Peanut Allergies	38			1	F
Peanut Butter Jam, The	75			1	F
Food Art					
Who's Faces	39	Fruits, Vegetables		2	N
Burger and the Hot Dog, The	44	Food Poetry	X	1	F
Cherries and Cherry Pits	46	Fruits, MI Agriculture, African-American Food & Family	X	2	F
Bigbert, The Slightly Cracked Egg	51	Fun with Food		1	F

Title	Page	Other Themes	AR	TN Message	F/N
Food Art (continued)					
Gino Badino	57	Grains, Pasta		2	F
Gus and Button	59	Fruits, Vegetables		2	F
How Are You Peeling?	60	Fruits, Vegetables		2	N
Foods with Moods					
One Lonely Sea Horse	74	Counting and Math, Fruits, Vegetables	X	2	F
One Potato	74	Counting and Math, Fruits, Vegetables	X	2	N
Peanut Butter Party	75	Fun with Food, Books with Recipes		1	N
Food Guide Pyramid					
Dinosaurs Alive and Well!	49	Outside Activity		1	N
A Guide to Good Health					
Eat Right: Tips for Good Nutrition	50	Dairy, Fruits, Grains	X	1	N
Eat Your Vegetables! Drink Your Milk!	50	Body Parts		1	N
Edible Pyramid, The: Good Eating Every Day	51	Counting and Math	X	1	F
Fats, Oils, and Sweets	53			3	N
Food Pyramid, The	55	Dairy, Fruits, Grains, Taste Something New, Vegetables		1	N
Fruit Group, The	56	Fruits		2	N
Good Enough To Eat: A Kid's Guide to Food and Nutrition	57	Books with Recipes	X	1	N
Grain Group, The	57	Bread, Breakfast, Grains, Pasta		2	N
Meat and Protein Group, The	70			1	N
Oh, the Things You Can Do That Are Good for You!	73	Physical Activity		1	N
Supermarket	84	Shopping	X	1	N
Vegetable Group, The	87	Vegetables		2	N
Vitality	89			1	N
Vitamins and Minerals	89	Body Parts		1	N
What Food Is This?	90			1	N
What Happens to a Hamburger?	90			1	N
Food Poetry					
Burger and the Hot Dog, The	44	Food Art	X	1	F
Gathering the Sun: An Alphabet in Spanish and English	56	ABC's, Intergenerational, Other Cultures' Food & Customs, Spanish Translations	X	1	F
Never Take a Pig to Lunch And Other Poems About The Fun Of Eating	72			1	F
Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess	75	Fun with Food		1	F
Yummy! Eating Through a Day	93		X	1	F

Title	Page	Other Themes	AR	TN Message	F/N
Fruits					
Anna's Faces	39	Food Art, Vegetables		2	N
Apple Batter	39	Books with Recipes, Fall Harvest, Growing Fruit, Physical Activity	X	4	F
Apple Pie Tree, The	39	Books with Recipes, Fall Harvest, Seasons and Weather, MI Agriculture	X	2	F
Apples	39	Counting and Math, MI Agriculture		2	N
Apples	39	Books with Recipes, Farm to Table, Growing Fruit, MI Agriculture		2	N
Apples and Pumpkins	40	Fall Harvest, MI Agriculture		2	F
Apples, Apples, Apples	40	Growing Fruit, MI Agriculture		2	F
Bananas	40	Books with Recipes, Breakfast, Farm to Table, Growing Fruit		2	N
Bananas!	41	Farm to Table	X	2	N
Bananas: From Manolo to Margie	41	Farm to Table, Growing Fruit, Other Cultures' Food & Customs		2	N
Berry Book, The	42	Books with Recipes, Growing Fruit, MI Agriculture		2	N
Bitter Bananas	42	Other Cultures' Food & Customs	X	1	F
Blueberries for Sal	42	Growing Fruit, MI Agriculture	X	2	F
Book of Fruit, A	43	Growing Fruit		2	N
Cherries and Cherry Pits	46	Food Art, MI Agriculture, African-American Food & Family	X	2	F
Count on Pablo	48	Counting and Math, Intergenerational, Books with Recipes, Shopping, Vegetables	X	2	F
Eat Right: Tips for Good Nutrition	50	Dairy, Grains, Food Guide Pyramid	X	1	N
Eating the Alphabet: Fruits and Vegetables from A to Z	51	ABC's, Vegetables		2	N
Edible Alphabet, An	51	ABC's, Vegetables		2	N
Farmers Market	53	Shopping, Vegetables	X	2	F
First Strawberries: A Cherokee Story, The	54	Other Cultures' Food & Customs	X	2	F
Food for Healthy Teeth	54	Body Parts, Dairy, Vegetables	X	2	N
Food Pyramid, The	54	Dairy, Food Guide Pyramid, Taste Something New, Grains, Vegetables		1	N
Garrison's Fruits	54	Growing Fruit, Shopping		2	F
Fruit Group, The	56	Food Guide Pyramid		2	N
Growing Colors	58	Growing Fruit, Vegetables		2	N
Hus and Button	59	Food Art, Vegetables		2	F
Janda's Surprise	59	Growing Fruit, Other Cultures' Food & Customs	X	2	F
How Are You Peeling?	60	Food Art, Vegetables		2	N
oods with Moods					
How to Make an Apple Pie and See the World	60	Other Cultures' Food & Customs, MI Agriculture, Books with Recipes	X	1	F
Am an Apple	61	Growing Fruit, MI Agriculture		2	N

Title	Page	Other Themes	AR	TN Message	F/N
Fruits (continued)					
I Eat Fruit!	61			2	N
I Like Berries	62			2	N
I Like Juice	62			2	N
I Like Oranges	62	Breakfast		2	N
Icy Watermelon	63	Other Cultures' Food & Customs, Intergenerational	X	2	F
If It Weren't for Farmers	64	Dairy, Farm to Table, Growing Fruit, MI Agriculture, Vegetables	X	1	N
I'm a Seed	64	Gardening		2	F
Inch by Inch: The Garden Song	64	Gardening, Vegetables		2	F
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Fall Harvest, Farm to Table, Growing Fruit, MI Agriculture, Vegetables	X	2	N
Life and Times of the Apple, The Little Apple: A Book of Thanks	67	Growing Fruit, MI Agriculture	X	2	N
Little Apple: A Book of Thanks	68	Growing Fruit, MI Agriculture	X	2	N
Muncha! Muncha! Muncha!	71	Gardening, Vegetables		2	F
Oh Say Can You Seed?	73	Gardening, Vegetables, Growing Fruit, Farm to Table		2	N
Oliver's Fruit Salad	73	Taste Something New	X	2	F
One Lonely Sea Horse	74	Food Art, Counting and Math, Vegetables	X	2	F
One Potato	74	Food Art, Counting and Math, Vegetables	X	2	N
Orange Juice	74	Growing Fruit		2	N
Picking Apples & Pumpkins	76	Fall Harvest, MI Agriculture		2	F
Pumpkin Circle:	79	Gardening, MI Agriculture		2	N
The Story of a Garden					
Pumpkin Day, Pumpkin Night	79	Fall Harvest, MI Agriculture	X	2	F
Pumpkin Fiesta	79	Gardening, Books with Recipes		2	F
Pumpkins	79	Gardening, MI Agriculture	X	2	F
Seasons of Arnold's Apple Tree, The	81	Fall Harvest, Seasons and Weather, MI Agriculture, Books with Recipes		2	F
Story of Johnny Appleseed, The	83	Growing Fruit	X	2	N
Taste of the Mexican Market, A	84	Other Cultures' Food & Customs, Shopping, Spanish Translations, Vegetables		1	N
Tomatoes	86	Books with Recipes, Farm to Table, Growing Fruit, Vegetables		2	N
Too Many Pumpkins	86	Fall Harvest, MI Agriculture	X	2	F
We Love Fruit!	90	Farm to Table, Growing Fruit, MI Agriculture	X	2	N
We're Going on a Picnic!	90			2	F
What's for Lunch? Banana	91	Farm to Table, Growing Fruit		2	N
What's for Lunch? Oranges	92	Farm to Table, Growing Fruit		2	N
Zieglers and Their Apple Orchard, The	93	Growing Fruit, MI Agriculture	X	2	F

Title	Page	Other Themes	AR	TN Message	F/N
Fun with Food					
Biggest Sandwich Ever, The	42	Grains, Bread, Sandwiches	X	1	F
Cloudy with a Chance of Meatballs	47	Seasons and Weather	X	1	F
Eggbert, The Slightly Cracked Egg	51	Food Art		1	F
More Spaghetti, I Say!	71	Grains	X	2	F
Peanut Butter and Jelly	75	Grains, Bread, Sandwiches		1	F
Peanut Butter Party	75	Food Art, Books with Recipes		1	N
Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles or You to Guess	75	Food Poetry		1	F
Peanut Butter Rhino	76	Sandwiches	X	1	F
Pickles to Pittsburgh	76	Seasons and Weather	X	1	F
Popcorn	77	Grains		1	F
Popcorn Shop, The	78	Grains		1	F
Scrambled Eggs Super!	81		X	1	F
Still-Life Stew	83	Books with Recipes, Cooking, Gardening, Making Soup, Vegetables		2	F
Vegetable Show, The	88	Vegetables		2	F
Gardening					
Blue Potatoes, Orange Tomatoes	42	Vegetables, Books with Recipes		2	N
Carlos and the Cornfield	44	Other Cultures' Food & Customs, Vegetables, Books with Recipes, Spanish Translation	X	1	F
Carlos and the Squash Plant	45	Other Cultures' Food & Customs, Vegetables, Books with Recipes, Spanish Translation	X	1	F
Carlos Digs to China	45	Other Cultures' Food & Customs, Grains, Books with Recipes, Spanish Translation	X	1	F
Carrot Seed, The	45	Vegetables, MI Agriculture	X	2	F
Cecil's Garden	45	Vegetables		2	F
City Green	46	Vegetables, Intergenerational, African-American Food & Family	X	2	F
Enormous Carrot, The	51	Vegetables, MI Agriculture	X	2	F
Enormous Potato, The	52	Vegetables, MI Agriculture	X	2	F
Giant Carrot, The	57	Vegetables, MI Agriculture, Books with Recipes	X	2	F
Gigantic Turnip, The	57	Counting and Math, Vegetables		2	F
Grandpa's Garden Lunch	58	Vegetables, Intergenerational		2	F
Growing Vegetable Soup	58	Making Soup, Books with Recipes, Vegetables	X	2	N
Harvest of Color, A	59	Books with Recipes, MI Agriculture, Vegetable		2	N
I'm a Seed	64	Fruits		2	F
Inch by Inch: The Garden Song	64	Fruits, Vegetables		2	F
inchworm and a Half	64	Counting and Math, Vegetables		2	F
Jamie O'Rourke and the Big Potato	65	Vegetables, MI Agriculture		2	F
Jody's Beans	65	Seasons and Weather, Vegetables, MI Agriculture	X	2	F
Munchal! Munchal! Munchal!	71	Fruits, Vegetables		2	F

Title	Page	Other Themes	AR	TN Message	F/N
Gardening (continued)					
Oh Say Can You Seed?	73	Vegetables, Fruits, Growing Fruit, Farm to Table		2	N
Oliver's Vegetables	74	Taste Something New, Vegetables, Intergenerational		2	F
One Bean	74	MI Agriculture, Vegetables		2	N
Picking Peas for a Penny	76	Counting and Math, Vegetables, African-American Food & Family		2	F
Pumpkin Circle: The Story of a Garden	79	Fruits, MI Agriculture		2	N
Pumpkin Fiesta	79	Fruits, Books with Recipes		2	F
Pumpkins	79	Fruits, MI Agriculture	X	2	F
Round the Garden	80	Seasons and Weather, Vegetables		2	F
Scarlette Beane	81	Vegetables	X	2	F
Shaina's Garden	81	Vegetables, African-American Food & Family		2	F
Still-Life Stew	83	Books with Recipes, Cooking, Fun with Food, Making Soup, Vegetables		2	F
Summer My Father was Ten, The	83	Vegetables, Intergenerational	X	2	F
Surprise Garden, The	84	Vegetables		2	F
Tops and Bottoms	86	Vegetables		2	F
Ugly Vegetables, The	87	Other Cultures' Food & Customs, Making Soup, Vegetables, Books with Recipes	X	2	F
Victory Garden Vegetable Alphabet Book, The	88	ABC's, Vegetables	X	2	N
We Can Eat the Plants	89	Vegetables		2	N
Grains					
Alice in Pastaland: A Math Adventure	38	Counting and Math, Pasta		2	F
Biggest Sandwich Ever, The	42	Fun with Food, Bread, Sandwiches	X	1	F
Bread and Jam for Frances	43	Taste Something New, Bread, Sandwiches	X	1	F
Bread Bread Bread	43	Other Cultures' Food & Customs, Bread		2	N
Bread Is For Eating	43	Other Cultures' Food & Customs, Bread, Spanish Translation		2	F
Carlos Digs to China	45	Other Cultures' Food & Customs, Gardening, Books with Recipes, Spanish Translation	X	1	F
Eat Right: Tips for Good Nutrition	50	Dairy, Fruits, Food Guide Pyramid	X	1	N
Everybody Bakes Bread	52	Books with Recipes, Other Cultures' Food & Customs, Bread	X	2	F
Everybody Cooks Rice	52	Books with Recipes, Other Cultures' Food & Customs	X	2	F
Food Pyramid, The	54	Dairy, Food Guide Pyramid, Fruits, Taste Something New, Vegetables		1	N
From Wheat to Pasta	55	Farm to Table, Pasta		2	N
Gino Badino	57	Food Art, Pasta		2	F

title	Page	Other Themes	AR	TN Message	F/N
Grains (continued)					
rain Group, The	57	Bread, Breakfast, Food Guide Pyramid, Pasta		2	N
Like Bagels	61	Breakfast, Bread		2	N
Like Cereal	62	Breakfast		2	N
Like Pasta	63	Pasta		2	N
's A Sandwich!	65	Bread, Other Cultures' Food & Customs, Sandwiches, Taste Something New		1	N
alapeño Bagels	65	Books with Recipe, Other Cultures' Food & Customs, Bread		2	F
ing of Pizza, The	66	Pizza		1	F
ittle Nino's Pizzeria	68	Pizza	X	1	F
ittle Red Hen and the Ear of /heat, The	68	Books with Recipes, Bread, Cooking, Farm to Table		2	F
ittle Red Hen (Makes a Pizza), The	68	Pizza, Cooking	X	1	F
agda's Tortillas, Las tortillas e Magda	69	Other Cultures' Food & Customs, Spanish Translation	X	2	F
ake Me a Peanut Butter sandwich and a Glass of Milk	69	Dairy, Farm to Table, Sandwiches, Bread		1	N
ama Provi and the Pot of Rice	69	Other Cultures' Food & Customs	X	1	F
Miss Mabel's Table	71	Eating Out, Breakfast		1	F
ore Spaghetti, I Say!	71	Fun with Food	X	2	F
r. Belinsky's Bagels	71	Breakfast, Other Cultures' Food & Customs	X	2	F
ne Grain of Rice: Mathematical Folktale	74	Counting and Math, Other Cultures' Food & Customs	X	2	F
pancakes for Breakfast	75	Breakfast, Cooking		1	F
pancakes, Pancakes!	75	Books with Recipes, Breakfast, Cooking	X	1	F
eanut Butter and Jelly	75	Fun with Food, Bread, Sandwiches		1	F
opcorn	77	Fun with Food		1	F
opcorn Book, The	78	Other Cultures' Food & Customs, Books with Recipes	X	3	F
opcorn Shop, The	78	Fun with Food		1	F
ice Is Life	80	Other Cultures' Food & Customs	X	2	N
unaway Tortilla, The	80	Other Culture Food and Customs, Bread	X	2	F
un Bread	83	Cooking, Bread, Books with Recipes	X	2	F
ortilla Factory, The	86	Other Cultures' Food & Customs, Farm to Table, Bread	X	1	N
nbeatable Bread, The	87	Cooking, Bread	X	2	F
alter the Baker	89	Cooking, Bread	X	2	F
hat's for Lunch? Bread	91	Bread, Farm to Table, Other Cultures' Food & Customs		2	N
hat's for Lunch? Rice	92	Farm to Table, Other Cultures' Food & Customs		2	N
heat	92	Farm to Table, Bread		2	N
heat	93	Books with Recipes, Bread, Farm to Table, MI Agriculture		2	N
here on Earth Is My Bagel?	93	Farm to Table, Bread, Other Cultures' Food & Customs	X	2	F

Title	Page	Other Themes	AR	TN Message	F/N
Growing Fruit					
Apple Batter	39	Books with Recipes, Fruits, Fall Harvest, Physical Activity	X	1	
Apples	39	Books with Recipes, Farm to Table, Fruits, MI Agriculture		2	
Apples, Apples, Apples	40	Fruits, MI Agriculture		2	
Bananas	40	Books with Recipes, Breakfast, Farm to Table, Fruits		2	
Bananas: From Manolo to Margie	41	Farm to Table, Other Cultures' Food & Customs, Fruits		2	
Berry Book, The	42	Books with Recipes, Fruits, MI Agriculture		2	
Blueberries for Sal	42	Fruits, MI Agriculture	X	2	
Book of Fruit, A	43	Fruits		2	
Frannie's Fruits	54	Fruits, Shopping		2	
Growing Colors	58	Fruits, Vegetable		2	
Handa's Surprise	59	Fruits, Other Cultures' Food & Customs	X	2	
I Am an Apple	61	Fruits, MI Agriculture		2	
If It Weren't for Farmers	64	Dairy, Farm to Table, Fruits, MI Agriculture, Vegetables	X	1	
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Fall Harvest, Farm to Table, Fruits, MI Agriculture, Vegetables	X	2	
Life and Times of the Apple, The	67	Fruits, MI Agriculture	X	2	
Little Apple: A Book of Thanks	68	Fruits, MI Agriculture	X	2	
Oh Say Can You Seed?	73	Gardening, Vegetables, Fruits, Farm to Table		2	
Orange Juice	74	Fruits		2	
Story of Johnny Appleseed, The	83	Fruits	X	2	
Tomatoes	86	Books with Recipes, Farm to Table, Fruits, Vegetables		2	
We Love Fruit!	90	Farm to Table, Fruits, MI Agriculture	X	2	
What's for Lunch? Banana	91	Farm to Table, Fruits		2	
What's for Lunch? Oranges	92	Farm to Table, Fruits		2	
Ziegler and Their Apple Orchard, The	93	Fruits, MI Agriculture	X	2	
Honey					
Bee Tree, The	41	Outside Activity, Intergenerational		1	
Beekeeper's Year, A	41	Books with Recipes	X	1	
Magic School Bus Inside a Beehive, The	69		X	1	
Taste of Honey, A	84			1	

Title	Page	Other Themes	AR	TN Message	F/N
Intergenerational					
See Tree, The	41	Honey, Outside Activity		1	F
Chicken Sunday	46	African-American Food & Family	X	1	F
City Green	46	Gardening, Vegetables, African-American Food & Family	X	2	F
Count on Pablo	48	Counting and Math, Books with Recipes, Fruits, Shopping, Vegetables	X	2	F
Pumpkin Soup	50	Other Cultures' Food & Customs, Books with Recipes, Making Soup	X	1	F
Family	52	African-American Food & Family, Books with Recipes	X	1	F
Gathering the Sun: An Alphabet in Spanish and English	56	ABC's, Food Poetry, Other Cultures' Food & Customs, Spanish Translations	X	1	F
Grandpa's Garden Lunch	58	Gardening, Vegetables		2	F
Salmon and the Picnic	59	Other Cultures' Food & Customs	X	1	F
Squash Watermelon	63	Fruits, Other Cultures' Food & Customs	X	2	F
Sh, No, Tolo!	73	Books with Recipes, Other Cultures' Food & Customs		1	F
Tomato's Vegetables	74	Gardening, Taste Something New, Vegetables		2	F
Summer My Father Was Ten, The	83	Gardening, Vegetables	X	2	F
Thunder Cake	85	Other Cultures' Food & Customs, Cooking, MI Agriculture, Books with Recipes	X	1	F

