

FOOD! GLORIOUS FOOD!

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GENERAL NUTRITION



- The Basic Five Food Groups** by Barbara J. Patten. Rourke, 1996. Hardcover.
Discusses how to choose the right food to eat and why eating for good health means more than just filling an empty stomach. (Gr. 2-5)
- The Edible Pyramid** by Lorcen Leedy. Holiday House, 1994. Hardcover.
Describes all sorts of delicious nutritious meals based on the USDA Food Guide Pyramid. (Gr. 2-4)
- The Food Pyramid (True Book Series)** by Joan Kalbacken. Children's Press, 1999. Hardcover and Paperback.
Guides readers through the food categories with full color photos and easy to read facts. (Gr. 3-6)
- Food Rules: The Stuff you Munch, It's Crunch, It's Punch and Why You Sometimes Lose Your Lunch** by Bill Haduch. Dutton, 2001. Hardcover.
The most comprehensive book on food and nutrition ever created for kids with hundreds of mouth-watering stories, jokes, recipes, rumors and facts. (Gr. 3-6)
- Food Safety (True Book Series)** by Joan Kalbacken. Children's press, 1999. Hardcover and Paperback.
An indispensable book to help children understand the importance of food safety. (Gr. 3-6)
- Good Enough to Eat: a Kid's Guide to Food and Nutrition** by Lizzy Rockwell. Harper-Collins, 1999. Hardcover.
Describes the six categories of nutrients needed for good health, how they each work in the body and what foods provide them. (Gr. K-4)
- Janet VanCleave's Food and Nutrition for Every Kid: Easy Activities That Make Learning Science Fun** by Janice VanCleave. John Wiley & Sons, 1999. Hardcover and Paperback.
Packed with food facts and step-by-step food-related activities, this book teaches kids about the food groups, vitamins and minerals, the relationship between energy and food, how to read nutrition labels and much more. (Gr. 3-6)
- Junk Food--What it is--What it Does** by Judith Seixas. Greenwillow, 1984. Hardcover and Paperback.
An introduction to facts about junk food, what it is, where it is found and how it affects the body. Suggestions for more nutritious snacking is noted. (Gr. 2-4)
- Nutrients: Superstars of Good Health.** by Barbara J. Patten. Rourke, 1996. Hardcover.
Discusses the chemicals and other substances in the foods we eat that are necessary for good health. (Gr. 2-5)
- Nutrition: What's in the Food We Eat** by Dorothy Hinshaw Patent. Holiday House, 1992.
Explains how different types of food provide nutrients for the body. (Gr. 3-5)
- Vitamins and Minerals (True Book Series)** by Joan Kalbacken. Children's Press, 1999. Hardcover and Paperback.
Explains the importance of vitamins and minerals to the body using full color photos and easy to read text. (Gr. 3-6)

EATING HABITS AND ETIQUETTE



PICTURE BOOKS

The Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain. Random House, 1985. Hardcover and Paperback.

Mama bear starts a campaign to convince her family that they are eating too much junk food. (Gr. K-2)

Bread and Jam for Frances/ Pan y Mermelada para Francisco by Russell Hoban. Harper Collins, 1993. Hardcover and Paperback. English and Spanish Versions.

Newly illustrated in sparkling full color, this long time favorite features a lovable little badger who will eat only bread and jam at every meal. How do her understanding parents deal with this dilemma? (Gr. PRE-2)

D. W. Picky Eater by Marc Brown. Little Brown, 1995. Hardcover and Paperback.

Because her eating habits cause some problems, Arthur's younger sister has to stay home when the family dines out. (Gr. K-3)

Eat Your Peas by Kes Gray. DK Publishing, 2000. Hardcover.

In a typical mealtime clash, Daisy refuses to eat her vegetables no matter what her mother tries to do in the way of cajoling, begging and finally bargaining with the youngster. (Gr. PRE-2)

Froggy Eats Out by Jonathan London. Viking, 2001. Hardcover.

After froggy misbehaves at a fancy restaurant, his parents take him to a "fast flies" establishment to celebrate their anniversary. (Gr. PRE-2)

Let's Eat! by Ana Zamorano. Scholastic, 1996. Hardcover and Paperback.

