

Nutrition Education Resources

Gregory the Terrible Eater by Mitchell Sharmat.
Review: a story about how Gregory the goat learned to make wise food choices.

My Five Senses by Alikei, Thomas Crowe

How My Parents Learned to Eat by R. Friedman

Pancakes for Breakfast by Tomie de Paola

Book Cooks, Grades 4-6 by Marlene Beierke and Teri Lynes. Creative Teaching Press

Sensory Sleuths; A SENSEsational Lesson on Taste-y Foods by The American Institute of Wine & Food with the growers of Washington State Apples

The Man Who Didn't Wash His Dishes by Phyllis Krasilovsky. Scholastic Book Service, New York, NY.

D.W. the Picky Eater by Marc Tolon Brown

Never Take a Pig to Lunch: and Other Poems About the Fun of Eating by Nadine Bernard Westcott

A Pizza the Size of the Sun: Poems by Jack Prelutsky, James Stevenson

It's a Spoon Not a Shovel by Caralyn Buehner, Mark Buehner

Eat Think and Be Healthy! By Paula K. Zeller and Michael F. Jacobson, Ph.D. Review: Geared to third-to-sixth graders, this book has 56 fun-filled nutrition learning activities.

Kitchen Fun for Kids: Healthy Recipes and Nutrition Facts for 7 to 12 Year-Old-Cooks by Michael Jacobson, Ph.D. and Laura Hill, R.D. Review: Easy to read and follow cookbook for 7-12 year olds. Appealing to the rising concern about obesity, the recipes are low in fat, sugar and salt are kept to a minimum.

Storybook Stew, Cooking With Books Kids Love by Suzanne I. Barchers and Peter J. Rauen. Review: Fifty featured books, each with a summary, related activity, experiment or art project. Activities involve art, math, science, gardening language arts, and music.

American Grub, Eats for Kids From All Fifty States by Lynn Kuntz and Jan Fleming. Review: children's recipe book contains recipes that can connect to curriculum throughout the year.

Off to a Good Start: Practical Nutrition for Children by Catherine Romaniello and Nancy Van Domelen. Review: a practical child-oriented nutrition resource book. Included are basic nutrition guidelines, menu planning and food shopping, recipes, plus songs and activities for kids of all ages.

Cloudy with a Chance of Meatballs by Judi Barrett, Ron Barrett (illustrator). Review: Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mashed potatoes and blows storms of hamburgers.

Math in the Kitchen by Laura Mackey, Jo Supanicich (illustrator). Review: Worksheets and ideas for connecting math and cooking in the classroom.

My Five Senses (Let's Read and Find Out Books) by Alikei (illustrator). Review: A child's world is one filled with the discovery of sensations, and My Five Senses captures the excitement and wonder that accompany these discoveries.

Oliver's Vegetables by Vivian French, Alison Bartlett (illustrator). Review: Refusing to eat any vegetables that are not French fries, Oliver visits his grandfather and is amazed at the wide variety of vegetables that grow in his garden.

Stone Soup by Marcia Brown. Review: Peasants scurry to hide all the food from three hungry soldiers and there followed a battle of wits and the preparation of stone soup and other things.

Sweet Corn by James Stevenson. Review: Captures the precious "snapshots" of summer in a collection of 28 delightful poems.

To Market, To Market by Anne Miranda, Janet Stevens.

Where Foods Come From by Q. Cook, Janet Cook, A. Smith.

On Market Street by Arnold Lobel, Anita Lobel.

Children of the Dust Bowl: The True Story of the School at Weedpatch Camp by Jerry Stanley.

Review: The plight of migrant workers escaping from Dust Bowl Oklahoma during the Depression Era and relocating in California's San Joaquin Valley is portrayed in this account. The author explores the prejudice against "Okies," their forced existence in the federal labor camp at Arvin, California, and the remarkable school superintendent who provided opportunity for the children and changed their lives. Primary source photos document this uplifting story of an otherwise bleak chapter in California's history. California author and setting.

Three Days on a River in a Red Canoe by Vera B. Williams. Review: Designed as a journal, a young girl records the events of a three-day camping trip in a canoe with her mother, Aunt Rosie, and a cousin. Helpful camping information is included. Pencil and watercolor illustrations are done in a child-like style. This book can be effectively used as a model for a travel journal.

Amelia and Eleanor Go for a Ride by Pam Munoz Ryan. Review: Loosely based on an actual event from 1933, Amelia Earhart and Eleanor Roosevelt take a night flight after dinner at the White House in a twin-motor airplane, and then a ride in Eleanor's new automobile. Oversize book with graphite illustrations, highlighted with slight washes of color, complement this historical anecdote. This selection is useful for lessons in history about people who make a difference, and the importance of individual action and character. Recipe for Eleanor's favorite dessert, Pink Clouds on Angel Food Cake, is included. California author.