Making Soup

Alphabet Soup: A Feast of Letters	38	ABC's, Potluck		1	F
Chicken Soup with Rice	46	Seasons and Weather	X	1	F
Pumpkin Soup	50	Other Cultures' Food & Customs, Books with Recipes, Intergenerational	X	1	F
Group Soup	58			2	F
Growing Vegetable Soup	58	Gardening, Books with Recipes, Vegetables	X	2	N
Making Minestrone	69	Vegetables, Books with Recipes		2	N
Potatoes on Tuesday	78	Vegetables		1	N
Pumpkin Soup	79	MI Agriculture, Cooking, Books with Recipes	X	2	F
Soup for Supper	82	Vegetables		2	F
Still-Life Stew	83	Books with Recipes, Cooking, Fun with Food, Gardening, Vegetables		2	F
To Market, To Market	85	Shopping, Vegetables	X	2	F
Turnipweed Stew	87		X	2	F
Ugly Vegetables, The	87	Other Cultures' Food & Customs, Gardening, Vegetables, Books with Recipes	X	2	F
Uncle Willie and the Soup Kitchen	87			1	F
Vegetable Soup	88	Vegetables	X	2	N
Weggie Soup	88	Vegetables		2	F

Title	Page	Other Themes	AR	TN Message	F/N
Michigan (MI) Agriculture					
Apple Pie Tree, The	39	Books with Recipes, Fall Harvest, Seasons and Weather, Fruits	X	2	F
Apples	39	Counting and Math, Fruits		2	N
Apples	39	Books with Recipes, Farm to Table, Fruits, Growing Fruit		2	N
Apples and Pumpkins	40	Fall Harvest, Fruits		2	F
Apples, Apples, Apples	40	Growing Fruit, Fruits		2	F
Berry Book, The	42	Books with Recipes, Fruits, Growing Fruit		2	N
Blueberries for Sal	42	Growing Fruit, Fruits	X	2	F
Carrot Seed, The	45	Gardening, Vegetables	X	2	F
Cherries and Cherry Pits	46	Food Art, Fruits, African-American Food & Family 52	X	2	F
Corn	48	Books with Recipes, Farm to Table, Vegetables		2	N
Corn—On and Off the Cob	48	Farm to Table, Vegetables	X	2	N
Cow	48	Farm to Table, Dairy	X	3	N
Enormous Carrot, The	51	Gardening, Vegetables	X	2	F
Enormous Potato, The	52	Gardening, Vegetables	X	2	F
Extra Cheese, Please!	52	Pizza, Farm to Table, Dairy, Books with Recipes		1	N
From Cow to Ice Cream	55	Farm to Table, Dairy		3	N
Giant Carrot, The	57	Gardening, Vegetables, Books with Recipes	X	2	F
Harvest of Color, A	59	Books with Recipes, Gardening, Vegetables		2	N
Hooray for Dairy Farming!	60	Farm to Table, Dairy, Books with Recipes	X	3	N
How to Make an Apple Pie and See the World	60	Other Cultures' Food & Customs, Fruits, Books with Recipes	X	1	F
I Am an Apple	61	Growing Fruit, Fruits		2	N
I Like Corn	62	Cooking, Vegetables		2	N
I Like Potatoes	63	Vegetables		2	N
Ice Cream	63	Dairy, Farm to Table		1	N
If It Weren't for Farmers	64	Dairy, Farm to Table, Fruits, Growing Fruit, Vegetables	X	1	N
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Fall Harvest, Farm to Table, Fruits, Growing Fruit, Vegetables	X	2	N
Jamie O'Rourke and the Big Potato	65	Gardening, Vegetables		2	F
Jody's Beans	65	Gardening, Seasons and Weather, Vegetables	X	2	F
Life and Times of the Apple, The	67	Growing Fruit, Fruits	X	2	N
Little Apple: A Book of Thanks	68	Growing Fruit, Fruits	X	2	N
Milk Makers, The	70	Farm to Table, Dairy	X	3	N
Milk: From Cow to Carton	71	Farm to Table, Dairy	X	3	N
No Milk!	72	Dairy		3	F
Oliver's Milk Shake	73	Dairy, Farm to Table		1	F

Title	Page	Other Themes	AR	TN Message	F/N
Michigan (MI) Agriculture <i>(continued)</i>					
One Bean	74	Gardening, Vegetables		2	N
Picking Apples & Pumpkins	76	Fall Harvest, Fruits		2	F
Pumpkin Circle: The Story of a Garden	79	Gardening, Fruits		2	N
Pumpkin Day, Pumpkin Night	79	Fall Harvest, Fruits	X	2	F
Pumpkin Soup	79	Making Soup, Cooking, Books with Recipes	X	2	F
Pumpkins	79	Gardening, Fruits	X	2	F
Raising Cows on the Koebels' Farm	80	Dairy, Farm to Table	X	1	N
Seasons of Arnold's Apple Tree, The	81	Fall Harvest, Seasons and Weather, Fruits, Books with Recipes		2	F
Thanks to Cows	85	Dairy, Farm to Table	X	3	N
Thunder Cake	85	Other Cultures' Food & Customs, Cooking, Books with Recipes, Intergenerational	X	1	F
Too Many Pumpkins	86	Fall Harvest, Fruits	X	2	F
Treats from a Tree	86	Farm to Table		1	N
Vegetables, Vegetables!	88	Farm to Table, Vegetables	X	2	N
We Love Fruit!	90	Farm to Table, Fruits, Growing Fruit	X	2	N
What's for Lunch? Corn	91	Farm to Table, Vegetables		2	N
What's for Lunch? Milk	91	Farm to Table, Dairy	X	3	N
What's for Lunch? Potatoes	92	Farm to Table, Vegetables		2	N
What's for Lunch? Wheat	93	Books with Recipes, Bread, Farm to Table, Grains		2	N
Wagglers and Their Apple Orchard, The	93	Growing Fruit, Fruits	X	2	N
Olympics					
Olympics	51		X	4	F
Let The Games Begin!	66	Other Cultures' Food & Customs, Outside Activity, Physical Activity	X	4	N
Other Cultures' Food & Customs					
Bananas: From Manolo to Margie	41	Farm to Table, Growing Fruit, Fruits		2	N
Bitter Bananas	42	Fruits	X	1	F
Read Bread Bread	43	Grains, Bread		2	N
Read Is For Eating	43	Grains, Bread, Spanish Translation		2	F
Carlos and the Cornfield	44	Gardening, Vegetables, Books with Recipes, Spanish Translation	X	1	F
Carlos and the Squash Plant	45	Gardening, Vegetables, Books with Recipes, Spanish Translation	X	1	F
Carlos Digs to China	45	Gardening, Grains, Books with Recipes, Spanish Translation	X	1	F
Char Siu Bao Boy	45	Sandwiches		1	F
Chato and the Party Animals	45		X	1	F
Chato's Kitchen	46		X	1	F

Title	Page	Other Themes	AR	TN Message	F/N
Other Cultures' Food & Customs (continued)					
Come and Eat With Us!	47			1	N
Come Out and Play	48	Physical Activity		4	N
Dim Sum for Everyone!	49	Cooking, Eating Out	X	1	F
Dumpling Soup	50	Books with Recipes, Making Soup, Intergenerational	X	1	F
Everybody Cooks Rice	52	Books with Recipes, Grain	X	2	F
Everybody Bakes Bread	52	Books with Recipes, Grains, Bread	X	2	F
Fiesta!	53		X	1	N
First Book of Sushi	53	Cooking		1	N
First Strawberries: A Cherokee Story, The	54	Fruits	X	2	F
For My Family, Love, Allie	54	Books with Recipes, African-American Food & Family		1	F
Gathering the Sun: An Alphabet in Spanish and English	56	ABC's, Food Poetry, Intergenerational, Spanish Translations	X	1	F
Good Morning, Let's Eat!	57	Breakfast		1	N
Halmoni and the Picnic	59	Intergenerational	X	1	F
Handa's Surprise	59	Growing Fruit, Fruits	X	2	F
How My Family Lives in America	60	Books with Recipes	X	1	N
How My Parents Learned to Eat	60		X	1	F
How to Make an Apple Pie and See the World	60	Fruits, MI Agriculture, Books with Recipes	X	1	F
Icy Watermelon	63	Fruits, Intergenerational	X	2	F
It's A Sandwich!	65	Bread, Grains, Sandwiches, Taste Something New		1	N
Jalapeño Bagels	65	Books with Recipes, Bread, Grains		2	F
Let The Games Begin!	66	Physical Activity, Outside Activity, Olympics	X	4	N
Let's Eat!	66			1	F
Magda's Tortillas, Las tortillas de Magda	69	Grains, Spanish Translation	X	2	F
Mama Provi and the Pot of Rice	69	Grains	X	1	F
Market!	70	Shopping		1	N
Market Day	70	Shopping	X	1	F
Mr. Belinsky's Bagels	71	Grains, Bread, Breakfast	X	2	F
Oh, No, Toto!	73	Books with Recipes, Intergenerational		1	F
One Grain of Rice: A Mathematical Folktale	74	Counting and Math, Grains	X	2	F
Popcorn Book, The	78	Books with Recipes, Grains	X	3	F
Rice Is Life	80	Grains	X	2	N
Runaway Tortilla, The	80	Grains, Bread	X	2	F
Spoon for Every Bite, A	82		X	1	F
Story of Chopsticks, The	83	Books with Recipes	X	1	F
Tap-Tap	84		X	1	F

Title	Page	Other Themes	AR	TN Message	F/N
Other Cultures' Food & Customs (continued)					
Taste of the Mexican Market, A	84	Shopping, Spanish Translations, Fruits, Vegetables		1	N
This is the Way We Eat Our Lunch	85	Books with Recipes		1	F
Thunder Cake	85	Cooking, MI Agriculture, Books with Recipes, Intergenerational	X	1	F
To Be a Kid	85	Physical Activity, Outside Activity		4	N
Too Many Tamales	86		X	1	F
Tortilla Factory, The	86	Farm to Table, Grains, Bread	X	1	N
Tasty Vegetables, The	87	Gardening, Making Soup, Vegetables, Books with Recipes	X	2	F
What You Never Knew about Knives, Forks, & Chopsticks	91			1	N
What's for Lunch? Bread	91	Bread, Farm to Table, Grains		2	N
What's for Lunch? Rice	92	Farm to Table, Grains		2	N
Where on Earth Is My Bagel?	93	Farm to Table, Bread, Grains	X	2	F
Yoko	93	Taste Something New	X	1	F

Outside Activity

Dear About Town	41		X	4	F
Dee Tree, The	41	Honey, Intergenerational		1	F
Dinosaurs Alive and Well!:	49	Food Guide Pyramid		1	N
Guide to Good Health					
Huck on a Bike	49	Physical Activity		4	F
Joggy Learns to Swim	55	Physical Activity		4	F
Let In Shape, Jonas!	56	Physical Activity		4	F
Maleidoscope of Kids, A	66			4	N
Let The Games Begin!	66	Other Cultures' Food & Customs, Physical Activity, Olympics	X	4	N
Let's Go, Froggy!	67	Physical Activity		4	F
Let's Jump Rope	67	Physical Activity		4	N
Let's Play Hopscotch	67	Physical Activity		4	N
Let's Play Tag	67	Physical Activity		4	N
Let's Play Tug-of-War	67	Physical Activity		4	N
Rabbit Food	79	Taste Something New, Vegetables	X	2	F
Running the Road to ABC	80		X	4	F
Slip! Slide! Skate!	82			4	F
To Be a Kid	85	Physical Activity, Other Cultures' Food & Customs		4	N
We Love Soccer!	90	Physical Activity		4	N

Pasta

Alice in Pastaland: A Math Adventure	38	Counting and Math, Grains		2	F
From Wheat to Pasta	55	Farm to Table, Grains		2	N
Gino Badino	57	Food Art, Grains		2	F

Title	Page	Other Themes	AR	TN Message	F/N
Pasta (continued)					
Grain Group, The	57	Bread, Breakfast, Food Guide Pyramid, Grains		2	N
I Like Pasta	63	Grains		2	N
Physical Activity					
Animal Action ABC	38	ABC's	X	4	N
Animal Boogie, The	38	Read and Move		4	F
Apple Batter	39	Books with Recipes, Fruits, Fall Harvest, Growing Fruit	X	4	F
April Showers	40	Read and Move		4	F
Bearobics: A Hip-Hop Counting Story	41	Counting and Math, Read and Move		4	F
Boy, Can He Dance!	43		X	4	F
Clap to the Music	47			4	N
Clara's Dancing Feet	47			4	F
Come Out and Play	48	Other Cultures' Food & Customs		4	N
Dem Bones	49	Body Parts, Read and Move		4	N
Duck on a Bike	49	Outside Activity		4	F
Frog Legs: A Picture Book of Action Verse	55	Read and Move		4	F
Froggy Learns to Swim	55	Outside Activity		4	F
Funny Walks	56	Read and Move		4	N
Get In Shape, Jonas!	56	Outside Activity		4	F
Get Moving: Tips on Exercise	56		X	4	N
Let The Games Begin!	66	Other Cultures' Food & Customs, Outside Activity, Olympics	X	4	N
Let's Get the Rhythm	66	Read and Move	X	4	N
Let's Go, Froggy!	67	Outside Activity		4	F
Let's Jump Rope	67	Outside Activity		4	N
Let's Play Hopscotch	67	Outside Activity		4	N
Let's Play Tag	67	Outside Activity		4	N
Let's Play Tug-of-War	67	Outside Activity		4	N
Muscular System, The	72	Body Parts		4	N
Oh, the Things You Can Do That Are Good For You!	73	Food Guide Pyramid		1	N
Pretend You're A Cat	78	Read and Move		4	N
Shimmy Shake Earthquake: Don't Forget to Dance Poems	81	Read and Move		4	F
Staying Healthy: Let's Exercise	83	Body Parts		4	N
To Be a Kid	85	Other Cultures' Food & Customs, Outside Activity		4	N
We Love Soccer!	90	Outside Activity		4	N
Pizza					
Dinosaur Pizza	49	Cooking, Books with Recipes	X	1	F
Extra Cheese, Please!	52	Farm to Table, Dairy, MI Agriculture, Books with Recipes		1	N
How Pizza Came to Queens	60			1	F

Title	Page	Other Themes	AR	TN Message	F/N
Pizza (continued)					
King of Pizza, The	66	Grains		1	F
Little Nino's Pizzeria	68	Grains	X	1	F
Little Red Hen (Makes a Pizza), The	68	Grains, Cooking	X	1	F
Pizza	77	Cooking, Books with Recipes		1	N
Pizza Party!	77	Cooking		2	F
Pizza Pat	77		X	1	F
Pizza Pokey	77	Read and Move	X	1	F
Princess and the Pizza, The	78		X	1	F

Potluck

Alligator Arrived with Apples: A Potluck Alphabet Feast	38	ABC's		1	F
Alphabet Soup: A Feast of Letters	38	ABC's, Making Soup		1	F
Animal Picnic, The	39	Taste Something New	X	1	F
Pie is Cherry, The	76	Cooking		1	F
Potluck	78	ABC's	X	1	F
We Had a Picnic This Sunday Past	89	African-American Food & Family		1	F

Read and Move

Animal Boogie, The	38	Physical Activity		4	F
April Showers	40	Physical Activity		4	F
Aerobics: A Hip-Hop Counting Story	41	Counting and Math, Physical Activity		4	F
Mem Bones	49	Body Parts, Physical Activity		4	N
Frog Legs: A Picture Book of Action Verse	55	Physical Activity		4	F
Funny Walks	56	Physical Activity		4	N
Let's Get the Rhythm	66	Physical Activity	X	4	N
Let's Go, Froggy!	67	Physical Activity		4	F
Pizza Pokey	77	Pizza	X	1	F
Pretend You're A Cat	78	Physical Activity		4	N
Rattlesnake Dance	80		X	4	F
Shimmy Shake Earthquake:	81	Physical Activity		4	F
Don't Forget to Dance Poems					
Twist With A Burger, Jitter With A Bug	87			4	F

Sandwiches

Biggest Sandwich Ever, The	42	Fun with Food, Grains, Bread	X	1	F
Bread and Jam for Frances	43	Taste Something New, Grains, Bread	X	1	F
Char Siu Bao Boy	45	Other Cultures' Food & Customs		1	F
It's A Sandwich!	65	Bread, Grains, Other Cultures' Food & Customs, Taste Something New		1	N
Make Me a Peanut Butter Sandwich and a Glass of Milk	69	Farm to Table, Dairy, Bread, Grains		1	N
Peanut Butter and Jelly	75	Fun with Food, Grains, Bread		1	F
Peanut Butter Rhino	76	Fun with Food	X	1	F

Title	Page	Other Themes	AR	TN Message	F/N
Seasons and Weather					
Apple Pie Tree, The	39	Fall Harvest, Fruits, MI Agriculture, Books with Recipes	X	2	F
Autumn Equinox, The: Celebrating the Harvest	40	Fall Harvest	X	1	N
Chicken Soup with Rice	46	Making Soup	X	1	F
Cloudy with a Chance of Meatballs	47	Fun with Food	X	1	F
Jody's Beans	65	Gardening, Vegetables, MI Agriculture	X	2	F
Pickles to Pittsburgh	76	Fun with Food	X	1	F
Round the Garden	80	Gardening, Vegetables		2	F
Seasons of Arnold's Apple Tree, The	81	Fall Harvest, Fruits, MI Agriculture, Books with Recipes		2	F
Shopping					
At the Grocery Store	40		X	1	N
Bunny Cakes	44	Cooking	X	1	F
Busy Day at Mr. Kang's Grocery Store, A	44		X	1	N
Count on Pablo	48	Counting and Math, Intergenerational, Books with Recipes, Fruits, Vegetables	X	2	F
Farmers Market	53	Fruits, Vegetables	X	2	F
Frannie's Fruits	54	Growing Fruit, Fruits		2	F
Just Enough Carrots	65			2	F
Market!	70	Other Cultures' Food & Customs		1	N
Market Day	70	Other Cultures' Food & Customs	X	1	F
Markets	70			1	N
Supermarket	84	Food Guide Pyramid	X	1	N
Taste of the Mexican Market, A	84	Other Cultures' Food & Customs, Spanish Translations, Fruits, Vegetables		1	N
To Market, To Market	85	Making Soup, Vegetables	X	2	F
Spanish Translation					
Bread Is For Eating	43	Other Cultures' Food & Customs, Grains, Bread		2	F
Carlos and the Cornfield	44	Other Cultures' Food & Customs, Gardening, Vegetables, Books with Recipes	X	1	F
Carlos and the Squash Plant	45	Other Cultures' Food & Customs, Gardening, Vegetables, Books with Recipes	X	1	F
Carlos Digs to China	45	Other Cultures' Food & Customs, Gardening, Grains, Books with Recipes	X	1	F
Gathering the Sun: An Alphabet in Spanish and English	56	ABC's, Food Poetry, Intergenerational, Other Cultures' Food & Customs	X	1	F
Magda's Tortillas, Las tortillas de Magda	69	Other Cultures' Food & Customs, Grains	X	2	F
Taste of the Mexican Market, A	84	Other Cultures' Food & Customs, Shopping, Fruits, Vegetables		1	N