Each day Antonio's Mama makes a traditional Spanish meal and tries to get her extended family to sit down and eat together. Unfortunately someone is missing on each day of the week. (Gr. PRE-2)
Multicultural

Max and Ruby's Midas: Another Greek Myth by Rosemary Wells. Dial, 1995. Hardcover.

Ruby tries to keep her brother Max from eating so many sweets by reading him an altered version of the story of King Midas. (Gr. PRE-2)

Rabbit Food by Susanna Gretz. Candlewick, 1999. Hardcover and Paperback.

With a rollicking text and bright funny illustrations here's a delightful tale that encourages fussy caters to try new things. (Gr. PRE-2)

Seven Silly Eaters by Mary Ann Hoberman. Harcourt, 1997. Hardcover.

Mrs. Peters has a problem with her picky caters until they finally solve the problem themselves. (Gr. K-3)

This is the Way We Eat Our Lunch: A Book About Children Around the World by Edith Baer. Scholastic, 1995. Hardcover and Paperback.

Using rhymed couplets, the author takes the reader on a tour of the world at lunchtime. (Gr. K-3)
Multicultural Social Studies

Very Hungry Caterpillar/La Oruga Muy Hambrienta by Eric Carle. Putnam, 1984. Hardcover English and Spanish Versions.

The classic story of a tiny green caterpillar who eats his way through the book and is finally transformed into a beautiful butterfly. (Gr. PRE-2)

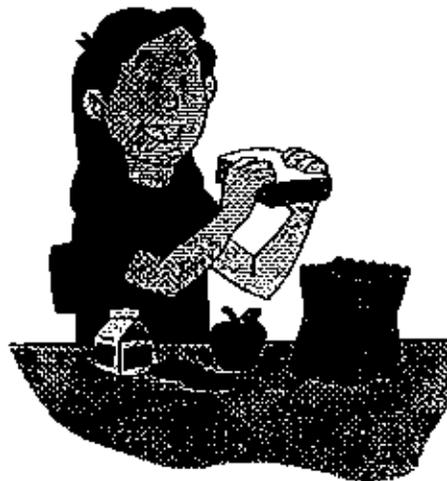
Zak's Lunch by Margie Palatini. Clarion, 1998. Hardcover.

Rather than eat his boring old ham and cheese, Zak conjures up Lou, a waitress who serves him a delectable feast for the imagination. (Gr. K-2)

NON-FICTION

What You Never Knew About Fingers, Forks and Chopsticks by Patricia Lauber. Simon & Shuster, 1999. Hardcover

An informative and amusing tour through time of varied eating tools and the origins of and changes in etiquette from the Stone Age to the Present. (Gr. 3-6) *Social Studies*



The Basic Food Groups

GRAINS



BREAD: PICTURE BOOKS

- Bread is for Eating** by David and Phylis Gershator. Henry Holt, 1995. Hardcover.
Beautifully captures the nourishment that bread gives us. Readers follow the phases of bread production and the phrase *El pan Es para comer* (bread is good to eat) is repeated throughout the story. The complete song is included at the back of the book. (Gr. K-2) *Multicultural Music*
- Everybody Bakes Bread** by Norah Dooley. Carolrhoda, 1995. Hardcover and Paperback.
Carrie searches her neighborhood for a 3 handled rolling pin and finds her neighbors baking breads from their various cultures. Recipes included. (Gr. 2-4) *Multicultural*
- Jalapeno Bagels** by Natasha Wing. Atheneum, 1996. Hardcover.
Pablo can't decide what to take to school for International Day, but finally decides on jalapeno bagels from his parents' bakery because they represent both his Mexican and Jewish heritage. (Gr. 2-4) *Multicultural*
- The Runaway Tortilla** by Eric Kimmell. Winslow, 2000. Hardcover.
Flavorful, southwestern twist on the classic "Gingerbread Man." Tia Lupe makes tortillas so light that the cowboys claim they might just jump right out of the griddle. One day, a tortilla does exactly that! (Gr. K-3) *Multicultural*
- A Spoon For Every Bite** by Joe Hayes. Orchard, 1996. Hardcover and Softcover.
A folktale that tells of how the tortilla becomes an eating utensil. (Gr. K-3) *Multicultural*
- Tony's Bread : An Italian Folktale** by Tonie dePaola. Putnam, 1989. Hardcover and Paperback.
The tale of the origin of "panatone" comes alive through richness of the telling and the warmth of the illustrations. (Gr. K-3)
- Walter the Baker** by Eric Carle. Knopf, 1972 (Reissue Simon & Shuster, 1995) Hardcover and Paperback.
The story of a baker who is challenged to create a special bread for the Duke is told with the classic touches of Eric Carle's distinctive artwork. The treat of banishment, and a bit of luck leads to the creation of the pretzel. (Gr. K-3)