The Amazing Potato by Milton Meltzer. Review: This is the definitive book about potatoes. The trip from humble Inca beginnings to becoming stars of the fast food world today is a story of historical importance. Recipes, anecdotes, and photos contribute to a fascinating book with index, notes, and bibliography. Use it to enhance information on geography, world history, American history, and cuisine.

Spinky Sulks by William Steig. Review: Bad boy Spinky's family tries everything they can think of to cajole him out of his major sulk. The extremes they go to emphasize the absurdity of his behavior, sending a not-so-subtle message to readers. Spinky manages to save face (and his self-respect) by pulling himself out of his funk and showing his family he loves them. Pen-and-ink watercolors enhance the telling in this picture book format.

La Mariposa (The Butterfly) by Francisco Jimenez.

Review: Because he can speak only Spanish, Francisco, a child of migrant workers, has trouble when he begins 1st grade. He cannot understand anything that is being said; however, a small caterpillar in a jar in the classroom opens the way for respect and acceptance. Based on an incident in the author's life, this story is adapted from one chapter in THE CIRCUIT. California author and setting.

Chato's Kitchen (Chato y su cena) by Gary Soto.

Review: Chato, a low-riding gato, and his pal Novio Boy plan a dinner for the new mouse neighbors, intending to have them for the main course. The plan is foiled by the quick-thinking mice. The scratchboard illustrations were awarded the Pura Belpre award. Some controversy has taken place over the illustrations, which show one of the cats wearing a red bandana. California author.

Ballot Box Battle by Emily McCully. Review:

Cordelia learns about courage and the value of an education during the summer she exercises Elizabeth Cady Stanton's horses. This book is an account of Cady's attempt to cast her vote in the 1880 election.

Muscles: Our Muscular System by Seymour Simon. Review:

In clear text, the anatomy and function of muscles are described, including the three different types of muscles and the effects of exercise on them. The picture book format includes MRI scans, X-rays, drawings, and full-page computer-generated illustrations. This book is part of a series of books on the human body by this author.

Z Was Zapped: A Play in Twenty-six Acts, The by Chris Van Allsburg. Review:

Twenty-six letters that encounter mishaps are portrayed as puzzles. Rich vocabulary extends the fun in dramatic black-and-white illustrations. Can be used for prediction exercises.

Gathering of Days: A New England Girl's Journal, A by Joan W. Blos. Review:

A young girl's journal pulls the reader into life in New Hampshire in 1830. Many precepts are woven into this story, illustrating both the sparseness and richness of life in the past compared with life today.

Morning Girl by Michael Dorris. Review:

Morning Girl and Star Boy each describe their life on an island in pre-Columbus America. Morning Girl explores her meeting with the men in Christopher Columbus' expedition. The epilogue is a page from Columbus' journal describing the island people.

Rachel's Journal: The Story of a Pioneer Girl by Marissa Moss. Review: The experiences of a young girl who travels with her family by wagon train from Illinois to California in 1850 are told in an actual lined journal book - filled with sketches and cursive text. See other journal books by this author. California author and setting.

Children of the Gold Rush by Claire Rudolf Murphy. Review: The adventures and hardships that children experienced during the Gold Rush are chronicled in journals and diaries. Their daily lives and hopes are recorded almost as if they found comfort in writing and leaving behind a record of living in those harsh times.

Grass Sandals: The Travels of Basho by Dawnine Spivak. Review: This book follows the seventeenth-century poet, Basho, on a journey across Japan. Based on his journal of prose and poetry, it is a reflection of what he saw on the journey. Includes haiku composed by Basho. A Japanese character introduces each haiku.

Mississippi Mud: Three Prairie Journals by Ann Warren Turner. Review: This collection of poems from the journals of three pioneer children reflects their experiences crossing the prairie in a covered wagon from Kentucky to Oregon. Two-page watercolors serve as the backdrop for the free form verse and document the poignancy of leaving one home for another, the expanse of the prairie, the camaraderie of the campfire, and the sorrow of losing a dog.

Journal of Wong Ming: A Chinese Miner, The by Laurence Yep. Review: In diary form, the Chinese immigrant experience in 1852 California is related through ten-year-old Wong Ming-Chung (Runt) who leaves the famine and war of China only to find hardship, bitter racism, and death while prospecting for gold on the great "Golden Mountain." Despite the hostile environment, Runt makes numerous new friendships overcoming cultural and language differences. California author and setting.

Great Brain, The by John D. Fitzgerald. Review: The witty and humorous schemes of Tom, alias the Great Brain of Adenville Utah, are narrated by his seven-year-old brother John, often the victim of Tom's schemes, with a healthy dose of imagination and exaggeration. This is the first in a series of five Great Brain books.