Title	Page	Other Themes	AR	TN Message	F/N
Taste Something New					
Animal Picnic, The	39	Potluck	X	1	F
Bread and Jam for Frances	43	Grains, Bread, Sandwiches	X	1	F
Color Crunch!	47			1	N
How the Picky Eater	49		X	1	F
Let Your Peas, Louise!	50	Vegetables	X	2	F
Food Is Fun!	54			1	N
Food Pyramid, The	54	Dairy, Food Guide Pyramid, Fruits, Grains, Vegetables		1	N
Gregory, the Terrible Eater	58		X	1	F
Like Peanuts	63			1	N
Will Never Not Ever Eat a Tomato	63		X	1	F
It's A Sandwich!	65	Bread, Grains, Other Cultures' Food & Customs, Sandwiches		1	N
Let's Eat!	66			1	N
Lunch	68			2	F
Lunch Box Surprise, The	68			1	F
House Mess	71		X	1	F
Oliver's Fruit Salad	73	Fruits	X	2	F
Oliver's Vegetables	74	Gardening, Vegetables, Intergenerational		2	F
Pickles in My Soup	76		X	1	F
Rabbit Food	79	Outside Activity, Vegetables	X	2	F
Seven Silly Eaters, The	81	Cooking	X	1	F
Taste	84		X	1	N
Today Is Monday	85			1	F
Very Hungry Caterpillar, The	88		X	1	F
Yoko	93	Other Cultures' Food & Customs	X	1	F

Vegetables

Oliver's Faces	39	Food Art, Fruits		2	N
Blue Potatoes, Orange Tomatoes	42	Gardening, Books with Recipes		2	N
Carlos and the Cornfield	44	Other Cultures' Food & Customs, Gardening, Books with Recipes, Spanish Translation	X	1	F
Carlos and the Squash Plant	45	Other Cultures' Food & Customs, Gardening, Books with Recipes, Spanish Translation	X	1	F
Carrot Seed, The	45	Gardening, MI Agriculture	X	2	F
Lucy's Garden	45	Gardening		2	F
City Green	46	Gardening, Intergenerational, African-American Food & Family	X	2	F
Corn	48	Books with Recipes, Farm to Table, MI Agriculture		2	N
Corn—On and Off the Cob	48	Farm to Table, MI Agriculture	X	2	N
Count on Pablo	48	Counting and Math, Intergenerational, Books with Recipes, Fruits, Shopping	X	2	F
Let Your Peas, Louise!	50	Taste Something New	X	2	F

Title	Page	Other Themes	AR	TN Message	F/N
Vegetables (continued)					
Eating the Alphabet: Fruits and Vegetables from A to Z	51	ABC's, Fruit		2	N
Edible Alphabet, An	51	ABC's, Fruit		2	N
Enormous Carrot, The	51	Gardening, MI Agriculture	X	2	F
Enormous Potato, The	52	Gardening, MI Agriculture	X	2	F
Farmers Market	53	Fruits, Shopping	X	2	F
Food for Healthy Teeth	54	Body Parts, Dairy, Fruits	X	2	N
Food Pyramid, The	54	Dairy, Food Guide Pyramid, Fruits, Grains, Taste Something New		1	N
Giant Carrot, The	57	Gardening, MI Agriculture, Books with Recipes	X	2	F
Gigantic Turnip, The	57	Counting and Math, Gardening		2	F
Grandpa's Garden Lunch	58	Gardening, Intergenerational		2	F
Growing Colors	58	Growing Fruit, Fruits		2	N
Growing Vegetable Soup	58	Gardening, Making Soup, Books with Recipes	X	2	N
Gus and Button	59	Food Art, Fruits		2	F
Harvest of Color, A	59	Books with Recipes, Gardening, MI Agriculture		2	N
Herb, The Vegetarian Dragon	59		X	2	F
How Are You Peeling?	60	Food Art, Fruits		2	N
Foods with Moods					
I Eat Vegetables!	61			2	N
I Like Corn	62	Cooking, MI Agriculture, Vegetables		2	N
I Like Potatoes	63	MI Agriculture		2	N
If It Weren't for Farmers	64	Dairy, Farm to Table, Fruits, Growing Fruit, MI Agriculture	X	1	N
Inch by Inch: The Garden Song	64	Gardening, Fruits		2	F
Inchworm and a Half	64	Counting and Math, Gardening		2	F
It's a Fruit, It's a Vegetable, It's a Pumpkin	65	Fall Harvest, Farm to Table, Fruits, Growing Fruit, MI Agriculture	X	2	N
Jamie O'Rourke and the Big Potato	65	Gardening, MI Agriculture		2	F
Jody's Beans	65	Gardening, Seasons and Weather, MI Agriculture	X	2	F
Making Minestrone	69	Making Soup, Books with Recipes		2	N
Muncha! Muncha! Muncha!	71	Fruits, Gardening		2	F
Oh Say Can You Seed?	73	Gardening, Fruits, Growing Fruit, Farm to Table		2	N
Oliver's Vegetables	74	Gardening, Taste Something New, Intergenerational		2	F
One Bean	74	Gardening, MI Agriculture		2	N
One Lonely Sea Horse	74	Food Art, Counting and Math, Fruits	X	2	F
One Potato	74	Food Art, Counting and Math, Fruits	X	2	N
Picking Peas for a Penny	76	Counting and Math, Gardening, African-American Food & Family		2	F
Potatoes on Tuesday	78	Making Soup		1	N
Rabbit Food	79	Taste Something New, Outside Activity	X	2	F
Round the Garden	80	Gardening, Seasons and Weather		2	F

Title	Page	Other Themes	AR	TN Message	F/N
Vegetables (continued)					
Scarlette Beane	81	Gardening	X	2	F
Shaina's Garden	81	Gardening, African-American Food & Family		2	F
Soup for Supper	82	Making Soup		2	F
Still-Life Stew	83	Books with Recipes, Cooking, Fun with Food, Gardening, Making Soup		2	F
Summer My Father was Ten, The	83	Gardening, Intergenerational	X	2	F
Surprise Garden, The	84	Gardening		2	F
Taste of the Mexican Market, A	84	Other Cultures' Food & Customs, Shopping, Spanish Translations, Fruits		1	N
To Market, To Market	85	Making Soup, Shopping	X	2	F
Tomatoes	86	Books with Recipes, Farm to Table, Fruits, Growing Fruit		2	N
Tops and Bottoms	86	Gardening		2	F
Twiggly Vegetables, The	87	Other Cultures' Food & Customs, Gardening, Making Soup, Books with Recipes	X	2	F
Vegetable Group, The	87	Food Guide Pyramid		2	N
Vegetable Show, The	88	Fun with Food		2	F
Vegetable Soup	88	Making Soup	X	2	N
Vegetables, Vegetables!	88	Farm to Table, MI Agriculture	X	2	N
Veggie Soup	88	Making Soup		2	F
Victory Garden Vegetable	88	Gardening, ABC's	X	2	N
Alphabet Book, The					
We Can Eat the Plants	89	Gardening		2	N
What's for Lunch? Corn	91	Farm to Table, MI Agriculture		2	N
What's for Lunch? Peas	92	Farm to Table		2	N
What's for Lunch? Potatoes	92	Farm to Table, MI Agriculture		2	N

Title	Themes	Rating
<p>Alice in Pastaland: A Math Adventure Wright, Alexandra Charlesbridge Publishing, 1997</p>	Counting and Math, Grains, Pasta	3
<p>This clever parody of Lewis Carroll's fantasy, <i>Alice in Wonderland</i>, 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.</p>		
<p>Allie the Allergic Elephant: A Children's Story of Peanut Allergies Smith, Nicole Jungle Communications, Inc., 2000</p>	Food Allergies	1
<p>Allie the elephant has an allergy to peanuts and must learn the symptoms and which foods to avoid. The story also describes all the other good foods she can eat. A note from the author reveals that she wrote this book to help her preschool son and his classmates understand his peanut allergy.</p>		
<p>Alligator Arrived with Apples: A Potluck Alphabet Feast Dragonwagon, Crescent Macmillan Publishing Company, 1987</p>	ABC's, Potluck	2
<p>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.</p>		
<p>Alphabet Soup: A Feast of Letters Gustafson, Scott Calico Books, 1990</p>	ABC's, Potluck, Making Soup	3
<p>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 alphabet book is also good for children who can read. It could be used as a model to create their own books using a food, nutrition, or physical activity theme.</p>		
<p>Animal Action ABC Pandell, Karen Scholastic Inc., 1996</p>	ABC's, Physical Activity	3
<p>Photographs of both animals and children enhance this lively ABC book. Each letter of the alphabet introduces an action such as "howl," "kick," and "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.</p>		
<p>Animal Boogie, The Harter, Debbie Barefoot Books, 2000</p>	Physical Activity, Read and Move	3
<p>Want to learn how to do the animal boogie? Come to the jungle and join the elephant, snake, monkey, and other animals as they shake, stomp, slither and boogie, woogie, oogie! This lively picture book with its bright, amusing illustrations will have your students moving, rhyming, reading, and singing. It concludes with the music for "The Animal Boogie." This book could serve as an excellent model for writing additional verses in class.</p>		

Title	Themes	Rating
Animal Picnic, The Perkins, Leslie D. Scholastic Inc., 1994	Taste Something New, Potluck	3
part of the <i>Beginning Literacy</i> series, 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.		
Inno's Faces Inno, Mitsumasa Philomel Books, 1989	Food Art, Fruits, Vegetables	2
First published in Japanese, the English translation of this unique picture book introduces children to a variety of fruits, vegetables, legumes, and nuts. Each page is illustrated with the food's name written underneath it. And, when a plastic viewer is placed on the food, faces appear. This becomes a disadvantage if the plastic viewer is lost since the faces no longer appear, but even without the viewer, this book could be used effectively as a wordless picture book.		
Apple Batter Magwyn, Deborah Turney Tricycle Press, 1999	Books with Recipes, Fall Harvest, Fruits, Growing Fruit, Physical Activity	3
Pretta wants to grow apples and her son Delmore wants to hit baseballs. They both keep practicing and trying, but both keep failing. Finally, after many long months, each succeeds through persistence and hard work. This loving story is enhanced by warm, appealing illustrations. The book concludes with a page of Delmore's instructions for hitting a ball and Pretta's recipe for "Apple Crumble."		
Apple Pie Tree, The Hall, Zoe Scholastic Inc., 1996	Books with Recipes, Fall Harvest, Fruits, MI Agriculture, Seasons and Weather	2
Two sisters describe how their tree "grows the best part of apple pie." Through simple text and paper collage illustrations, 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.		
Apples Berger, Samantha and Betsy Chesson Scholastic Inc., 1999	Counting and Math, Fruits, MI Agriculture	3
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. The book concludes with brief information about the artists and their paintings; some discussion questions are included.		
Apples Sandau, Elaine Children's Press, 1999	Books with Recipes, Farm to Table, Fruits, Growing Fruit, MI Agriculture	1
One of the titles in a <i>True Book</i> series, this book describes how apples grow, different kinds of apples, and how they are used. It also provides historical information and recipes for apple smiles and baked cinnamon apples. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and information about the author, including a photograph.		

Title	Themes	Rating
<p>Apples and Pumpkins Rockwell, Anne Scholastic Inc., 1989</p>	<p>Fall Harvest, Fruits, MI Agriculture</p>	<p>2</p>
<p>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.</p>		
<p>Apples, Apples, Apples Wallace, Nancy Elizabeth Winslow Press, 2000</p>	<p>Growing Fruit, Fruits, MI Agriculture</p>	<p>2</p>
<p>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. Bright, cut-out illustrations add to the appeal of this story. The book also provides a recipe for making applesauce, directions for apple prints, a list of apple sayings, and music for an apple song.</p>		
<p>April Showers Shannon, George Greenwillow Books, 1995</p>	<p>Physical Activity, Read and Move</p>	<p>3</p>
<p>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.</p>		
<p>At the Grocery Store Greene, Carol The Child's World, Inc., 1998</p>	<p>Shopping</p>	<p>2</p>
<p>Large, color photographs and simple text in this informative young children's book explain the products and services at a grocery store. A small cartoon on each page provides more information. A glossary and index are included; this book might be helpful for new immigrants or children learning English as a second language because of the definitions of simple terms.</p>		
<p>Autumn Equinox, The: Celebrating the Harvest Jackson, Ellen The Millbrook Press, 2000</p>	<p>Seasons and Weather, Fall Harvest</p>	<p>3</p>
<p>This book begins with scientific information that explains the autumn equinox. Then, it describes how different world cultures celebrate harvests past and present. The next section is fiction, "An Autumn Story," adapted from a Sauk legend. Five pages of instruction for classroom activities, a bibliography, and information about the author and illustrator make it a useful classroom reference. Teachers may want to read sections aloud to the class over several days rather than reading it all at once since it is filled with information.</p>		
<p>Bananas Landau, Elaine Children's Press, 1999</p>	<p>Books with Recipes, Breakfast, Farm to Table, Fruits, Growing Fruit</p>	<p>1</p>
<p>One of the titles in <i>A True Book</i> series, this book describes how bananas grow and why they are a healthy food. It also provides historical information, banana trivia, and recipes for banana pancakes and a breakfast shake. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and a photograph and information about the author.</p>		

Title	Themes	Rating
<p>Bananas! Farmer, Jacqueline Charlesbridge Publishing, 1999</p> <p>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. Bright, lively illustrations and clearly written text make this an excellent resource for learning about bananas.</p>	Farm to Table, Fruits	1
<p>Bananas: From Manolo to Margie Monaco, George Marion Books, 1982</p> <p>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. The writing style of this book is uneven, often appearing like a textbook. A teacher might use this book as a reference, but it would be important to check the accuracy of the facts due to its 1982 publication date. The author uses black-and-white and full-color photos to tell the story and provides a glossary of Spanish words.</p>	Farm to Table, Fruits, Growing Fruit, Other Cultures' Food & Customs	2
<p>Dear About Town Jackstone, Stella Scholastic Inc., 2000</p> <p>Dear likes to walk to town and do something different each day. Bright, distinctive illustrations accompany the simple language patterns and easy vocabulary. This picture book could be used as the basis for chart stories when learning the days of the week. It could be read independently by beginning readers or used as a model for writing similar stories.</p>	Outside Activity	2
<p>Bearobics: A Hip-Hop Counting Story Parker, Vic Viking, 1996</p> <p>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.</p>	Counting and Math, Physical Activity, Read and Move	3
<p>Bee Tree, The Colacco, Patricia The Trumpet Club, Inc., 1993</p> <p>When Mary Ellen complains to her Grampa that she is tired of reading, he takes her on an exciting adventure to find a bee. They collect an extraordinary group of friends and neighbors who join them in pursuing the bees. Together they harvest the honey and throw a party with baking powder biscuits, fresh brewed tea, honey, music, dancing, and laughter. Grampa uses the experience to teach Mary Ellen an important lesson about books and life. This wonderfully illustrated, intergenerational book is set in Michigan and is based on the author's childhood.</p>	Honey, Intergenerational, Outside Activity	3
<p>Beekeeper's Year, A Johnson, Sylvia A. Little, Brown and Co., 1994</p> <p>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 honey recipes are included.</p>	Books with Recipes, Honey	2

Title	Themes	Rating
Berry Book, The Gibbons, Gail Holiday House, 2002	Books with Recipes, Fruits, Growing Fruit, MI Agriculture	2
<p>Colorful and informative, this interesting book about berries will appeal to both children and adults. It clearly describes different types of berries, how they grow, and how we use them. The book contains step-by-step directions for growing strawberries and making a blueberry pie, strawberry jam, and raspberry ice cream. It also presents fascinating bits of information, some historical and some scientific. By the end of the book, everyone will want to run to the nearest market and purchase some of these delicious fruits. This book makes an excellent classroom resource and a good introduction to a berry project.</p>		
Big Cheese for the White House, A Fleming, Candace DK Publishing, Inc., 1999	Dairy, Farm to Table	2
<p>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. The author provides additional information in "A Note About The Text and A Final Word About Those Curds."</p>		
Biggest Sandwich Ever, The Gelman, Rita Golden Scholastic Inc., 1980	Bread, Fun with Food, Grains, Sandwiches	2
<p>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 as they listen to or read this fanciful book. It can be used for creative drama as children retell the story. It also can be a springboard to creative writing and art activities as children design their own "biggest food ever."</p>		
Bitter Bananas Olaleye, Isaac Boyds Mill Press, Inc., 1994	Fruits, Other Cultures' Food & Customs	3
<p>In an African village, young Yusuf faced a perplexing problem—baboons were stealing the palm sap, his favorite drink. Yusuf tries many solutions until he finally finds one that works. With cut-paper illustrations and repeated refrains, 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.</p>		
Blue Potatoes, Orange Tomatoes Creasy, Rosalind Sierra Club Books for Children, 1994	Books with Recipes, Gardening, Vegetables	2
<p>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 includes a table of contents, informational text, recipes, and an index; it would be a great resource for school garden projects.</p>		
Blueberries for Sal McCloskey, Robert Scholastic Inc., 1948	Fruits, Growing Fruit, MI Agriculture	3
<p>This classic picture book stands the test of time as 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 still delights today's young children.</p>		

Title	Themes	Rating
Bones Gribben, Stephen Random House, 1999 Using simple vocabulary and colorful illustrations, 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. A <i>Step 1 Book</i> in the <i>Step into Reading</i> series, this book could be used as a read-aloud or read independently by children reading at first-grade level.	Body Parts	2
Book of Fruit, A Chamberlain, Barbara Scholastic & Fields Books for Young Readers, 1994 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.	Fruits, Growing Fruit	2
Boy, Can He Dance! Cipriani, Eileen Scholastic Paperbacks, 1993 Tony loves to dance, but his father wants him to follow the family tradition and become a chef. One evening Tony tries to help his father in the kitchen at the City Hotel, but everything he does turns into a dance and then a food disaster. Everything changes, however, when Tony fills in on stage for a missing dancer and proves his worth.	Physical Activity	3
Bread and Jam for Frances Green, Russell Scholastic Inc., 1964 Frances wants to eat is bread and jam—nothing else. But when her parents give her what she wants, Frances tires of it. How do you know what I'll like if you won't even try me?" she exclaims." This classic picture book makes a wonderful read-aloud and introduces children to the importance of trying and eating a variety of foods.	Bread, Grains, Sandwiches, Taste Something New	2
Bread Bread Bread Morris, Ann Scholastic Inc., 1989 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.	Bread, Grains, Other Cultures' Food and Customs	1
Bread Is For Eating Bershtator, David and Phillis Rumpet Club, 1995 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.	Bread, Grains, Other Cultures' Food and Customs, Spanish Translations	2

Title	Themes	Rating
Bunny Cakes Wells, Rosemary Puffin Books, 1997	Cooking, Shopping	3
<p>It's Grandma's birthday, and Max made her an earthworm cake while his sister, Ruby, wants to make an angel surprise cake with raspberry-fluff icing. When Max tries to help her, he creates one problem after another. Each time Ruby sends him to the grocery store with a list of ingredients she needs such as flour and eggs, he also draws a picture of the special ingredient he wants for his earthworm cake because the grocer can't read his handwriting. Noted author and illustrator, Rosemary Wells, had created another endearing story using familiar characters from her other highly acclaimed books.</p>		
Burger and the Hot Dog, The Aylesworth, Jim and Stephen Gammell Atheneum Books for Young Readers, 2001	Food Art, Food Poetry	3
<p>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.</p>		
Burglar's Breakfast, The Everett, Felicity Usborne Publishing, 1995	Breakfast	3
<p>A burglar discovers that his favorite breakfast foods are missing! Using clues, this interactive story encourages young readers to help solve the mystery. Clever and amusing, this story even has the burglar learning a lesson and leaving his life of crime to become a detective.</p>		
Busy Day at Mr. Kang's Grocery Store, A Flanagan, Alice K. Children's Press, 1996	Shopping	3
<p>Part of the <i>Our Neighborhood</i> series, 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.</p>		
Cake All for Me!, A Beil, Karen Magnuson Holiday House, 1998	Books with Recipes, Cooking, Counting and Math	3
<p>Piggy bakes a cake for himself, but then decides it's more fun to share with friends in this counting and rhyming picture book. It includes an illustrated table of measurements and recipes for "Piggy's Polka-Dot Cake" and "Piggy's Choc-O-Lot Frosting."</p>		
Carlos and the Cornfield Stevens, Jan Romero Rising Moon, 1995	Books with Recipes, Gardening, Other Cultures' Food and Customs, Spanish Translation, Vegetables	3
<p>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. So he is eager to help when his father promises him \$5.00 for planting the seeds. That \$5.00 will pay for a beautiful pocket knife at Señor Lopez's store. But Carlos doesn't follow his father's directions, and then doesn't tell his father the truth about what he has done. 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."</p>		