BREAD: NON-FICTION

- Loaves of Fun: A History of Bread With Activities and Recipes from Around the World** by Elizabeth Harbison. Chicago Review Press, 1997. Paperback.
From the pita of Ancient Mesopotamia to the white bread of the modern bakery, kids can explore the globe with more than 30 exciting recipes and activities relating to the history of this food. (Gr. 3-6) *Social Studies*
- What's For Lunch: Bread** by Pam Roson and Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.
A look at this food around the world, how it is made and eaten. (Gr. PRE-3) *Multicultural*

CORN: NON-FICTION

- Corn is Maize: The Gift of the Indians** by Aiki. HarperCollins, 1976. Hardcover and Paperback.
Tells of the origins of this grain and how the Native Americans nurtured a wild grass plant and made it a staple of their diet. It's many uses are mentioned along with how the early settlers learned of its value. (Gr. K-3) *Social Studies*

Corn (True Book Series) by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.
Did you know that corn is an ingredient in many soap and paint products? This book has everything from the history of corn to the making of a *delicious recipe*. (Gr. 3-6)

The Popcorn Book by Tomie dePaola. Holiday 1993. Paperback.
Tony and Tim give a brief history of popcorn. Recipes included. (Gr. 1-3)

What's For Lunch: Corn by Pam Robson and Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.
How corn is grown around the world and the many ways it can be prepared and eaten. Full color photos. (Gr. PRE-3) *Multicultural*

PASTA: PICTURE BOOKS

Strega Nona by Tomie dePaola. Prentice Hall, 1972 (re-issue Simon & Shuster 1989). Hardcover and Paperback.
Caldecott Honor Award winning version of the folktale about a magical pasta pot and the young man who wrecks havoc on the town when the magic gets out of control. (Gr. K-3)

PASTA: NON-FICTION

From Wheat to Pasta by Robert Egan. Children's Press, 1997. Hardcover and Paperback.
The lively text informs and detailed photographs illustrate the changes as wheat is harvested and made into pasta. (Gr. 3-6)

Siggy's Spaghetti Works by Peggy Thomson. Tambourine, 1993. Paperback.
Children tour a spaghetti factory and learn of its history along with how it is made. (Gr. 1-3)

RICE: PICTURE BOOKS

Bamboo Hats and a Rice Cake by Ann Tompert. Clarion, 1993. Hardcover.
A poor couple sells a kimono to buy the traditional "good luck" rice cake. (Gr. 1-3) *Multicultural*

Everybody Cooks Rice by Norah Dooley. Carolrhoda, 1991. Hardcover and Paperback.
The many uses of rice in cooking around the world becomes evident to two children who visit their multicultural neighbors. Recipes included. (Gr. 2-4) *Multicultural*

The Rajah's Rice: A Mathematical Folktale From India by David Barry. Freeman, 1994. Hardcover.
Chandler outwits the Rajah by using her math knowledge. (Gr. 2-4) *Multicultural Math*

RICE: NON-FICTION

What's For Lunch: Rice by Pam Robin and Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.
Clear text and striking photos provide young readers with a look at this food, how it is grown and used around the world. (Gr. PRE-3) *Multicultural*

WHEAT: NON-FICTION

Wheat (True Book Series) by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.
Everything about this grain from how it is grown, harvested, milled and made into products for the market. Recipes included. (Gr. 3-6)

The Wheat We Eat (Rookie Read About Science Series) by Fay Robins. Children's Press, 1999. Hardcover and Paperback.
Colorful, fact-filled book that describes for very young readers how wheat is grown and all the ways it is used in food. (Gr. PRE-2)

FRUITS AND VEGETABLES



ALL FRUITS: PICTURE BOOKS

- Oliver's Fruit Salad** by Vivian French. Orchard, 1998. Hardcover.
Oliver's grandparents did it again! They found a way to get that picky eater to eat his fruit by making it fun. Certain to entertain and educate young children. (Gr. PRE-2)

ALL FRUITS: NON-FICTION

- We Love Fruit! (Rookie Read-About Series)** by Fay Robins. Children's Press, 1999. Hardcover and Paperback.
Explains the types of fruit plants and parts, how they are grown, harvested and prepared for the table. (Gr. PRE- 2) *Science*

APPLES: PICTURE BOOKS

- Apples, Apples, Apples** by Nancy Wallace. Winslow, 2000. Hardcover.
A group of rabbits enjoy a beautiful autumn day picking apples. Facts, activities, a recipe and a song make this a fun-filled book for the younger set. (Gr. PRE-2) *Music*
- Seasons of Arnold's Apple Tree** by Gail Gibbons. Harcourt, 1984. Hardcover and Paperback.
Arnold enjoys the pleasure of his apple tree from buds and blossoms in Spring to harvesting the fruit in the Fall. Even the Winter provides him with an activity involving his tree. (Gr. K-3)
- How to Make an Apple Pie and See the World** by Marjorie Priceman. Knopf, 1994. Hardcover and Paperback.
A closed market doesn't daunt a girl determined to find the ingredients for apple pie. Recipe included. (Gr. K-3) *Multicultural*

APPLES: NON-FICTION

- Apples (True Book Series)** by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.
Everything you need to know about apples from growing to harvesting to using them in a recipe. Recipes included. (Gr. 3-6)
- How Do Apples Grow** by Betsy Maestro. HarperCollins, 1992. Hardcover and Paperback.
Find out how an apple grows from a bud to a flower to a fruit. Easy to read text and vivid illustrations make this a good choice for classrooms. (Gr. K-3) *Science*
- The Life and Times of the Apple** by Charles Micucci. Orchard, 1992. Hardcover and Paperback.
Simple and clear illustrations provide superb information on this fruit. This book incorporates science, history and math as well. (Gr. 1-4) *Social Studies, Science, Mathematics*

BANANAS: NON-FICTION

Bananas by Jacqueline Farmer. Charlesbridge, 1999. Hardcover and Paperback.

A bright, whimsical look at how bananas grow and are harvested. Jokes, silly song titles, a limerick and many interesting facts make this a fantastic choice on the subject. Recipes included. (Gr. K-3)
Multicultural

Bananas (True Book Series) by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.

The banana's history, choosing bananas, banana trivia, nutrition information are provided along with 2 Ap"pealing" recipes. (Gr. 3-6)

What's for Lunch: Banana by Pam Robson and Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.

Great photos promote an early interest in learning about this popular fruit. (Gr. PRE-3)

BERRIES: PICTURE BOOKS

Blueberries for Sal by Robert McCloskey. Viking, 1948. (Reissue, 1987) Hardcover and Paperback.

This Caldecott Honor Book relates the adventures of a little girl and baby bear while searching for blueberries with their mothers on a summer day. A perfect choice for read-alouds with its gentle animals, humorous situations and funny noises. (Gr. PRE-2)

The First Strawberries by Joseph Bruchac. Dial, 1993. Hardcover and Paperback.

This Cherokee legend of the origin of the strawberry is also a story of respect and friendship. (Gr. K-3)

Jamberry by Bruce Degan. Harper Collins, 1983. Hardcover and Paperback.

A boy and an endearing, rhyme-spouting bear, joyously romp through a fantastic world of berries. (Gr. PRE-2)

ALL VEGETABLES: PICTURE BOOKS

Growing Vegetable Soup/ A Sembrar Sopa De Verdures by Lois Ehlert. Harcourt Brace, 1987.

Hardcover, Paperback and Big Book. *English and Spanish Versions.*

A young boy and his father share the joy of planting and harvesting a garden. Illustrated in bright collage style. Recipe included. (Gr. PRE-2)

June 29, 1999 by David Wiesner. Clarion, 1992. Hardcover and Paperback.

On May 11, 1999, Holly Evans sends vegetable seedlings into the sky as part of a science experiment. By the end of June, gigantic veggies are spotted in the sky. Playful alliterative language (Parsnips over Providence) catalog the sightings and the humorous ending will surprise readers. (Gr. K-3)

Oliver's Vegetables by Vivian French. Orchard, 1995. Hardcover and Paperback.

A fresh and clever approach to introducing youngsters to eating and growing vegetables through the story of a kid who visits his grandparents and learns to enjoy other vegetables besides french fries! (Gr. PRE-2)

Still-Life Stew by Helena Clare Pittman. Disney Press, 1998. Hardcover.