Title	Themes	Rating
Carlos and the Squash Plant Stevens, Jan Romero Scholastic Inc., 1993	Books with Recipes, Gardening, Other Cultures' Food and Customs, Spanish Translation, Vegetables	2
<p>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. This imaginative picture book is written with English and Spanish on each page. A recipe for Carlos' favorite dish, "Calabacitas," is included.</p>		
Carlos Digs to China Stevens, Jan Romero Rising Moon, 2001	Books with Recipes, Gardening, Grains, Other Cultures' Food and Customs, Spanish Translation	3
<p>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."</p>		
Carrot Seed, The Krauss, Ruth Scholastic Inc., 1945	Gardening, MI Agriculture, Vegetables	3
<p>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. Originally published in 1945, this book stands the test of time and still appeals to children.</p>		
Cecil's Garden Keller, Holly Greenwillow Books, 2002	Gardening, Vegetables	3
<p>The bunny family, Cecil, Jake, and Posey, work together to plant a vegetable garden until they begin quarreling about what to plant. Soon it is too hot to work, and Cecil leaves to visit the neighboring families of Mouse and Mole. There he learns the important lesson that disagreeing all the time means that nothing ever gets done. Cecil returns home to solve his family's problem, and they all enjoy the garden.</p>		
Char Siu Bao Boy Yamate, Sandra S. Polychrome Publishing Co., 1991	Other Cultures' Food and Customs, Sandwiches	2
<p><i>Char siu bao</i> 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 <i>char siu bao</i>, 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.</p>		
Chato and the Party Animals Boto, Gary G. P. Putnam's Sons, 2000	Other Cultures' Food and Customs	3
<p>Chato, the cool cat introduced in <i>Chato's Kitchen</i>, is back! With vivid illustrations and lively characters, readers visit <i>el barrio</i> (the neighborhood) where Chato plans a birthday fiesta complete with refritos, guacamole, fresh salsa, and tortillas. But will the guest of honor ever arrive? As in the first book, a glossary of Spanish words used in the story is included. This is a good book to use with a <i>Cinco de Mayo</i> fiesta.</p>		

Title	Themes	Rating
Chato's Kitchen Soto, Gary Scholastic Inc., 1995	Other Cultures' Food and Customs	2
<p>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 <i>arroz</i>, <i>fajitas</i>, <i>enchiladas</i>, <i>frijoles</i>, <i>carne asada</i>, <i>chilies rellenos</i>, <i>flan</i>, and more. But, the mice have a surprise for Chato. A glossary of Spanish words and Chato's menu appear in the book. The vivid illustrations and lively characters create a picture book with strong appeal.</p>		
Chef Ki Is Serving Dinner! Duvall, Jill D. Children's Press, 1997	Cooking	1
<p>Part of the <i>Our Neighborhood</i> series, this book features two restaurants owned and run by a Korean American man and his wife in Virginia. 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.</p>		
Cherries and Cherry Pits Williams, Vera B. Scholastic Inc., 1986	African-American Food & Family, Food Art, Fruits, MI Agriculture	3
<p>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.</p>		
Chicken Soup with Rice Sendak, Maurice Scholastic Inc., 1962	Making Soup, Seasons and Weather	3
<p>This classic picture book written by the award winning author and illustrator, Maurice Sendak, 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, and children can use it as a model to create their own verses.</p>		
Chicken Sunday Polacco, Patricia Scholastic Inc., 1992	African-American Food & Family, Intergenerational	3
<p>Noted author and illustrator, Patricia Polacco, has created 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.</p>		
City Green DiSalvo-Ryan, DyAnne Scholastic Inc., 1994	African-American Food & Family, Vegetables, Gardening, Intergenerational	3
<p>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. This multicultural, intergenerational picture book conveys how "something good for nothing can be turned into nothing but good." Information on starting a community garden and the address of the American Community Gardening Association are included.</p>		

Title	Themes	Rating
Clap to the Music Horn, Nancy McGraw-Hill, 1998	Physical Activity	3
<p>Part of the <i>Spotlight on Literacy</i> series for kindergartners, 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.</p>		
Clara's Dancing Feet Richardson, Jean and Joanna Carey S. P. Putnam's Sons, 1986	Physical Activity	2
<p>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.</p>		
Cloudy with a Chance of Meatballs Barrett, Judi Scholastic Inc., 1978	Fun with Food, Seasons and Weather	3
<p>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. This story makes an excellent read-aloud and springboard for discussions about weather and creative activities.</p>		
Color Crunch! Reasoner, Charles Price Stern Sloan, 1998	Taste Something New	2
<p>This sturdy board book with bites taken out of it features a colorful feast of foods. Every two pages focuses on foods that represent a specific color. The attractive illustrations are accompanied by clever, rhyming text.</p>		
Color of Us, The Katz, Karen Henry Holt and Company, 1999	African-American Food & Family	3
<p>How many shades of brown are there? 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 with its bright, bold illustrations is a positive affirmation of our diversity.</p>		
Come and Eat With Us! OXFAM Child's Play Ltd., 1995	Other Cultures' Food & Customs	2
<p>This multicultural picture book shows children from around the world eating traditional foods from their native lands with their families. The reader's interest is engaged through flaps that lift to reveal additional illustrations and simple questions that personalize the information.</p>		

Title	Themes	Rating
Come Out and Play Ajmera, Maya and John D. Ivanko Charlesbridge, 2001	Other Cultures' Food and Customs, Physical Activity	2
<p>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.</p>		
Cook-A-Doodle-Do! Stevens, Janet and Susan Stevens Crummel Harcourt Brace & Company, 1999	Books with Recipes, Cooking	2
<p>Big Brown Rooster is sick of chicken feed and wants something new. He remembers the story of his famous great-grand mother, 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." It makes a good read-aloud and could be used to introduce a class baking project or as a model for writing a class book.</p>		
Corn Landau, Elaine Children's Press, 1999	Books with Recipes, Farm to Table, MI Agriculture, Vegetables	1
<p>One of the titles in <i>A True Book</i> series, this book describes how corn grows, different kinds of corn, and the various ways it is used. It also provides historical information and recipes for popcorn balls and old-fashioned cornbread. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and a photograph and information about the author.</p>		
Corn—On and Off the Cob Fowler, Allan Children's Press, 1994	Farm to Table, MI Agriculture, Vegetables	2
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book begins with a question and then provides interesting information about corn, how it is grown, and the various ways it is used. It also gives some brief historical information and describes different types of corn. Using appealing color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		
Count on Pablo deRubertis, Barbara The Kane Press, 1999	Books with Recipes, Counting and Math, Fruits, Intergenerational, Shopping, Vegetables	2
<p>Designed for children in grades K-2, this book incorporates math activities into the story of Pablo and his grandma as they prepare and sell their vegetables at the farm market. Using humor and problem solving, Pablo cleverly finds a special way to help his grandma. The book includes a recipe for making salsa that could easily be used in the classroom.</p>		
Cow Older, Jules Charlesbridge, 1997	Dairy, Farm to Table, MI Agriculture	1
<p>Beginning with an eye-catching cover and then continuing with witty and light-hearted text, this informational book is a winner! It is full of both ordinary and amazing facts about cows organized in a series of short chapters, accompanied by bold, appealing illustrations. A direct connection is made with the Food Guide Pyramid.</p>		

Title	Themes	Rating
D.W. the Picky Eater Brown, Marc Little, Brown and Co., 1995	Taste Something New	2
<p>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 Thora's birthday, D.W. decides to change her ways. D.W. is part of the popular <i>Arthur</i> series that has strong appeal in its realistic, yet humorous portrayal of typical childhood experiences.</p>		
Dem Bones Warner, Bob Chronicle Books, 1995	Body Parts, Physical Activity, Read and Move	3
<p>This lively informational book describes the bones in the human body, accompanied by a colorful, paper collage skeleton and 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.</p>		
Dim Sum for Everyone! Yin, Grace Alfred A. Knopf, 2001	Cooking, Eating Out, Other Cultures' Food and Customs	2
<p>A little girl and her family visit a dim sum restaurant. Using bright illustrations and simple text, 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.</p>		
Dinosaur Pizza Wardlaw, Lee Troll Communications, 1998	Books with Recipes, Cooking, Pizza	2
<p>It's the first day of school—the worst 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 <i>Planet Reader Level 2</i> 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.</p>		
Dinosaurs Alive and Well!: A Guide to Good Health Brown, Laurie Krasny and Marc Brown Little, Brown and Co., 1990	Food Guide Pyramid, Outside Activity	1
<p>This book describes almost everything a child or dinosaur needs to know about being healthy using brief text and cartoon-style illustrations. It includes short chapters on food, clothing, exercise, feelings, first aid, and getting help from grownups. Selected chapters could be read aloud to go with topics on healthy living. Children reading at the second-grade level and above could read this book independently.</p>		
Duck on a Bike Shannon, David The Blue Sky Press, 2002	Outside Activity, Physical Activity	3
<p>What could be sillier than a duck on a bike? What about a whole barnyard full of animals! With bold, brightly-colored illustrations, this humorous picture book makes a delightful read-aloud as the barnyard animals watch the duck and share their thoughts about his actions.</p>		

Title	Themes	Rating
Dumpling Soup Rattigan, Jama Kim Little, Brown and Co., 1993	Books with Recipes, Intergenerational, Making Soup, Other Cultures' Food and Customs	2
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. Intergenerational love combines with traditions from several cultures to create a warm and caring story. A glossary of terms in English, Hawaiian, Japanese, and Korean is available. Publisher's notes explain that <i>Dumpling Soup</i> was selected in the first New Voices, New Worlds contest to encourage writers from diverse racial backgrounds to submit children's manuscripts.		
Eat Right: Tips for Good Nutrition Bagley, Katie Bridgestone Books, 2002	Dairy, Food Guide Pyramid, Fruits, Grains	1
One of the titles in the <i>Your Health</i> series, this informational book describes the benefits of good nutrition. Based on the Food Guide Pyramid, it also provides directions for keeping a food diary. Illustrated with colored photographs of children, it includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.		
Eat Your Peas, Louise! Snow, Pegeen Children's Press, 1985	Taste Something New, Vegetables	2
Will Louise ever eat her peas? In this <i>Rookie Reader</i> , beginning readers discover what finally gets Louise to eat her peas. A word list is provided. Children could use this simple book as a model for writing their own story about a food they have to be persuaded to try.		
Eat Your Vegetables! Drink Your Milk! Silverstein, Dr. Alvin, Virginia Silverstein, and Laura Silverstein Nunn Franklin Watts, 2000	Body Parts, Dairy, Food Guide Pyramid	1
As a teacher resource or for more advanced students, this useful book explores all the components of healthy nutrition for today's children. It consists of six chapters, Table of Contents, Glossary, and a list of additional books, organizations, and web sites. The appeal of this well-written book is enhanced with attractive color photographs, charts, diagrams, sidebars with fascinating information, and easy-to-follow student activities.		
Eating Fractions McMillan, Bruce Scholastic Inc., 1991	Books with Recipes, Counting and Math	2
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. It has a minimum of text, but the lively photography serves as a springboard for discussion. The book has two pages of recipes for the foods with suggestions for additional activities with fractions. It concludes with a page of background information for the teacher about the recipes, using food to teach fractions, and the children and the dog featured in the book.		

Title	Themes	Rating
ating the Alphabet: Fruits and Vegetables from A to Z	ABC's, Fruits, Vegetables	2
Ehlert, Lois Harcourt Brace Jovanovich, 1989		
<p>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. It is, also, a good introduction to a food-tasting experience.</p>		
Edible Alphabet, An	ABC's, Fruits, Vegetables	2
Christensen, Bonnie Scholastic Books for Young Readers, 1994		
<p>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.</p>		
Edible Pyramid, The: Food Eating Every Day	Counting and Math, Food Guide Pyramid	1
Beady, Loreen Scholastic Inc., 1994		
<p>When the animals come to the grand opening of The Edible Pyramid restaurant, they learn to make healthy food choices and to eat a variety of foods. This picture book uses colorful illustrations of food choices in each food group, and a Food Guide Pyramid graphic appears throughout the book. Serving sizes and the concept of estimating are introduced when the animals order their meal. Through a series of conversations, the animals learn about using the Pyramid as a guide to a healthy diet.</p>		
Eggbert, The Slightly Cracked Egg	Food Art, Fun with Food	3
Gross, Tom P. Putnam's Sons, 1994		
<p>Eggbert loves to paint and his beautiful pictures always cheer up others in the refrigerator. But, when it's discovered that he's slightly cracked, he is sent away in disgrace. Eggbert wanders many places trying to find a way to fit in until he makes an amazing discovery. This picture book, with its vivid illustrations, is a splendid celebration of creativity and being different.</p>		
Olympics	Olympics	2
Kennedy, X.J. Scholastic Inc., 1999		
<p>Divided into two sections, this book of poems celebrates 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. An "Author's Note" provides information on the history and purpose of the Olympic games.</p>		
Enormous Carrot, The	Gardening, MI Agriculture, Vegetables	3
Magin, Vladimir Scholastic Press, 1998		
<p>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.</p>		

Title	Themes	Rating
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Enormous Potato, The

Davis, Aubrey
Scholastic Inc., 1997

Gardening, MI Agriculture, Vegetables

3

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. It also lends itself to creative drama.

Everybody Bakes Bread

Dooley, Norah
Carolrhoda Books, Inc., 1996

Books with Recipes, Bread, Grains,
Other Cultures' Food & Customs

2

In this sequel to *Everybody Cooks Rice*, 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 for a class project that focuses on foods of various cultures.

Everybody Cooks Rice

Dooley, Norah
Scholastic Inc., 1992

Books with Recipes, Grains,
Other Cultures' Food & Customs

2

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 Barbados, Puerto Rico, Vietnam, India, China, Haiti, and Italy.

Extra Cheese, Please!

Peterson, Cris
Boys Mill Press, Inc., 1994

Books with Recipes, Dairy, Farm to Table,
MI Agriculture, Pizza

2

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 table as pizza cheese. Large, color photos show the milking process, transporting the milk to the dairy, and making cheese. A pizza recipe, glossary, and bibliography are included.

Family

Monk, Isabell
Carolrhoda Books, Inc., 2001

African-American Food & Family,
Books with Recipes, Intergenerational

2

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.

Fannie in the Kitchen

Hopkinson, Deborah
Atheneum Books for Young Readers, 2001

Books with Recipes, Cooking

2

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. The book concludes with more information about Fannie Farmer and the recipe for her "Famous Griddle Cakes."

Title	Themes	Rating
Farmers Market Parks, Carmen Harcourt, Inc., 2000	Fruits, Shopping, Vegetables	2
<p>A girl helps her parents take their vegetables to the farm market and spends the day selling them. The short text is enhanced by richly colored paintings depicting the story. A level 2 reader in the <i>A Green Light Reader</i> series, this book could be read independently by many children in first and second grades.</p>		
Fast Food! Gulp! Gulp! Waber, Bernard Houghton Mifflin Co., 2001	Eating Out	2
<p>Bernard Waber, author-illustrator of favorites such as <i>Lyle the Crocodile</i> and <i>Ira Sleeps Over</i>, 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: "<i>Bon appetit - whatever you eat.</i>"</p>		
Fats, Oils, and Sweets Frost, Helen Pebble Books, 2000	Food Guide Pyramid	1
<p>One of the titles in <i>The Food Guide Pyramid</i> series, this book explains the Food Guide Pyramid and describes the foods that contain fats, oils, and sugars. It also discusses how to make healthy food choices. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
Fast for 10 Malwell, Cathryn Scholastic Inc., 1993	African-American Food & Family, Counting and Math	2
<p>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, first, as they shop and, second, as they prepare for dinner. This charming picture book would make an effective read-aloud for preschool and kindergarten children.</p>		
Fiesta! Behrens, June Children's Press, 1978	Other Cultures' Food & Customs	3
<p>One of the titles in the <i>Festivals and Holidays</i> series, this book describes the national holiday of Cinco de Mayo through the eyes of the children celebrating it. Color photographs and simple text depict the traditions, music, food, costumes, and games that make up this fiesta.</p>		
First Book of Sushi Sanger, Amy Wilson Tricycle Press, 2001	Cooking, Other Cultures' Food & Customs	2
<p>Although this sturdy board book featuring colorful illustrations of Japanese foods, is for young children, elementary age children will also be fascinated with the illustrations and terms. Some of the terms, such as "uni urchin roe" and "futomaki" may be unfamiliar to many readers, but are readily identifiable through the illustrations.</p>		

Title	Themes	Rating
First Strawberries, The: A Cherokee Story Bruchac, Joseph Puffin Books, 1998	Fruits, Other Cultures' Food & Customs	3

A retold Cherokee legend, this picture book describes how strawberries were created by the Sun to heal a quarrel between the first man and woman. Softly glowing illustrations enhance this gentle tale.

Food for Healthy Teeth Frost, Helen Pebble Books, 1999	Body Parts, Dairy, Fruits, Vegetables	1
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One of the titles in the *Dental Health* series, this book describes foods that contribute to strong teeth. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.

Food Is Fun! Leonard, Marcia Harper Festival, 2000	Taste Something New	3
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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.

Food Pyramid, The Kalbacken, Joan Children's Press, 1998	Dairy, Food Guide Pyramid, Fruits, Grains, Taste Something New, Vegetables	1
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One of the titles in a *True Book* series, this book introduces the Food Guide Pyramid and describes each level using a variety of examples. It also discusses why healthy eating is important and how to use the Food Guide Pyramid. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and a photograph and information about the author.

For My Family, Love, Allie Senisi, Ellen Albert Whitman & Co., 1998	African-American Food & Family, Books with Recipes, Other Cultures' Food & Customs	3
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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 an 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.

Frannie's Fruits Kimmelman, Leslie Harper & Row, 1989	Growing Fruit, Fruits, Shopping	3
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This picture book tells the story of a typical summer day in the life of a family who owns a roadside fruit stand. *Frannie's Fruits*, 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.

Title	Themes	Rating
Frog Legs: A Picture Book of Action Verse Shannon, George Harper Collins Publishers, 2000	Physical Activity, Read and Move	2
<p>If you need a way to engage children in physical activities that also encourage their literacy development and creativity? The verses of this imaginative picture book will make children want to dance, jiggle, jump, hop, run, and race. Energetic poems 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.</p>		
Froggy Bakes A Cake London, Jonathan Scholastic Inc., 2000	Cooking	3
<p>When Froggy's father asks him to help bake a cake for his mother's birthday, the result is disastrous but comical. Froggy wants "to do it myself," but creates one mess after another. In a light-hearted manner, the <i>Froggy</i> series portrays typical problems children experience and how they solve them.</p>		
Froggy Eats Out London, Jonathan Scholastic Inc., 2001	Eating Out	3
<p>Froggy and his parents go to a fancy restaurant to celebrate their anniversary. Froggy tries to behave, but he fidgets and quirms 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 files" place where they happily munch and crunch their dinner.</p>		
Froggy Learns to Swim London, Jonathan Scholastic Inc., 1995	Outside Activity, Physical Activity	3
<p>Froggy thinks he can't swim and doesn't even want to try. But, his mother is convinced that with a little practice he'll be a great swimmer. Froggy tests her patience but finally learns to swim. Now he likes it so much, he doesn't want to get out of the water.</p>		
From Cow to Ice Cream Knight, Bertram T. Children's Press, 1997	Dairy, Farm to Table, MI Agriculture	2
<p>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. It is enhanced by cheerful scenes of smiling, multicultural children enjoying many flavors of ice cream. The last page contains several interesting facts about ice cream such as how and when ice cream cones were invented.</p>		
From Wheat to Pasta Gan, Robert Children's Press, 1997	Farm to Table, Grains, Pasta	2
<p>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. This book is part of the <i>Change</i> series.</p>		

Title	Themes	Rating
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Fruit Group, The

Frost, Helen
Pebble Books, 2000

Food Guide Pyramid, Fruits

1

One of the titles in *The Food Guide Pyramid* series, this book explains the Food Guide Pyramid and describes the foods that are part of the fruit group. It also discusses why it is important to eat fruits. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.

Funny Walks

Hindley, Judy
Troll Associates, Inc., 1994

Physical Activity, Read and Move

2

The funny, silly, unusual, and different ways that people and animals move about are described using rhyming text and humorous illustrations. This book will have children moving about as they imitate the actions. It also makes an excellent springboard for art, music, language arts, and physical education activities.

Gathering the Sun: An Alphabet in Spanish and English

Ada, Alma Flor
Harper Collins Publishers, 1997

ABC's, Food Poetry, Intergenerational, Other
Cultures' Food & Customs, Spanish Translations

2

Poetry about the fields and orchards and nature's bounty are celebrated in this richly illustrated picture book. An alphabet list of Spanish words provides the theme for poems that describe and honor migrant workers and laborers and their Hispanic traditions and values. Each letter of the alphabet features a poem in both Spanish and English.

George Washington's Breakfast

Fritz, Jean
The Putnam & Grosset Group, 1969

Breakfast, Cooking

3

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. Although this book was published in 1969, it stands the test of time. Today's students can compare the ways that are available now to research information with what George W. Allen did.

Get In Shape, Jonas!

Hoelscher, Wolfgang D.
Carson-Dellosa Publishing Company, Inc., 1999

Outside Activity, Physical Activity

1

Being out of shape keeps Jonas from playing and having fun with his friends. He can't even lift his favorite bucket of speed dirt and loses at arm wrestling. His friends finally convince him to exercise with them, but they all learn that it takes more than one time to get in shape. Jonas sticks with it, however, and eventually is able to do all the things his friends can do. Along the way he learns how much more fun he can have when he is healthy and fit again.

Get Moving: Tips on Exercise

Feeney, Kathy
Bridgestone Books, 2002

Physical Activity

1

One of the titles in the *Your Health* series, this informational book describes the benefits of exercise and eating right. Based on The Activity Pyramid, it also provides a simple fitness test that can be done with a friend. Illustrated with colored photographs of children, it includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources and an index.

Title	Themes	Rating
Giant Carrot, The Beck, Jan Scholastic Books for Young Readers, 1998	Books with Recipes, Gardening, MI Agriculture, Vegetables	3
<p>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. This imaginative picture book with folk art illustrations makes an excellent read-aloud. It has a recipe for "Little Isabelle's Carrot Puddin'."</p>		
Gigantic Turnip, The Blustoy, Aleksei and Niamh Sharkey Barefoot Books, 1998	Counting and Math, Gardening, Vegetables	3
<p>The old man and the old woman in the crooked, old cottage with the large, overgrown garden get lots of help to pull out the gigantic turnip in their garden, but still it won't budge until a hungry little mouse helps them. The retelling of this traditional Russian folktale, with its hilarious series of actions and repetitive language, is enhanced by quirky illustrations and makes an excellent read-aloud.</p>		
Gino Badino Engel, Diana Morrow Junior Books, 1991	Food Art, Grains, Pasta	3
<p>Gino has a fabulous talent, but his family doesn't think so. 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. The light-hearted illustrations show the Badino family specializing in spinach, egg, carrot, and potato pastas. This picture book could be used as a good springboard to creating dough sculptures. It could also lead to using different kinds of pasta.</p>		
Food Enough To Eat: A Kid's Guide to Food and Nutrition Lockwell, Lizzy Harper Collins Publishers, 1999	Books with Recipes, Food Guide Pyramid	1
<p>This book is rich in information that teachers can use and reference for lessons or a thematic unit for primary-aged children. Basic concepts such as hunger, digestion, nutrients, and the Food Guide Pyramid are clearly explained so that children will enjoy and understand the lessons. Appealing illustrations enhance the text. Two pages of the author's favorite recipes are included as well as information about calories.</p>		
Food Morning, Let's Eat! Radt, Karin Luisa Children's Press, 1994	Breakfast, Other Cultures' Food & Customs	2
<p>Part of the <i>A World of Difference</i> series, 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. Well written with a wealth of informative photos, the book includes a table of contents, glossary, and index. With its well-defined chapters, it could be used effectively as a read-aloud and to promote discussion.</p>		
Grain Group, The Frost, Helen Scholastic Books, 2000	Bread, Breakfast, Food Guide Pyramid, Grains, Pasta	1
<p>One of the titles in <i>The Food Guide Pyramid</i> series, this book explains the Food Guide Pyramid and describes the foods that are part of the grain group. It also discusses why it is important to eat foods from this group. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		

Title	Themes	Rating
Grandpa's Garden Lunch Caseley, Judith Greenwillow Books, 1990	Gardening, Intergenerational, Vegetables	2
<p>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 benefits of gardening.</p>		
Gregory, the Terrible Eater Sharmat, Mitchell Scholastic Inc., 1980	Taste Something New	3
<p>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.</p>		
Group Soup Brenner, Barbara Viking, 1992	Making Soup	2
<p>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 part of a series by Bank Street College of Education 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. This book can be used as a lead to a soup-making project where each child brings an ingredient from home.</p>		
Growing Colors McMillan, Bruce Lothrop, Lee & Shepard Books, 1988	Growing Fruit, Fruits, Vegetables	2
<p>This appealing picture book uses color photographs and one-word captions to introduce 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 as an index of the fruits and vegetables. Additional pages explain that fruits and vegetables grow in a variety of colors and describe how the plants were photographed. This book can be used as an introduction to colors and fruits and vegetables for young children. It also could be used as a springboard for creative projects for older children such as photography or painting and learning more about the plant varieties.</p>		
Growing Vegetable Soup Ehler, Lois Scholastic Inc., 1987	Books with Recipes, Gardening, Making Soup, Vegetables	2
<p>Vivid colors and large, bold print make this deceptively simple picture book come alive. Noted author and illustrator, Lois Ehler, 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.</p>		

Title	Themes	Rating
Sus and Button Freymann, Saxton and Joost Effers Arthur A. Levine Books, 2001	Food Art, Fruits, Vegetables	3
<p>Sus, 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.</p>		
Halmoni and the Picnic Choi, Sook Nyul Houghton Mifflin Co., 1993	Intergenerational, Other Cultures' Food & Customs	2
<p>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.</p>		
Handa's Surprise Browne, Eileen Candlewick Press, 1999	Fruits, Growing Fruit, Other Cultures' Food & Customs	2
<p>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? This book, with simple text and large, colorful illustrations, is part of the <i>Reading Together</i> series and features information before and after the story so parents can help their children learn to read. The author also acknowledges the children in the book who are from the Luo tribe of southwest Kenya.</p>		
Harvest of Color, A McClare, Melanie Tagged Bears, 2002	Books with Recipes, Gardening, Mid Agriculture, Vegetables	2
<p>Sophie, her little brother Freddie, and four of her friends decide to make a neighborhood vegetable garden, keeping garden diaries and taking photographs as they go along. Each child selects a different vegetable and shares information about it and tips on gardening. At the end of the summer they harvest the garden and share their recipes for making a vegetable salad. Large, close-up photographs of the children and their garden add to the appeal of the over-sized book.</p>		
Herb, The Vegetarian Dragon Pass, Jules and Debbie Harter Barefoot Books, 2002	Vegetables	3
<p>The knights of Castle Dark set out to capture and behead all the dragons in the forest of Nogard. The leader of the dragons, Meathook, and all the other man-eating dragons like to do nothing better than raid the castle and eat the knights and princesses. That is, except for Herb, who doesn't eat meat and spends his days tending his vegetable patch. An unexpected event helps everyone change their harmful ways and learn to accept their differences.</p>		
Here's the Scoop!: Follow an Ice-Cream Cone Around the World Godfrey, Neale S. Modern Curriculum Press, 1996	Books with Recipes, Dairy, Farm to Table	2
<p>One of the titles in <i>The One and Only Common Sense/Cents</i> series, this story takes Penny Bright and the GreenStreet\$ Kids around the world as they learn about the ingredients in ice cream and how it is manufactured and delivered. Interesting facts are included within billboards on many of the pages. The last page of the book has a recipe for "Penny Bright's Mint Chocolate Chip Ice Cream."</p>		

Title	Themes	Rating
<p>Hooray for Dairy Farming! Kalman, Bobbie Crabtree Publishing, 1997</p>	<p>Books with Recipes, Dairy, Farm to Table, MI Agriculture</p>	1
<p>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 milk shake, a table of contents, vocabulary, and index.</p>		
<p>How Are You Peeling? Foods with Moods Freymann, Saxton and Joost Elffers Scholastic Press, 1999</p>	<p>Food Art, Fruits, Vegetables</p>	2
<p>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.</p>		
<p>How My Family Lives in America Kuklin, Susan Bradbury Press, 1992</p>	<p>Books with Recipes, Other Cultures' Food & Customs</p>	3
<p>Using realistic photographs and informational text, 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 <i>Tieou Dienn</i>," "Eric's <i>Habichuelas</i>," and "April's Cold Sesame Noodles."</p>		
<p>How My Parents Learned to Eat Friedman, Ina R. Houghton Mifflin Co., 1984</p>	<p>Other Cultures' Food & Customs</p>	3
<p>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.</p>		
<p>How Pizza Came to Queens Khalsa, Dayal Kaur Clarkson N. Potter, Inc., 1989</p>	<p>Pizza</p>	3
<p>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.</p>		
<p>How to Make an Apple Pie and See the World Priceman, Marjorie Alfred A. Knopf, Inc., 1994</p>	<p>Books with Recipes, Fruits, MI Agriculture, Other Cultures' Food & Customs</p>	2
<p>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.</p>		

Title	Themes	Rating
Am an Apple	Fruits, Growing Fruit, MI Agriculture	2
Parzollo, Jean Scholastic Inc., 1997		
Using paper-collage illustrations and simple text, this <i>Hello Reader! Preschool – Grade 1</i> 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.		
Can Move	Body Parts	2
Lühr, Mandy Wayland Publishers, 1991		
Part of the <i>I'm Alive</i> series, 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.		
Eat Fruit!	Fruits	2
Bofts, Hannah Hero to Ten, 1998		
Using bright, colorful illustrations and fold-out pages, this simple picture book teaches basic vocabulary about fruits. Designed for young children or second language learners, the back cover provides brief information for adults in English and four other languages.		
Eat Vegetables!	Vegetables	2
Bofts, Hannah Hero to Ten, 1998		
Using bright, colorful illustrations and fold-out pages, this simple picture book teaches basic vocabulary about vegetables. Designed for young children or second language learners, the back cover provides brief information for adults in English and four other languages.		
Have a Weird Brother Who Digested a Fly	Body Parts	2
Holub, Joan Albert Whitman & Co., 1999		
Humor, rhyming, and bold illustrations show what happens when a boy swallows a fly. Accompanying factual information describes the digestive system in a clear, concise manner. This book effectively intertwines fact and fiction to present basic information about the digestive system in an appealing and clever manner.		
Like Bagels	Breakfast, Bread, Grains	2
Pickering, Robin Children's Press, 2000		
Part of the <i>Welcome Books</i> series, this title describes how bagels are made and the different ways they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.		

Title	Themes	Rating
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I Like Berries

Julius, Jennifer
Children's Press, 2000

Fruits

2

Part of the *Welcome Books* series, this title describes different kinds of berries and various ways they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

I Like Cereal

Julius, Jennifer
Children's Press, 2000

Breakfast, Grains

2

Part of the *Welcome Books* series, this title describes how cereal is made from grains and can be eaten in many different ways. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

I Like Cheese

Pickering, Robin
Children's Press, 2000

Dairy

2

Part of the *Welcome Books* series, this title describes different kinds of cheese and how they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

I Like Corn

Pickering, Robin
Children's Press, 2000

Cooking, MI Agriculture, Vegetables

2

Part of the *Welcome Books* series, this title describes different ways that corn can be eaten and used in various foods. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

I Like Juice

Julius, Jennifer
Children's Press, 2000

Fruits

2

Part of the *Welcome Books* series, this title describes different kinds of juice and how they can be used in various beverages. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

I Like Oranges

Pickering, Robin
Children's Press, 2000

Breakfast, Fruits

2

Part of the *Welcome Books* series, this title describes the parts of an orange, different kinds of oranges, and various ways they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.

Title	Themes	Rating
Like Pasta Julius, Jennifer Children's Press, 2000	Grains, Pasta	2
<p>Part of the <i>Welcome Books</i> series, this title describes different types of pasta and the various ways they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.</p>		
Like Peanuts Julius, Jennifer Children's Press, 2000	Taste Something New	2
<p>Part of the <i>Welcome Books</i> series, this title explains that a peanut is a kind of seed not a nut. It describes different ways that peanuts can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.</p>		
Like Potatoes Julius, Jennifer Children's Press, 2000	MI Agriculture, Vegetables	2
<p>Part of the <i>Welcome Books</i> series, this title explains that potatoes are a vegetable and describes the various ways they can be eaten. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary, a list of both print and Internet resources, and an index.</p>		
Will Never Not Ever Eat a Tomato Child, Lauren Candlewick Press, 2000	Taste Something New	2
<p>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.</p>		
Ice Cream Cooper, Elisha Greenwillow Books, 2002	Dairy, Farm to Table, MI Agriculture	2
<p>This delightful picture book describes how ice cream is made, beginning with the sentence, "It starts with a cow." It is full of interesting information and details from its emphasis on the healthy foods that cows must eat, to the step-by-step procedures and detailed processes used in the ice cream laboratory and factory. Appealing illustrations and clever placement of the text enhance this book, and it concludes with a glossary of important vocabulary.</p>		
My Watermelon Salindo, Mary Sue Pinata Books, 2000	Fruits, Intergenerational, Other Cultures Food & Customs	3
<p>Using both English and Spanish words on each page, this intergenerational picture book gives a glimpse of traditions and personal experiences. It shows the love and warmth in their family stories evoked by eating watermelons together. This story could serve as a springboard for children to collect family traditions centering on sharing special foods.</p>		

Title	Themes	Rating
<p>If It Weren't for Farmers Fowler, Allan Children's Press, 1993</p>	<p>Dairy, Farm to Table, Fruits, Growing Fruit, MI Agriculture, Vegetables</p>	<p>2</p>
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book begins with a question and then provides interesting information about farmers, the different kinds of farms, and the various foods that are grown there. Using appealing, color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		
<p>I'm a Seed Marzollo, Jean Scholastic Inc., 1996</p>	<p>Gardening, Fruits</p>	<p>3</p>
<p>Part of the <i>Hello Reader, Level 1 Science</i> series, 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. With appealing cut-paper illustrations and simple text, this picture book could be used as a read-aloud for young children or independent reading for beginning readers.</p>		
<p>In My Momma's Kitchen Nolen, Jerdine Lothrop, Lee & Shepard Books, 1999</p>	<p>African-American Food & Family</p>	<p>3</p>
<p>Centered on the kitchen, this richly illustrated picture book celebrates African-American families. Written as eight short chapters, each 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 eye of a young girl. The illustrations from gold-toned oil paintings convey a sense of family warmth and love that make this a highly appealing book.</p>		
<p>In the Kitchen Canizares, Susan and Betsy Chesson Scholastic Inc., 1999</p>	<p>Cooking</p>	<p>2</p>
<p>This easy-to-read informational book, part of the <i>Emergent Readers</i> series, asks the question: What happens in the kitchen? It then answers the question using colorful photographs with one-word captions. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books.</p>		
<p>Inch by Inch: The Garden Song Mallett, David Harper Collins Publishers, 1995</p>	<p>Fruits, Gardening, Vegetables</p>	<p>3</p>
<p>Simple but colorful illustrations enliven the words to "The Garden Song" that is a joyous 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.</p>		
<p>Inchworm and a Half Pinczes, Elinor J. Houghton Mifflin Company, 2001</p>	<p>Counting and Math, Gardening, Vegetables</p>	<p>3</p>
<p>This clever approach to understanding fractions and measurement uses worms nibbling and munching their way around the delicious vegetables in the garden. Beginning with an inchworm, the story progresses to smaller and smaller worms: half-inch, one-third inch, and one-fourth inch. Witty and easy-to-understand, the colorful illustrations and rhyming language make this a book sure to please both teachers and students.</p>		

Title	Themes	Rating
It's a Fruit, It's a Vegetable, It's a Pumpkin Fowler, Allan Children's Press, 1995	Fall Harvest, Farm to Table, Fruits, Growing Fruit, MI Agriculture, Vegetables	2
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book begins with a question and then provides interesting information about pumpkins and how they're grown and used. It also gives some brief historical information and describes how to make a jack-o'-lantern. Using appealing color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		
It's A Sandwich! Nyff, Roberta L. and Patricia C. McKissack Many Hands Media, 1996	Bread, Grains, Other Cultures' Food & Customs, Sandwiches, Taste Something New	1
<p>This multicultural book introduces children to various kinds of sandwiches and their native names from around the world. Large, colorful illustrations of children preparing and eating these sandwiches and a repeating question-and-answer format make this an appealing and engaging book. This book would make an excellent springboard to a food activity in the classroom.</p>		
Jalapeño Bagels King, Natasha Atheneum Books for Young Readers, 1996	Books with Recipes, Bread, Grains, Other Cultures' Food & Customs	2
<p>Rabbi 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.</p>		
Jamie O'Rourke and the Big Potato de Paola, Tomie Scholastic Inc., 1992	Gardening, MI Agriculture, Vegetables	3
<p>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.</p>		
Jody's Beans Doyle, Malachy Candlewick Press, 1999	Gardening, MI Agriculture, Seasons and Weather, Vegetables	2
<p>This gentle intergenerational story tells about Jody and her Grandpa planting runner beans. It shows how they water, take, pick, and 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, as well as, information about the author and illustrator. This book could serve as directions for children who want to plant and grow their own beans.</p>		
Just Enough Carrots Murphy, Stuart J. Scholastic Inc., 1997	Shopping	3
<p>A <i>MathStart</i> book, 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.</p>		

Title	Themes	Rating
<p>Kaleidoscope of Kids, A Damon, Emma Dial Books for Young Readers, 1995</p>	<p>Outside Activity</p>	<p>3</p>
<p>This lift-the-flap book explores how people are alike and how they are different. A mirror at the end lets children view and describe themselves. This interactive book would be most effective when used one-on-one with young children; however, could, also, be used as a springboard for creating their own books.</p>		
<p>King of Pizza, The Sanzari, Sylvester Workman Publishing, 1995</p>	<p>Grains, Pizza</p>	<p>3</p>
<p>The king is always hungry even though the best chefs in the world prepare their finest dishes for him. One morning the 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. The story concludes with the king sending out a royal decree making every Saturday night "Pizza Night at the Palace." At the back of the book is information about King Ferdinand I whose real-life story inspired this story and also a recipe for "Salvatore's Rainbow Pizza."</p>		
<p>Let The Games Begin! Ajmera, Maya and Michael J. Regan Charlesbridge, 2000</p>	<p>Olympics, Other Cultures' Food & Customs, Outside Activity, Physical Activity</p>	<p>1</p>
<p>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.</p>		
<p>Let's Eat! Kelley, True E.P. Dutton, 1989</p>	<p>Taste Something New</p>	<p>2</p>
<p>Using simple headings and cartoon-style illustrations, this picture book shows aspects of eating from how people eat to where food comes from, to eating equipment and etiquette. Described as a "buffet-style" book, each page provides detailed illustrations. This book could be used to promote discussion and develop vocabulary. The term "Naughty Eaters" is used as the page heading following the "Good Eaters" page and shows children who refuse to eat or make a mess with their food.</p>		
<p>Let's Eat! Zamorano, Ana Scholastic Inc., 1996</p>	<p>Other Cultures' Food & Customs</p>	<p>2</p>
<p>Every day Antonio's Mama prepares a delicious meal such as chickpea soup, empanada, sardinas, gazpacho, or roast pork for her extended family. But, one day Mama is not there – she has gone to the hospital to have a new baby. When she returns, the entire family celebrates with a feast of prawns, crab, squid, mussels, and saffron rice for paella. Julie Vivas's distinctive illustrations show the love and warmth the Spanish family shares together with their food. It includes a glossary of Spanish words used in the text.</p>		
<p>Let's Get the Rhythm Miranda, Anne Scholastic Inc., 1994</p>	<p>Physical Activity, Read and Move</p>	<p>3</p>
<p>This chant 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.</p>		