Using Sculpy clay, the illustrator enhances this story of a young artist who finds inspiration right in her own garden. Using vegetables for her still-life, she chops them up for a delicious dish. Recipe included. (Gr. PRE-3) *Art*

ALL VEGETABLES: NON-FICTION

Vegetables, Vegetables by Fay Robinson. Children's Press. Hardcover and Paperback.

Colorful photos and words communicate simply the concept that vegetables come from various parts of plants. Different ways to prepare vegetables is included. (Gr. K-2) *Science*

CARROTS: PICTURE BOOKS

The Giant Carrot by Jon Peck. Dial, 1998. Hardcover.

Adaptation of the Old Russian folktale, with lots of action and repetition. Each member of the family wants the carrot seed for a different reason and savors a different dish come harvest time. (Gr. PRE-2)

PEPPERS: NON-FICTION

Chile Fever: A Celebration of Peppers by Elizabeth King. Dutton, 1995. Hardcover.

Colorful photos and text introduce the history, cultivation and growth cycle, as well as the importance of peppers around the world. (Gr. 2-4) *Multicultural, Science*

POTATOES: PICTURE BOOKS

One Potato: A Counting Book of Potato Prints by Diana Pomeroy. Harcourt, 1996 Hardcover and Paperback.

Children will enjoy counting the fruits and vegetables and learning how to make beautiful potato prints. (Gr. PRE-2) *Art, Mathematics*

Sunday Potatoes, Monday Potatoes by Vicky Schiefman. Simon & Shuster, 1994. Hardcover.

Plain old potatoes everyday and then on Sunday—Potato Pudding! Recipe included. (Gr. 1-4)

PUMPKIN AND SQUASH: PICTURE BOOKS

Halloween Pie by Michael Tunnell. Lothrop, 1999. Hardcover.

A witch puts a spell on her freshly baked pie to protect it from scavengers, but a graveyard group find it too tempting to resist and become the ingredients for the next pie. Repetitive text and not-so-scary creatures, make this a hit with the youngest listener. Recipe included. (Gr. PRE-2)

Mrs. McNosh and the Great Big Squash by Sarah Weeks. Harper Collins, 2000. Hardcover.

What is Mrs. McNosh to do with the enormous squash that wouldn't stop growing until she picked it! Silly, outrageous, rhyming fun. (Gr. PRE-1)

Pumpkin, Pumpkin by Jeanne Titherington. Morrow, 1988. Hardcover and Paperback.

Story of a boy who plants a pumpkin seed in the spring, watches it grow all summer and harvests it to make the perfect jack-o-lantern for Halloween. (Gr. PRE-1)

Too Many Pumpkins by Linda White. Holiday House, 1996. Hardcover and Paperback.

A giant pumpkin falls off a truck and smashes in Rebecca's yard. She buries the mess so as not to have to look at it and is surprised to witness a bumper crop of this vegetable the following fall. (Gr. K-3)

PUMPKIN AND SQUASH: NON-FICTION

It's a Fruit, It's a Vegetable, It's a Pumpkin by Fay Robinson. Children's Press, 1999. Hardcover and Paperback.

Explains how pumpkins are grown, harvested, prepared and used for various celebrations. (Gr. PRE-2) *Science, Social Studies*

The Pumpkin Book by Gail Gibbons. Holiday House, 1999. Hardcover and Paperback.

A great teacher resource with lots of kid appeal, this book has bright artwork and informative and interesting facts regarding the growth stages of a pumpkin and its role during our Halloween and Thanksgiving celebrations. (Gr. PRE-3) *Science, Social Studies*

TOMATOES: PICTURE BOOKS

I Will Never NOT EVER Eat a Tomato by Lauren Child. Candlewick, 2000. Hardcover.