Title	Themes	Rating
Let's Go, Froggy! London, Jonathan Scholastic Inc., 1994	Outside Activity, Physical Activity, Read and Move	3
<p>Froggy and his father decide to take a bike trip and have a picnic. But, by the time Froggy finally finds everything he needs and is ready to leave, he is so hungry that they have their picnic on the patio. Using humor and a repeating refrain, Froggy's misadventures continue to delight young readers and their parents who generally can identify with them.</p>		
Let's Jump Rope Hughes, Sarah Children's Press, 2000	Outside Activity, Physical Activity	2
<p>One of the titles in the <i>Welcome Books</i> series, this book introduces us to Christina and her friends and shows them having fun with a jump rope. The book, however, only shows girls playing jump rope. Simple text and colorful photographs make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
Let's Play Hopscotch Hughes, Sarah Children's Press, 2000	Outside Activity, Physical Activity	2
<p>One of the titles in the <i>Welcome Books</i> series, this book introduces us to Rosa and her friends as they play hopscotch in the park. It also describes how to play the game. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
Let's Play Tag Hughes, Sarah Children's Press, 2000	Outside Activity, Physical Activity	2
<p>One of the titles in the <i>Welcome Books</i> series, this book introduces us to Carlos and his friends as they play tag at the playground. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
Let's Play Tug-of-War Hughes, Sarah Children's Press, 2000	Outside Activity, Physical Activity	2
<p>One of the titles in the <i>Welcome Books</i> series, this book introduces us to Tim and his friends as they play tug-of-war and explains the rules of the game. The book, however, only shows boys playing tug-of-war. Simple text and colorful photographs make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
Life and Times of the Apple, The Picucci, Charles Orchard Books, 1995	Fruits, Growing Fruit, MI Agriculture	1
<p>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 a "Table of Contents" and concludes with the "Legend of Johnny Applesseed."</p>		

Title	Themes	Rating
<p>Little Apple: A Book of Thanks Weninger, Brigitte Scholastic Inc., 2001</p>	Fruits, Growing Fruit, MI Agriculture	2
<p>This lovely picture book is the English translation of the original written in German and published in Switzerland. Using lyrical language and warm, appealing illustrations, it celebrates the beauty and wonder of apples while providing basic information about how they grow. A slight, but unfortunate disadvantage of this edition is that two pages contain black type on a black background which makes them difficult to read.</p>		
<p>Little Nino's Pizzeria Barbour, Karen Harcourt, Brace & Company, 1987</p>	Grains, Pizza	3
<p>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 true and important.</p>		
<p>Little Red Hen and the Ear of Wheat, The Finch, Mary Barefoot Books, 1999</p>	Books with Recipes, Bread, Cooking, Farm to Table, Grains	2
<p>This retelling of the traditional story of the Little Red Hen features a new twist when her animal friends learn their lesson; and the next time she finds a grain of wheat lying on the ground, they work together as a team to make a loaf of bread. The simple text is enhanced with bright, bold illustrations. The book concludes with a recipe for baking a loaf of whole wheat bread.</p>		
<p>Little Red Hen (Makes a Pizza), The Sturges, Philemon Scholastic Inc., 1999</p>	Cooking, Grains, Pizza	2
<p>In this charming and amusing version of a familiar folk tale, 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.</p>		
<p>Lunch Fleming, Denise Scholastic Inc., 1992</p>	Taste Something New	2
<p>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; let children guess the names of the foods from the word and picture clues.</p>		
<p>Lunch Box Surprise, The Maccarone, Grace Scholastic Inc., 1995</p>	Taste Something New	3
<p>This <i>Hello Reader, Level 1</i> 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. A beginning reader would be able to read this book independently.</p>		

Title	Themes	Rating
Magda's Tortillas, Las Tortillas de Magda Navarria-Chairez, Becky Piata Books, 2000	Grains, Other Cultures' Food & Customs, Spanish Translation	2
<p>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.</p>		
Magic School Bus Inside a Beehive, The Cole, Joanna Scholastic Press, 1996	Honey	2
<p>The ever-popular <i>Magic School Bus</i> series looks at honeybees. 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.</p>		
Make Me a Peanut Butter Sandwich and a Glass of Milk Robbins, Ken Scholastic Inc., 1992	Bread, Dairy, Farm to Table, Grains, Sandwiches	2
<p>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.</p>		
Making Minestrone Mackstone, Stella Barefoot Books, 2000	Books with Recipes, Making Soup, Vegetables	2
<p>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.</p>		
Mama Provi and the Pot of Rice Rosa-Casanova, Sylvia Theureau Books for Young Readers, 1997	Grains, Other Cultures Food & Customs	2
<p>Lucy is sick and her grandma, Mama Provi, prepares a pot of chicken and rice, <i>arroz con pollo</i>, for her. But as Mama Provi climbs up seven flights of stairs in her building to deliver the meal, she smells the wonderful aromas of other foods. She stops on each floor to visit her neighbors and trades some of her dish to provide Lucy with a delicious multicultural feast. This engaging picture book introduces children to foods from other cultures.</p>		
Marge's Diner Gibbons, Gail Thomas Y. Crowell Co., 1989	Cooking	3
<p>Classified as nonfiction, 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.</p>		

Title	Themes	Rating
Market! Lewin, Ted Harper Trophy, 1996	Other Cultures' Food & Customs, Shopping	2
Open this picture book and experience different types of markets around the world. The sights and sounds and smells come alive through the rich details of the watercolor illustrations. While informational in nature, the language of the text flows with a simple beauty.		

Market Day Ehlert, Lois Harcourt, Inc., 2000	Other Cultures' Food & Customs, Shopping	3
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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. This picture book includes a section called "Where did they come from? What are they made of?" It identifies the country of origin and describes the materials that make up the objects in her collage illustrations.

Markets Chanko, Pamela and Samantha Berger Scholastic Inc., 1999	Shopping	2
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This easy-to-read informational book, part of the *Emergent Readers* series, asks the question: What do markets sell? It then answers the question using colorful photographs and simple sentences with repeating phrases. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books.

Me and My Amazing Body Sweeney, Joan Scholastic Inc., 1999	Body Parts	1
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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."

Meat and Protein Group, The Frost, Helen Pebble Books, 2000	Food Guide Pyramid	1
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One of the titles in *The Food Guide Pyramid* series, this book explains the Food Guide Pyramid and describes the foods that are part of the meat and protein group. It also discusses why it is important to eat foods from this group. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.

Milk Makers, The Gibbons, Gail Scholastic Inc., 1985	Dairy, Farm to Table, MI Agriculture	2
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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, and it shows breeds of dairy cows. A chart illustrating several types of milk and other dairy products is included.

Title	Themes	Rating
Milk: From Cow to Carton Iki Harper Collins Publishers, 1992	Dairy, Farm to Table, MI Agriculture	1
part of the <i>Let's-Read-and-Find-Out Science</i> series, 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. Because of the way it is designed, the book could be used to provide information on several levels, from very basic to more complex.		
Miss Mabel's Table Sandra, Deborah Cowdree Press, 1994	Breakfast, Eating Out, Grains	2
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.		
More Spaghetti, I Say! Gelman, Rita Golden Scholastic Inc., 1992	Fun with Food, Grains	3
Fannie, the monkey, can do many things with spaghetti, especially when she is trying to avoid playing with Freddy. A humorous <i>Hello Reader! Kindergarten – Grade 2</i> 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.		
Mouse Mess Wiley, Linnea Scholastic Inc., 1997	Taste Something New	2
Mouse eats his way through the kitchen leaving a mess behind him, but he blames the people in the house. This brightly illustrated book with simple text makes a delightful read-aloud. The author uses appealing and attention-getting phrases to describe the foods and the mess Mouse makes. Children can follow the format in this picture book to describe their own favorite foods and eating experiences.		
Mr. Belinsky's Bagels Schwartz, Ellen Alewinds Books, 1997	Bread, Breakfast, Grains, Other Cultures' Food and Customs	2
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. The book concludes with a page of factual information about the history of bagels.		
Muncha! Muncha! Muncha! Fleming, Candace Atheneum Books for Young Readers, 2002	Fruits, Gardening, Vegetables	3
After years of dreaming, Mr. McGreely plants a garden full of yummy vegetables. But, three hungry bunnies are determined to get into the garden, and Mr. McGreely is just as determined to keep them out. Witty and amusing, this delightful picture book with attractive illustrations and lively language makes an excellent read-aloud and a good introduction to a vegetable-tasting party.		

Title	Themes	Rating
<p>Muscular System, The Frost, Helen Pebble Books, 2001</p>	Body Parts, Physical Activity	1
<p>One of the titles in the <i>Human Body Systems</i> series, this book describes the muscular system, including its purpose, components, and functions. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		
<p>My Body, Your Body Manning, Mick and Brita Granstrom Franklin Watts, 1997</p>	Body Parts	3
<p>Children learn about their own bodies and various animal bodies as they compare and contrast body parts and how they function. This original and clever approach to basic anatomy provides interesting information in a format that is both attention-getting and easy-to-understand. It could make an excellent springboard for movement and physical education activities as well as a model of writing.</p>		
<p>My Two Hands/My Two Feet Walton, Rick G. P. Putnam's Sons, 2000</p>	Body Parts	3
<p>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.</p>		
<p>Never Take a Pig to Lunch And Other Poems About The Fun Of Eating Westcott, Nadine Bernard Scholastic Inc., 1994</p>	Food Poetry	1
<p>This book of humorous poetry is divided into four sections: poems about eating silly things; poems about eating foods we like; poems about eating too much; and poems about manners at the table. Colorful and fanciful illustrations add to the humor and appeal of this delightful book. It includes a table of contents and indices of titles and authors, and could be used effectively with informational books about nutrition.</p>		
<p>No Milk! Ericsson, Jennifer Tambourine Books, 1993</p>	Dairy, MI Agriculture	3
<p>How do you milk a cow? A city boy learns that patience and perseverance work in the long run. Simple, repetitive text makes this book a great read-aloud for young children and an effective chart story for beginning readers. The whimsical illustrations show the emotions of the characters and add an appealing touch to this picture book.</p>		
<p>Noisy Breakfast Blonder, Ellen Scholastic Inc., 1994</p>	Breakfast	2
<p>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.</p>		

Title	Themes	Rating
Oh, No, Toto!	Books with Recipes, Intergenerational, Other Cultures' Food & Customs	2
Chana, Katrin Scholastic Press, 1997		
<p>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 and 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."</p>		
Oh Say Can You Seed?	Farm to Table, Fruits, Growing Fruit, Gardening, Vegetables	3
Worth, Bonnie Random House, 2001		
<p>This book is subtitled "All About Flowering Plants" from The Cat in the Hat's Learning Library. Told in rhyming text by The Cat in the Hat, it gives an overview of how plants grow and make their own food. Technical terms are defined in 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 ends with a glossary, bibliography, and index and is a useful resource to learn about plants.</p>		
Oh, the Things You Can Do That Are Good for You!	Food Guide Pyramid, Physical Activity	All
Labe, Tish Random House, 2001		
<p>Part of The Cat in the Hat's Learning Library, this book is subtitled, All About Staying Healthy. It features the familiar Cat in the Hat and two children as they travel to the Feeling Great Clinic in far-off Fadoo. In classic Dr. Seuss style, they learn about exercise, germs, eating healthy, dental hygiene, the importance of sleep, and other aspects of being healthy. The book includes a glossary, a list of titles for further reading, and an index.</p>		
Oliver's Fruit Salad	Fruits, Taste Something New	2
French, Vivian Orchard Books, 1998		
<p>In this sequel to <i>Oliver's Vegetables</i>, 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.</p>		
Oliver's Milk Shake	Dairy, Farm to Table, MI Agriculture	2
French, Vivian Orchard Books, 2000		
<p>Oliver is a picky eater, but Aunt Jen is determined to get him to drink milk. So Aunt Jen and Lily take Oliver to the farm to get the ingredients for one of her yummy milk shakes. Using gentle humor and descriptive language that becomes progressively more elaborate and witty, Oliver experiences the animals and produce at the farm. The appealing text is enhanced with bold, vibrant illustrations. This book is the third in a series of Oliver books and could serve as an effective springboard for making nutritional milk shakes in the classroom.</p>		

Title	Themes	Rating
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Oliver's Vegetables

French, Vivian
Orchard Books, 1995

Gardening, Intergenerational,
Taste Something New, Vegetables

2

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 fried potatoes.

One Bean

Rockwell, Anne
Walker and Company, 1998

Gardening, MI Agriculture, Vegetables

2

This simple, informative book describes starting with one bean and growing a bean plant. Told through the eyes of a child, the text is engaging and the cut-paper illustrations appealing. 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.

**One Grain of Rice:
A Mathematical Folktale**

Demi
Scholastic Press, 1997

Counting and Math, Other Cultures'
Food & Customs, Grains

3

This picture book relates how an Indian village girl cleverly outwits a selfish raja when he refuses to share rice with his starving people. Children will enjoy discovering how one grain of rice becomes more than one billion in 30 days. This retold folktale emphasizes the importance of fairness and demonstrates how mathematics can solve a difficult problem. The detailed illustrations, inspired by traditional Indian miniature paintings, convey a sense of the culture of India.

One Lonely Sea Horse

Freymann, Saxton and Joost Elffers
Scholastic Press, 2000

Counting and Math, Food Art, Fruits, Vegetables

2

This counting book about friendship is completely illustrated with vegetable and fruit sculptures. The artist uses nearly 500 different fruits and vegetables to show underwater scenes and sea creatures. This colorful picture book with rhyming text is a great way to introduce children to new foods. It could, also, serve as a model for an art project.

One Potato

Pomeroy, Diana
Harcourt Brace & Company, 1996

Counting and Math, Food Art, Fruits, Vegetables

2

Using potato print illustrations, this counting book features delicious looking fruits, vegetables, and seeds to count up to 100. Both younger and older readers will enjoy looking at the unusual illustrations and then making their own books using potato printing. Directions and ideas for project are included.

Orange Juice

Chessen, Betsey and Pamela Chanko
Scholastic Inc., 1998

Fruits, Growing Fruit

2

Part of the *Emergent Readers* series, 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.

Title	Themes	Rating
Pancakes for Breakfast de Paola, Tomie Scholastic Inc., 1978	Breakfast, Cooking, Grains	2
<p>This delightfully illustrated, wordless picture book takes readers through all the necessary steps to gather the ingredients needed for pancakes. But what happens when the pets eat all the ingredients before breakfast is ready? Children will enjoy telling the story that the illustrations show. Creative drama, problem solving, and writing can easily be incorporated in the lesson by using this book.</p>		
Pancakes, Pancakes! Carle, Eric Picture Book Studio, 1990	Books with Recipes, Breakfast, Cooking, Grains	3
<p>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. Eric Carle's bold illustrations and distinctive story-telling style make this a read-aloud children will want to hear over and over. It also could be used as an introduction to a classroom cooking project.</p>		
Peanut Butter and Jelly Westcott, Nadine Bernard Tumpet Club, 1987	Bread, Fun with Food, Grains, Sandwiches	3
<p>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.</p>		
Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess Galacios, Argentina Beck-Vaughn Company, 1992	Fun with Food, Food Poetry	2
<p>From the <i>Ready, Set, Read!</i> series, 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.</p>		
Peanut Butter Jam, The Passau, Elizabeth Sussman Health Press, 2001	Food Allergies	1
<p>This book begins with a foreword that describes how peanut allergies affect approximately 1.5 million Americans and explains that the story is written to help children understand what it is like to live with a peanut allergy. Sam's class is making bird feeders by rolling ice-cream cones in peanut butter and then, birdseed. But Sam is so allergic to peanuts that he can't even sit near his friends when they have peanut butter. When Jack teases him about being afraid, Sam touches the peanut butter, has a severe allergic reaction, and must be rushed by ambulance to the hospital emergency room. The next day, when Sam returns to school, Jack apologizes and then confides that he has an allergy to cats.</p>		
Peanut Butter Party Harlip, Remy Bicycle Press, 1999	Books with Recipes, Food Art, Fun with Food	2
<p>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 springboard for activities and creative writing.</p>		

Title	Themes	Rating
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Peanut Butter Rhino

Andriani, Vincent
Scholastic Inc., 1994

Fun with Food, Sandwiches

3

This whimsical story is about a Rhino who can't find his peanut butter sandwich because it is smashed on his backside. When he finally finds it, Elephant saves the day by sharing his sandwich with Rhino. Children will enjoy this simple and silly story; beginning readers will enjoy being able to read it independently.

Picking Apples & Pumpkins

Hutchings, Amy and Richard
Scholastic Inc., 1994

Fall Harvest, Fruits, MI Agriculture

2

Kristy and her friends and family go to an orchard to pick apples and choose pumpkins. This book uses photos of an actual family to convey the fun and warmth involved in doing things together as a family. 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.

Picking Peas for a Penny

Medearis, Angela Shelf
Scholastic Inc., 1990

African-American Food & Family, Counting and Math, Gardening, Vegetables

3

Using a counting rhyme and a biographical poem, this picture book provides a glimpse of a close-knit African-American family seen through the children's eyes during the Depression. Although times are tough, picking peas provides the children with pennies to spend on Saturday night. The book is based on the experiences of the author's family and a photo of family members is included.

Pickles in My Soup

Pearson, Mary
Children's Press, 1999

Taste Something New

3

A *Rookie Reader Book*, 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. The last page of the book contains a word list and information about the author and illustrator.

Pickles to Pittsburgh

Barrett, Judi
Atheneum Books for Young Readers, 1997

Fun with Food, Seasons and Weather

2

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 additional theme of sharing resources with the world community.

Pie is Cherry, The

Rex, Michael
Henry Holt and Company, 2001

Cooking, Potluck

3

Using bright, colorful illustrations and simple text, this picture book takes us on a tour of the kitchen throughout all the meals of the day, concluding with yummy dessert. Beginning readers could easily experience success with the repetitive sentence structure and picture clues. It also could be a model for children to write their own sentences or make books about their own kitchens or other rooms of the house.

Title	Themes	Rating
<p>Pigs in the Pantry: Fun with Math and Cooking Axelrod, Amy Scholastic Inc., 1997</p>	Books with Recipes, Cooking, Counting and Math	2
<p>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.</p>		
<p>Pizza Comay, Saturnino Scholastic Inc., 1994</p>	Books with Recipes, Cooking, Pizza	2
<p>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," using sliced English muffins, tomato sauce, and shredded mozzarella cheese.</p>		
<p>Pizza Party! Acciarone, Grace Scholastic Inc., 1994</p>	Cooking, Pizza	2
<p>Appealing multicultural illustrations and a simple text take children through the steps of making a pizza. Beginning readers will enjoy reading this <i>Hello Reader! Preschool – Grade 1</i> book independently. It can be used as a springboard for a classroom cooking experience.</p>		
<p>Pizza Pat Gelman, Rita Golden Random House, 1999</p>	Pizza	1
<p>Pizza Pat makes a pizza using choppy cheese, sloppy sausages, gloppy tomatoes, and floppy dough, but what happens when mice from the neighborhood steal it away? Witty and appealing illustrations accompany the text which uses a familiar, cumulative rhyme similar to "The House that Jack Built." This story is a Step 1 Book for preschool through grade 1 in the <i>Step into Reading Series</i>.</p>		
<p>Pizza Pokey Woodt, Jeffrey Steck-Vaughn Company, 1998</p>	Pizza, Read and Move	3
<p>The familiar song, <i>Hokey Pokey</i>, forms the basis for this lively book about making pizza. Amusing illustrations encourage children to move about as they imitate making a pizza. Beginning readers can experience success with the repetitive, rhythmic text. It can also serve as a model for writing additional rhymes using the same pattern.</p>		
<p>Popcorn Moran, Alex Harcourt Brace & Company, 1999</p>	Fun with Food, Grains	3
<p>This <i>Green Light Reader K - Grade 1</i> 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. The back cover includes a paragraph titled, "Meet the Illustrator."</p>		

Title	Themes	Rating
<p>Popcorn Book, The de Paola, Tomie Scholastic Inc., 1978</p>	<p>Books with Recipes, Grains, Other Cultures' Food & Customs</p>	2
<p>This picture book is full of fascinating popcorn facts set within a story line of two children making popcorn. Although the book was written before microwave popcorn became popular, it is still appealing and has interesting information. Two recipes for making traditional popcorn are included with a warning to ask a grownup or older child to help.</p>		
<p>Popcorn Shop, The Low, Alice Scholastic Inc., 1993</p>	<p>Fun with Food, Grains</p>	3
<p>This <i>Hello Reader! Grades 1 & 2</i> 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.</p>		
<p>Potatoes on Tuesday Lillegard, Dee Scott, Foresman and Company, 1995</p>	<p>Making Soup, Vegetables</p>	2
<p>The raccoon family has a different vegetable for each day of the week resulting in a big pot of stew. A Level 1 book in the <i>Let Me Read Series</i>, this book is designed for children, ages 2 to 4. Suggestions to parents to help their children become readers are clearly presented at the back of the book.</p>		
<p>Potluck Shelby, Anne Orchard Books, 1991</p>	<p>ABC's, Potluck</p>	2
<p>Alpha and Betty plan a potluck and their friends bring everything from A-to-Z: Acton appeared with asparagus soup, and Zeke and Zelda zoomed 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.</p>		
<p>Pretend You're A Cat Marzollo, Jean Trumpet Club, 1990</p>	<p>Physical Activity, Read and Move</p>	2
<p>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 animal. Illustrations show both the animal and the children pretending. This creative book can be used in ways including creative drama, chart reading, and a model for children to write and illustrate their own books.</p>		
<p>Princess and the Pizza, The Auch, Mary Jane and Herm Auch Holiday House, 2002</p>	<p>Pizza</p>	3
<p>This fractured fairy tale tells how pizza was invented when an out-of-work princess enters a competition to become Prince Drupert's bride. Clever and witty with many twists and turns, this hilarious tale weighs the advantages and disadvantages of choosing the princess life as a career and comes down firmly in the contemporary corner.</p>		

Title	Themes	Rating
Pumpkin Circle: The Story of a Garden Levenson, George Tricycle Press, 1999	Fruits, Gardening, MI Agriculture	2
<p>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. It is based on the award-winning <i>Pumpkin Circle</i> video. The last page of the book provides factual information about pumpkins.</p>		
Pumpkin Day, Pumpkin Night Stockwell, Anne Walker and Company, 1999	Fall Harvest, Fruits, MI Agriculture	3
<p>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.</p>		
Pumpkin Fiesta Jacobowitz, Caryn Harper Collins Publishers, 1998	Books with Recipes, Fruits, Gardening	2
<p>In this humorous pumpkin growing tale, 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, and it would make a good class project.</p>		
Pumpkin Soup Cooper, Helen Doubleday, 1999	Books with Recipes, Cooking, Making Soup, MI Agriculture	3
<p>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.</p>		
Pumpkins Day, Mary Lyn Harcourt Brace Jovanovich, 1992	Fruits, Gardening, MI Agriculture	3
<p>A man is sad when he sees a beautiful field for sale, because he knows it will become a development. Together he and the field find a way to earn money to save it by growing pumpkins and then selling them. Although the story is a fantasy, it has a strong, real life message about conservation. This picture book could be read as a story for young children or used as a springboard for discussion of social issues with older students. The author is an ardent conservationist who once bought a field to prevent development, and, with her neighbors, has protected over 5,000 acres of farm and forest land.</p>		
Rabbit Food Bretz, Susanna Candlewick Press, 1999	Outside Activity, Taste Something New, Vegetables	2
<p>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.</p>		

Title	Themes	Rating
<p>Raising Cows on the Koebels' Farm Flanagan, Alice K. Children's Press, 1999</p>	Dairy, Farm to Table, MI Agriculture	2
<p>Part of the <i>Our Neighborhood</i> series, 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.</p>		

<p>Rattlesnake Dance Amosky, Jim Scholastic Inc., 2001</p>	Read and Move	3
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Want to turn your class into wriggling, hissing, slithering snakes? This lively picture book begins with the music for the "Rattlesnake Dance," followed by humorous illustrations of this witty song. It makes an excellent springboard to art, music, language arts, and physical education activities.

<p>Rice Is Life Gelman, Rita Golden Henry Holt and Company, 2000</p>	Other Cultures' Food & Customs, Grains	2
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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.

<p>Round the Garden Glaser, Omri Harry N. Abrams, Inc., 2000</p>	Gardening, Seasons and Weather, Vegetables	3
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Written as a cyclic tale, children learn how a tear forms a puddle, that becomes a cloud, that makes the rainfall, 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.

<p>Runaway Tortilla, The Kimmel, Eric A. Winslow Press, 2000</p>	Bread, Grains, Other Cultures' Food and Customs	3
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Tia Lupe and Tio José own a taquería 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 José 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.

<p>Running the Road to ABC Lauture, Denize Simon & Schuster Books for Young Readers, 1996</p>	Outside Activity	3
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Set in Haiti, and based on the childhood experiences of the author who is a Haitian poet, this tale celebrates the joys of children running to a special place where they will learn. Rising before dawn, the children race as fast as they can through the countryside and village to the school. Colorful acrylic paintings depict the lush surroundings.

Title	Themes	Rating
Scarlette Beane Wallace, Karen Dial Books for Young Readers, 1999	Gardening, Vegetables	3
<p>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."</p>		
Scrambled Eggs Super! Seuss, Dr. Random House, 1953	Fun with Food	3
<p>In classic Dr. Seuss fashion, this silly rhyming book about Peter T. Hooper tells a tall tale of how he found the most unusual eggs for his scrambled eggs concoction. Amusing illustrations of strange fantasy birds cover the pages. Dr. Seuss' books can always be used as models for children to engage in creative writing, imaginative drawing, or creative drama.</p>		
Seasons of Arnold's Apple Tree, The Gibbons, Gail Scholastic Inc., 1984	Books with Recipes, Fall Harvest, Fruits, MI Agriculture, Seasons and Weather	2
<p>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.</p>		
Seven Silly Eaters, The Loberman, Mary Ann Scholastic Inc., 1997	Cooking, Taste Something New	3
<p>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.</p>		
Shaina's Garden Patrick, Denise Lewis Maddin Paperbacks, 1996	African-American Food & Family, Gardening, Vegetables	2
<p>Today is a special day as Shaina learns to plant a garden in this Nick Jr. book for young children. 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.</p>		
Shimmy Shake Earthquake: Don't Forget to Dance Poems Barber, Cynthia Little, Brown and Co., 1992	Physical Activity, Read and Move	3
<p>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.</p>		

Title	Themes	Rating
Slip! Slide! Skate! Herman, Gail Scholastic Inc., 1999	Outside Activity	3

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. Part of the *Hello Reader! Level 2* series, this book could be read independently by children reading at a first grade level.

Soup for Supper Root, Phyllis Harper & Row, 1986	Making Soup, Vegetables	2
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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. Children reading at second-grade level and above could read this book independently or it would make a good read-aloud.

Spaghetti and Meatballs for All! Burns, Marilyn Scholastic Press, 1997	Counting and Math	3
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Subtitled, *A Mathematical Story*, and designated a *Marilyn Burns Brainy Day Book*, this delightful picture book is an excellent teaching tool to help children understand the concepts of area and perimeter. It also has an application to aid in understanding and using multiplication concepts. With witty text and humorous illustrations, we follow the complications of the Comfort family as they try to seat and feed 32 people for dinner. The book concludes with a three-page section explaining the math concepts and gives suggestions to extend the children's learning.

Spice Alphabet Book, The Pallotta, Jerry Charlesbridge Publishing, 1994	ABC's	2
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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. This book would be an excellent resource and could serve as a model for children to research and write their own informational alphabet books. "Artist Notes" provide additional information about each plant.

Spoon for Every Bite, A Hayes, Joe Orchard Books, 1996	Other Cultures' Food & Customs	3
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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!

Title	Themes	Rating
Staying Healthy: Let's Exercise		
McGinty, Alice B. Franklin Watts, 1998	Physical Activity, Body Parts	4
One of the titles from The Library of Healthy Living, this book provides an overview of physical fitness using lively text and colorful photographs with children engaged in various activities. It also includes easy-to-understand information about bones, muscles, lungs, and the heart. This book has a table of contents, glossary, and an index.		
Still-Life Stew		
Pittman, Helena Clare Hyperion Books for Children, 1998	Books with Recipes, Cooking, Fun with Food, Gardening, Making Soup, Vegetables	2
For the teacher who is looking for a core book as a springboard for integrating nutrition education, art, language arts, and math, <i>Still-Life Stew</i> is a must! While the story line is simple—Rosa grows vivid, colorful vegetables, picks them for her still-life painting, and then makes them into a tasty, slurpy, yummy stew—the possibilities are endless. The author takes us on a wild romp through a carnival of adjectives describing the vegetables, such as “Jip-jaggedy sip-zany zucchini; green, gritty, earthy spinach; and stalky, stringy, rooty spinach.” The book concludes with information on how the author and illustrator created the book, ingredients for making the pictures, and a recipe for vegetable stew.		
Story of Chopsticks, The		
Compestine, Ying Chang Holiday House, 2001	Books with Recipes, Other Cultures' Food & Customs	3
The youngest son in the Kang family never gets enough to eat until he discovers he can use sticks to get the food while it is still hot. Soon, everyone in China is using chopsticks. Illustrations, using cut paper in the traditional Chinese style, enhance this picture book. The last page includes an author's note explaining the origin of chopsticks, how to use them, and a recipe for “Sweet Eight Treasures Rice Pudding.”		
Story of Johnny Appleseed, The		
Aliko Trumpet Club, 1989	Fruits, Growing Fruit	3
First published in 1963, this biography of John Chapman remains a favorite with children and teachers. Johnny Appleseed's simple life and gentle philosophy left a lasting impression on our country. The folk art illustrations are done in color and black-and-white. This picture book could be a read-aloud or read independently by children reading at the second-grade level.		
Summer My Father Was Ten, The		
Brisson, Pat Scholastic Inc., 1998	Gardening, Intergenerational, Vegetables	2
A heartwarming, intergenerational story of a boy who at age ten destroys his neighbor's vegetable garden. The following year, he apologizes and helps to plant, tend, and harvest a new garden. The relationship between the boy and his neighbor becomes lifelong, and the boy learns to accept and value cultural and age differences. Lessons of responsibility and consequences can be drawn from this beautiful book.		
Sun Bread		
Kleven, Elisa Dutton Children's Books, 2001	Books with Recipes, Bread, Cooking, Grains	3
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.		

Title	Themes	Rating
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Supermarket

Krull, Kathleen Holiday House, 2001	Food Guide Pyramid, Shopping	1
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Supermarkets are such a commonplace part of most children's everyday life, that their complexity and value can easily be overlooked. This up-to-date informational book readily meets that challenge as it explains the behind-the-scenes workings of today's modern supermarket and how all those groceries and other nonfood items are acquired, organized, displayed, and sold. It even includes how computers, electronic scanners, and the Internet are used. Additionally, this well-crafted book provides a brief history of how families went from growing all their own food to purchasing almost everything at today's supermarket. The lively text and colorful illustrations are supplemented with inserts providing more fascinating facts about food and families' buying habits. This extraordinary book also describes how children can learn to read and practice math in the supermarket and presents the Food Guide Pyramid.

Surprise Garden, The

Hall, Zoe Scholastic Inc., 1998	Gardening, Vegetables	2
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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 lasting party with fresh garden produce.

Tap-Tap

Williams, Karen Lynn Clarion Books, 1994	Other Cultures' Food & Customs	3
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Eight-year-old Sasifi and her mama walk to the Haitian market to sell their oranges. It's a long, hot walk and Sasifi complains that she wants to ride in a *tap-tap*, a brightly colored truck that carries passengers and goods. But, Mama says they don't have enough money. How Sasifi earns money for the trip home in the *tap-tap*, and their experiences in the market and the *tap-tap* reveal aspects of Haitian culture. Haitian food enlivens the text and watercolor illustrations.

Taste

Hurwitz, Sue PowerKids Press, 1997	Taste Something New	2
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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. Part of *The Library of the Five Senses and the Sixth Sense*, it keeps technical vocabulary to a minimum and uses good examples. It includes a glossary and an index.

Taste of Honey, A

Wallace, Nancy Elizabeth Winslow Press, 2001	Honey	2
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Lily Bear is always asking questions. When she opens a jar of honey, each question she asks Poppy about it stimulates another question. Cutout illustrations and simple text accompanied by clear diagrams and sidebars tell the story of where honey comes from and how it is made. The book concludes with a honey game and honey facts.

Taste of the Mexican Market, A

Tabor, Nancy Maria Grande Charlesbridge, 1996	Fruits, Other Cultures' Food & Customs, Spanish Translations, Shopping, Vegetables	1
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This bilingual book, written in both Spanish and English, introduces children to the foods and customs in a colorful Mexican market. It also involves them in counting and measuring activities and concludes with a list of ten questions to answer using information in the book.

Title	Themes	Rating
Thanks to Cows Fowler, Allan Children's Press, 1992	Dairy, Farm to Table, MI Agriculture	2
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book describes in simple terms how cows make milk and then how it is processed into various food products. Using appealing color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		
This is the Way We Eat Our Lunch Gaer, Edith Scholastic Hardcover, 1995	Books with Recipes, Other Cultures' Food & Customs	2
<p>Using rhyming text and colorful illustrations, this charming picture book takes you on a global trip sampling different foods children have for lunch. The book shows children and food from nine states and several countries around the world. A map shows where the countries are located. Recipes and interesting food facts titled, "Did you know that..." are included, as well as a wealth of information that could be used to introduce an international food-tasting experience.</p>		
Thunder Cake Polacco, Patricia Scholastic Inc., 1990	Books with Recipes, Cooking, Intergenerational, MI Agriculture, Other Cultures' Food & Customs	2
<p>The author tells us that, as a child, she was afraid of Michigan summer storms until Grandma involves her in making a Thunder Cake. Following Grandma around the farm to gather ingredients for the cake, she has several scary experiences that help her learn to be brave. Grandma's recipe for "Thunder Cake" follows the story.</p>		
To Be a Kid Jymera, Maya and John D. Ivanko Charlesbridge, 1999	Other Cultures' Food & Customs, Outside Activity, Physical Activity	3
<p>Chris and Martin Kratt from the popular PBS shows <i>Kratts' Creatures</i> and <i>Zoboomafoo</i>, provide a lively foreword to this attractive book. Large, colorful photographs accompanied by brief text show children from around the world involved in similar activities. The last two pages describe the many things kids have in common no matter where they live. This book could serve as an excellent springboard for class discussion or a model for a school photo album.</p>		
To Market, To Market Miranda, Anne Scholastic Inc., 1997	Making Soup, Shopping, Vegetables	3
<p>This witty read-aloud book is a variation of the familiar nursery rhyme. After bringing animals home from the 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.</p>		
Today Is Monday Carle, Eric Scholastic Inc., 1993	Taste Something New	2
<p>Using paint and tissue paper collage, illustrations show animals enjoying foods like string beans, spaghetti, "zooooop", 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.</p>		

Title	Themes	Rating
Tomatoes Landau, Elaine Children's Press, 1999	Books with Recipes, Farm to Table, Fruits, Growing Fruit, Vegetables	1
<p>One of the titles in <i>A True Book</i> series, this book describes how tomatoes are grown, different kinds of tomatoes, why they are a healthy food, and how they are used. It also provides historical information and a recipe for pizza bagels. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and a photograph and information about the author.</p>		

Too Many Pumpkins White, Linda Holiday House, 1996	Fall Harvest, Fruits, MI Agriculture	2
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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?

Too Many Tamales Soto, Gary Scholastic Inc., 1993	Other Cultures' Food & Customs	2
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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.

Tops and Bottoms Stevens, Janet Harcourt Brace & Company, 1995	Gardening, Vegetables	2
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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, the picture book is a classroom favorite and can be used to help children learn about vegetables.

Tortilla Factory, The Paulsen, Gary Harcourt Brace & Company, 1995	Bread, Farm to Table, Grains, Other Cultures' Food & Customs	2
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Gary Paulsen, one of America's favorite authors for young people, collaborates with his wife, Ruth, who creates oil-on-line paintings to illustrate this book about making tortillas. Paulsen's simple, but eloquent, language takes the reader on a journey from field to factory to table explaining the creation of a tortilla. On a deeper level, this picture book celebrates the life cycle where the tortilla nourishes the farmer who once again plants seed for the corn to make tortillas.

Treats from a Tree Canizares, Susan and Mary Reid Scholastic Inc., 1998	Farm to Table, MI Agriculture	2
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This easy-to-read informational book, part of the *Emergent Readers* series, 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. The book concludes with two pages of more detailed information for the teacher or parent. The question-and-answer format could be easily adapted for the class to make their own informational books.

Title	Themes	Rating
Tumbleweed Stew Crummel, Susan Stevens Harcourt, Inc., 2000	Making Soup	2
<p>A 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. Children reading at late first-grade or early second-grade levels could read this <i>Green Light Reader – Level 2</i> book with some adult assistance.</p>		
Twist With A Burger, Jitter With A Bug Lowery, Linda Houghton Mifflin Company, 1995	Read and Move	3
<p>This lively picture book will have children moving and dancing as it takes a humorous look at various kinds of dancing. Using rhyming text and illustrations with colorful cut-paper collages, it makes an excellent springboard to art, music, language arts, and physical education activities.</p>		
Ugly Vegetables, The Lin, Grace Charlesbridge Publishing, 1999	Books with Recipes, Gardening, Making Soup, Other Cultures' Food & Customs, Vegetables	2
<p>The neighbors have a beautiful flower garden, but a little girl thinks her vegetable garden is ugly. As she and her mother plant, water, and harvest their Chinese vegetables called <i>long shin tsay</i>, <i>shiann tsay</i>, <i>jeou tsay</i>, <i>tomg hau</i>, <i>sheau hwang ua</i>, <i>sy gua</i>, <i>kuu gua</i>, and <i>wo loo fwo</i>, the girl wants to know why they do everything differently from their neighbors. Soon her neighbors want to know how to do things like they do. This is an excellent multicultural book and can be used as a springboard for discussions about appreciating differences. A glossary of the "ugly" vegetables, a pronunciation guide, and a recipe for "Ugly Vegetable Soup" are included.</p>		
Unbeatable Bread, The Hoopes, Lyn Littlefield Scholastic Books for Young Readers, 1996	Bread, Cooking, Grains	2
<p>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.</p>		
Uncle Willie and the Soup Kitchen DiSalvo-Ryan, Dyanne Morrow Junior Books, 1991	Making Soup	3
<p>A young boy accompanies his Uncle Willie to a neighborhood soup kitchen where Uncle Willie works preparing and serving food to the hungry. At first the boy is uncomfortable, but he soon learns that it is a friendly place where people try to help others. The book begins with a note about soup kitchens from the director of a community food bank.</p>		
Vegetable Group, The Frost, Helen Pebble Books, 2000	Food Guide Pyramid, Vegetables	1
<p>One of the titles in <i>The Food Guide Pyramid</i> series, this book explains the Food Guide Pyramid and describes the foods that are part of the vegetable group. It also discusses why it is important to eat vegetables. Simple text and colorful photographs of children make this informational book accessible for beginning readers. It includes a table of contents, key vocabulary and definitions, a list of both print and Internet resources, and an index.</p>		

Title	Themes	Rating
Vegetable Show, The Brown, Laurene Krasny Little, Brown and Co., 1995	Fun with Food, Vegetables	2
<p>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 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.</p>		

Vegetable Soup Morris, Ann Scholastic Inc., 1994	Making Soup, Vegetables	2
<p>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.</p>		

Vegetables, Vegetables! Robinson, Fay Children's Press, 1994	Farm to Table, MI Agriculture, Vegetables	2
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book begins with a question and then provides interesting information about vegetables, including various kinds, how they're grown, and how they're eaten. It also describes why vegetables are healthy for us to eat and how to make a simple salad. Using appealing color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		

Veggie Soup Donohue, Dorothy Winslow Press, 2000	Making Soup, Vegetables	2
<p>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 at the end of the book.</p>		

Very Hungry Caterpillar, The Carle, Eric Scholastic Inc., 1987	Taste Something New	3
<p>A very hungry caterpillar munches his way through too much food and then has a stomach ache. 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.</p>		

Victory Garden Vegetable Alphabet Book, The Pallotta, Jerry and Bob Thomson Charlesbridge Publishing, 1992	ABC's, Gardening, Vegetables	2
<p>Rich, warm illustrations are the highlight of this alphabet picture book about gardening. Each letter of the alphabet features a vegetable along with interesting information. For example, we learn that: "R is for Radicchio. Radicchio is an Italian vegetable like lettuce, but it is not green. Fancy restaurants often use Radicchio as a decoration because of its unique color. The people who eat Radicchio enjoy its slightly bitter taste." With the letter V we also learn what a Victory Garden is.</p>		

Title	Themes	Rating
Vitality Marsons, John Gibby, 2001	Food Guide Pyramid	1
<p>This book uses a newspaper format to record a typical week in the life of a normal human body approximately 12 years old. The newspaper, <i>Vitality Voice</i>, focuses on stories about vitamins and their effect on the body, but it also includes advertisements, weather reports, and letters to the editor. Its motto is "The Daily Newspaper That Prints All the News Fit to Eat!" The clever writing and ample use of color photographs makes this an appealing informational book for upper elementary school students or as a teacher read-aloud for younger students. The book also contains a table of contents, index, and glossary.</p>		
Vitamins and Minerals Halbacken, Joan Children's Press, 1998	Body Parts, Food Guide Pyramid	1
<p>One of the titles in <i>A True Book</i> series, this book introduces major vitamins and minerals found in various foods and how they contribute to healthy nutrition. Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and information about the author, including a photograph.</p>		
Walter the Baker Carle, Eric Simon & Schuster Books for Young Readers, 1995	Bread, Cooking, Grains	2
<p>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 eggs 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, they will be banished forever. How Walter meets the challenge with his new invention completes another charming Eric Carle story with his distinctive illustrations.</p>		
Warthogs in the Kitchen Stwards, Pamela Duncan Scholastic Inc., 1998	Books with Recipes, Counting and Math	3
<p>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.</p>		
We Can Eat the Plants Williams, Rozanne Lanczak Creative Teaching Press, Inc., 1994	Gardening, Vegetables	2
<p>This 8-page book is part of the <i>Learn to Read Science</i> series 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. It also describes a related tasting party activity, Munch a Bunch.</p>		
We Had a Picnic This Sunday Past Woodson, Jacqueline Scholastic Inc., 1997	African-American Food & Family, Potluck	3
<p>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.</p>		

Title	Themes	Rating
We Love Fruit! Robinson, Fay Children's Press, 1992	Farm to Table, Fruits, Growing Fruit, MI Agriculture	2
<p>One of the titles in the <i>Rookie Read-About Science</i> series, this book begins with a question and then provides interesting information about fruits, including various kinds, how they're grown, and how they're eaten. It also describes the relationship between fruits and seeds and why fruits are healthy for us to eat. Using appealing color photographs and clearly written text, the book concludes with two pages of key vocabulary and an index.</p>		

We Love Soccer! Harrison, Peggy Random House, 2002	Outside Activity, Physical Activity	2
<p>Megan describes how she and her friends learn to play soccer and takes us through a season with her team. Using color photographs of real children, this book is both informative and engaging.</p>		

We're Going on a Picnic! Hutchins, Pat Greenwillow Books, 2002	Fruits	3
<p>Hen, Duck, and Goose decide to go on a picnic because it is such a lovely day. They pick apples, berries, and pears, put them in a basket, and set out to find a picnic spot. But, they can't agree upon it and, as they travel along, the illustrations reveal a surprise to the young readers.</p>		

We're Making Breakfast for Mother Neitzel, Shirley Greenwillow Books, 1997	Breakfast	3
<p>Using rhymes, rebuses, and repetition, this picture book tells the story of making breakfast for Mother. The family wants 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.</p>		

What Food Is This? Hausherr, Rosemarie Scholastic Inc., 1994	Food Guide Pyramid	1
<p>This book uses photographs and a question/answer format to provide information about food. On alternating pages, brightly colored photos of children ask a question such as, "What sweet food is made by insects?" Each photo contains clues to the answer. The next page has a black-and-white photo, facts, and terminology about the food. The last four pages contain helpful information for adults including a glossary, Food Guide Pyramid, and suggestions for parents to help promote good nutrition.</p>		

What Happens to a Hamburger? Showers, Paul Thomas Y. Crowell Co., 1970	Food Guide Pyramid	1
<p>This book explains how our bodies use the food we eat. It describes the digestive process using clear, easy-to-understand language and diagrams. The text has simple experiments and familiar examples, and most of the illustrations are black-and-white with some use of color. This book was published in 1970 and lacks the vivid illustrations we expect in contemporary picture books. But, the information could be used by teachers to help children understand what happens to the food they eat.</p>		

Title	Themes	Rating
What You Never Knew about Fingers, Forks, & Chopsticks Huber, Patricia Laddin Paperbacks, 1999	Other Cultures' Food & Customs	3
<p>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. It includes a bibliography of books related to this topic.</p>		
What's for Lunch? Banana Robson, Pam Children's Press, 1997	Farm to Table, Fruits, Growing Fruit	1
<p>Part of the <i>What's for Lunch?</i> series, this title describes how bananas are grown and distributed to people all around the world. It also describes why bananas are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>		
What's for Lunch? Bread Jewell, Claire Children's Press, 1999	Bread, Farm to Table, Grains, Other Cultures' Food & Customs	1
<p>Part of the <i>What's for Lunch?</i> series, this title describes how wheat is grown and made into various kinds of bread for people all around the world. It also describes why bread is healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>		
What's for Lunch? Corn Robson, Pam Children's Press, 1997	Farm to Table, MI Agriculture, Vegetables	1
<p>Part of the <i>What's for Lunch?</i> series, this title describes how corn is grown and made into various kinds of food for people all around the world. It also describes why corn is healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>		
What's for Lunch? Eggs Jewell, Claire Children's Press, 1999	Farm to Table	1
<p>Part of the <i>What's for Lunch?</i> series, this title describes how eggs are gathered and made into various kinds of food for people all around the world. It also describes why eggs are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>		
What's for Lunch? Milk Jewell, Claire Children's Press, 1998	Dairy, Farm to Table, MI Agriculture	1
<p>Part of the <i>What's for Lunch?</i> series, this book provides clearly written information about milk from its inception in cows to its consumption as dairy products. Large color photographs enhance the text. Vocabulary words are printed in bold type throughout the book and also defined in a two-page glossary at the back of the book. It concludes with a topical index.</p>		

Title	Themes	Rating
<p>What's for Lunch? Oranges Llewellyn, Claire Children's Press, 1999</p> <p>Part of the <i>What's for Lunch?</i> series, this title describes how oranges are grown and distributed to people all around the world. It also describes why oranges are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>	Farm to Table, Fruits, Growing Fruit	1
<p>What's for Lunch? Peanuts Llewellyn, Claire Children's Press, 1998</p> <p>Part of the <i>What's for Lunch?</i> series, this title describes how peanuts are grown and made into various kinds of food for people all around the world. It also describes why peanuts are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>	Farm to Table	1
<p>What's for Lunch? Peas Llewellyn, Claire Children's Press, 1999</p> <p>Part of the <i>What's for Lunch?</i> series, this title describes how peas are grown and used in various kinds of dishes for people all around the world. It also describes why peas are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>	Farm to Table, Vegetables	1
<p>What's for Lunch? Potatoes Llewellyn, Claire Children's Press, 1998</p> <p>Part of the <i>What's for Lunch?</i> series, this title describes how potatoes are grown and made into various kinds of food for people all around the world. It also describes why potatoes are healthy to eat. This informational book uses color photographs with clear text and includes a glossary and an index.</p>	Farm to Table, MI Agriculture, Vegetables	1
<p>What's for Lunch? Rice Robson, Pam Children's Press, 1997</p> <p>Part of the <i>What's for Lunch?</i> series, this title describes how rice is grown and made into food for people all around the world. It also describes different types of rice and why it is healthy for people to eat it. This informational book uses color photographs with clear text and includes a glossary and an index.</p>	Farm to Table, Grains, Other Cultures' Food & Customs	1
<p>Wheat Canizares, Susan and Pamela Chanko Scholastic Inc., 1999</p> <p>This easy-to-read informational book, part of the <i>Emergent Readers</i> series, 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. The book concludes with two pages of more detailed information for the teacher or parent. This format could be easily adapted for the class to make their own informational books.</p>	Farm to Table, Grains, Bread	2

Title	Themes	Rating
Wheat Landau, Elaine Children's Press, 1999	Books with Recipes, Bread, Farm to Table, Grains, MI Agriculture	1
<p>One of the titles in <i>A True Book</i> series, this book describes how wheat is grown, different kinds of wheat, the various ways it is used, and why it is healthy for us. It also provides historical information and a recipe for "Crunchy Granola." Colorful photographs with captions enhance this informational text. The book also includes a table of contents, a list of both print and Internet resources, key vocabulary, an index, and a photograph and information about the author.</p>		
Where on Earth Is My Bagel? Park, Frances and Ginger Park Lee & Low Books Inc., 2001	Bread, Farm to Table, Grains, Other Cultures' Food and Customs	3
<p>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, a fisherman, a beekeeper, and a baker he discovers a creative solution that makes everyone happy.</p>		
Yoko Wells, Rosemary Scholastic Inc., 1998	Other Cultures' Food & Customs, Taste Something New	2
<p>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; and later, when he sneaks a coconut crisp into Yoko's pocket, she discovers she likes it better than her red bean ice cream. This delightful book provides an excellent springboard for talking about dishes from ethnic backgrounds and trying new food.</p>		
Yummy! Eating Through a Day Hopkins, Lee Bennett Simon & Schuster Books for Young Readers, 2000	Food Poetry	2
<p>Selected by noted poet and author Lee Bennett Hopkins, this collection provides poems for every meal of the day, including snack and dessert. Bold, fanciful illustrations add to its appeal. The table of contents is listed as "Today's Menu."</p>		
Zieglers and Their Apple Orchard, The Flanagan, Alice K. Children's Press, 1999	Growing Fruit, Fruits, MI Agriculture	2
<p>Part of the <i>Our Neighborhood</i> series, 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.</p>		

Michigan Model Nutrition Objectives

Following is a list of nutrition objectives for grades K-3, from the Michigan Model, Comprehensive School Health Education curriculum. Reading these books to or with children can enhance what they are being taught and learning in each lesson.

Kindergarten

K-V-11: *Students will state that eating a variety of foods help them grow.*

- ▲ *Bread and Jam for Frances* by Russell Hoban
- ▲ *D.W. the Picky Eater* by Marc Brown
- ▲ *Gregory, the Terrible Eater* by Mitchell Sharmat
- ▲ *I Will Never Not Ever Eat a Tomato* by Lauren Child
- ▲ *Rabbit Food* by Susanna Gretz

K-V-12: *Students will classify foods according to common characteristics and/or categories.*

- ▲ *The Berry Book* by Gail Gibbons
- ▲ *Bread Bread Bread* by Ann Morris
- ▲ *Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert
- ▲ *Growing Colors* by Bruce McMillan
- ▲ *Oliver's Vegetables* by Vivian French

K-V-7AE: *Students will classify food according to food source: plant or animal.*

- ▲ *The Meat and Protein Group* by Helen Frost
- ▲ *We Can Eat the Plants* by Rozanne Lanczak Williams
- ▲ *We Love Fruit!* by Fay Robinson
- ▲ *What Food is This?* by Rosemarie Hausherr

K-V-7BE: *Students will demonstrate the preparation and serving of nutritious snacks.*

- ▲ *Oliver's Milk Shake* by Vivian French
- ▲ *The Popcorn Book* by Tomie de Paola
- ▲ *Walter the Baker* by Eric Carle

First Grade

- V-9:** ***Students will describe the effects of too little sleep and rest.***
▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
- V-10:** ***Students will name specific ways they can rest.***
▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
- V-11:** ***Students will solve a problem involving the need for rest and sleep by applying the four steps for solving a problem.***
▲ Not applicable to this list
- V-12:** ***Students will state that food is the body's source of energy and is needed for growth.***
▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
- V-13:** ***Students will name the food groups.***
▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
▲ *The Food Pyramid* by Joan Kalbacken
▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
- V-14:** ***Students will list foods belonging in each food group.***
▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
▲ *Everyone Bakes Bread* by Norah Dooley
▲ *I Eat Vegetables!* by Hannah Tofts
▲ *The Meat and Protein Group* by Helen Frost
▲ *Oliver's Fruit Salad* by Vivian French

First Grade (continued)

- 1-V-15:** *Students will list a variety of healthy foods which are essential for growth.*
- ▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
 - ▲ *The Food Pyramid* by Joan Kalbacken
 - ▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
- 1-V-16:** *Students will list healthy snacks from each of the food groups.*
- ▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
 - ▲ *The Food Pyramid* by Joan Kalbacken
 - ▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
 - ▲ *Oliver's Milk Shake* by Vivian French
 - ▲ *The Popcorn Book* by Tomie de Paola
- 1-V-17:** *Students will state that families and individuals have different patterns of healthy eating.*
- ▲ *Come and Eat with Us!* by OXFAM
 - ▲ *Everybody Cooks Rice* by Norah Dooley
 - ▲ *Family* by Isabell Monk
 - ▲ *Let's Eat!* by Ana Zamorano

Second Grade

- VI-1:** **Students will list everyday health habits.**
- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
 - ▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
- VI-2:** **Students will explain that “balance” is important for healthful living.**
- ▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nunn
- VI-3:** **Students will explain the importance of balance between diet and exercise.**
- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
 - ▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nunn
 - ▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
- VI-4:** **Students will list benefits of regular exercise.**
- ▲ *Get in Shape, Jonas!* by Wolfgang D. Hoelscher
 - ▲ *Get Moving: Tips on Exercise* by Kathy Feeney
 - ▲ *Let The Games Begin!* by Maya Ajmera and Michael J. Regan
 - ▲ *The Muscular System* by Helen Frost
 - ▲ *Staying Healthy: Let's Exercise* by Alice B. McGinty
- VI-5:** **Students will compare their own pulse rate when resting and when exercising.**
- ▲ Not applicable to this list
- VI-6:** **Students will demonstrate exercises that increase their pulse rate.**
- ▲ Not applicable to this list

Second Grade (continued)

- 2-VI-7:** *Students will use the five problem-solving steps to solve a problem involving how to maintain an exercise program.*
- ▲ Not applicable to this list
- 2-VI-8:** *Students will name the five food groups, classify foods into each group, and identify favorite foods in each of the five food groups.*
- ▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy
 - ▲ *The Food Pyramid* by Joan Kalbacken
 - ▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
 - ▲ *Supermarket* by Kathleen Krull
- 2-VI-9:** *Students will evaluate combination foods for their contributions to the food group.*
- ▲ *Extra Cheese, Please!* by Cris Peterson
 - ▲ *The Food Pyramid* by Joan Kalbacken
 - ▲ *Make Me a Peanut Butter Sandwich and a Glass of Milk* by Ken Robbins
- 2-VI-10:** *Students will state that some foods contribute very little to our health.*
- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
 - ▲ *Fast Food! Gulp! Gulp!* by Bernard Waber
 - ▲ *Fats, Oils, and Sweets* by Helen Frost
- 22-VI-11:** *Students will identify how each of the food groups contributes to one's health.*
- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
 - ▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
 - ▲ *The Food Pyramid* by Joan Kalbacken
 - ▲ *Vitality* by John Parsons

Second Grade (continued)

VI-12: ***Students will identify the need to eat meals and healthy snacks at regular intervals.***

▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown

VI-13: ***Students will plan to eat snacks that contain foods from the five food groups.***

▲ *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell

▲ *Oliver's Milk Shake* by Vivian French

▲ *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy

▲ *The Food Pyramid* by Joan Kalbacken

▲ *The Popcorn Book* by Tomie de Paola

Third Grade

3-VI-3: Students will define the terms “nutrition,” “nutrient,” and “nutritious.”

- ▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
- ▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nu
- ▲ *The Food Pyramid* by Joan Kalbacken
- ▲ *Vitality* by John Parsons
- ▲ *Vitamins and Minerals* by Joan Kalbacken

3-VI-4: Students will name ways the nutrients in food help keep the body healthy.

- ▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
- ▲ *The Food Pyramid* by Joan Kalbacken
- ▲ *Vitality* by John Parsons
- ▲ *Vitamins and Minerals* by Joan Kalbacken

3-VI-5: Students will list six classes of nutrients.

- ▲ Not applicable to this list

3-VI-E: Students will classify foods by nutrients and the food groups.

- ▲ Not applicable to this list

3-VI-6: Students will name the types and sources of carbohydrates: sugars and starches.

- ▲ Not applicable to this list

Third Grade (continued)

- VI-7:** *Students will explain the functions of carbohydrates.*
▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nunn
- VI-8:** *Students will classify foods according to protein, fat, or carbohydrate content.*
▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nunn
- VI-9:** *Students will summarize the tooth decay process.*
▲ Not applicable to this list
- VI-10:** *Students will explain how carbohydrates impact dental health.*
▲ Not applicable to this list
- VI-11:** *Students will classify snack foods as being harmful or helpful to their teeth.*
▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nunn
- VI-12:** *Students will use the steps in negotiation to plan a meal for the family.*
▲ Not applicable to this list
- VI-13:** *Students will create a nutritious menu.*
▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
▲ *The Food Pyramid* by Joan Kalbacken
▲ *Vitality* by John Parsons
▲ *Vitamins and Minerals* by Joan Kalbacken

Third Grade (continued)

3-VI-14: Students will list ways to break the chain of decay.

- ▲ Not applicable to this list

3-VI-15: Students will practice oral hygiene skills.

- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
- ▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe

3-VI-16: Students will summarize actions they can take to stay healthy.

- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
- ▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nuri
- ▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe

3-VI-17: Students will state a commitment to health habits.

- ▲ *Dinosaurs Alive and Well! A Guide to Good Health* by Laurie Krasny Brown and Marc Brown
- ▲ *Eat Right: Tips for Good Nutrition* by Katie Bagley
- ▲ *Eat Your Vegetables! Drink Your Milk!* by Dr. Alvin Silverstein, Virginia Silverstein, and Laura Silverstein Nuri
- ▲ *The Food Pyramid* by Joan Kalbacken
- ▲ *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe
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MICHIGAN STATE
UNIVERSITY
EXTENSION

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to address the needs of people with mental health problems in the community. The 1983 Mental Health Act (MHA) was amended in 1990 to allow for the admission of people with mental health problems to hospital, if necessary, for their own protection or the protection of others. The 1990 MHA also introduced the concept of 'community treatment orders' (CTOs), which allow for the admission of people with mental health problems to hospital, if necessary, for their own protection or the protection of others.

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