Older brother Charlie, who has the task of feeding his sister Lola, meets with opposition due to her "pickiness." An endearing, funny look at how children's tastes are often based on preconceptions. (Gr. PRE-3)

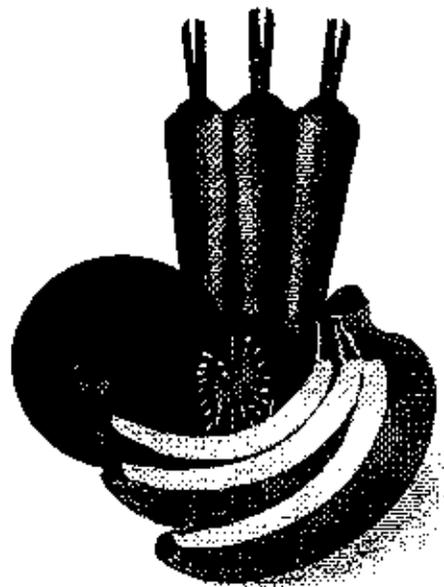
Tomatoes From Mars by Arthur Yorinks. Harper 1999. Hardcover.

When these vicious Martian fruits invade Earth and threaten to cover it in saucc the whole world looks to one man, one genius, Dr. Schtickle, to save it from becoming the second red planet. (Gr. K-3)

TOMATOES: NON-FICTION

Tomatoes (True Book Series) by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.

Explore everything you need to know from a tomato's origin to growing various types. Nutritional information and recipes included. (Gr. 3-6) *Science*



DAIRY PRODUCTS



CHEESE: PICTURE BOOKS

Big Cheese for the White House: The True Tale of a Tremendous Cheddar by Candace Fleming. DK Publishing, 1999. Hardcover.

A little known incident right out of history is captured in this droll picture book. It tells of the efforts of the people of Cheshire, MA to present President Jefferson with an enormous cheese in 1801 as a New Years Day gift. (Gr. PRE-3) *History*

CHEESE: NON-FICTION

Extra Cheese, Please!: Mozzarella's Journey from Cow to Pizza by Chris Peterson. Boyds Mills, 1994. Hardcover.

A simple straightforward text, illustrated with clear color photographs, guides readers through the various steps of milking, pasteurization and cheese production. Recipe included. (Gr. PRE-3) *Science*

ICE CREAM: PICTURE BOOKS

Simply Delicious by Margaret Mahy. Orchard, 1999. Hardcover.

Mr. Minky has trouble riding his bike along the jungle track due to a melting ice cream cone and some hungry jungle animals. Tongue-twisting text and comical illustrations enhance this silly story. (Gr. PRE-3)

ICE CREAM: NON-FICTION

From Cow to Ice Cream by Bertram Knight. Children's Press, 1997. Hardcover and Paperback.

This book details the astounding changes that occur to milk as it becomes ice cream and more. Photos are detailed and text is lively and fun. (Gr. 3-6) *Science*

We All Scream for Ice Cream: The Scoop on America's Favorite Dessert by Lee Wardlaw. Avon Books, 2000. Paperback.

This flavorful history of everyone's favorite dessert begins in ancient Greece and travels all the way to modern day America. From fun-loving inventors to far-out flavors, readers discover hundreds of facts and how to make their own. Recipes included. (Gr. 3-6) *Social Studies*

MILK: PICTURE BOOKS

The Milkman's Boy by Donald Hall. Walker, 1997. Hardcover.

Based on the author's own family's dairy business at the turn of the century, this book takes a nostalgic look at a slower time and celebrates the farm and family. Beautifully illustrated. (Gr. 1-3) *Social Studies*

Oliver's Milkshake by Vivian French. Orchard Books, 2001. Hardcover.

Oliver is back again and his Aunt is interested in getting him to drink milk at meals. She takes him to a farm and promises him a yummy milkshake at the end. With each new animal, listeners hear another adjective added to describe the milkshake. The storytime crowd will love the repetition and surely join in. (Gr. PRE-2)

MILK: NON-FICTION

Milk: From Cow to Carton by Alike. Harper 1992. Hardcover and Paperback.

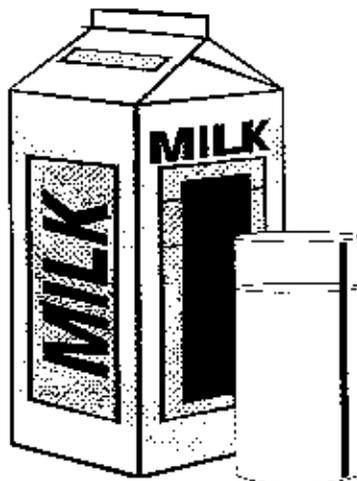
A fun-filled tour of facts about cows, milking and the processing of milk. (Gr. PRE-3) *Science*

The Milk Makers by Gail Gibbons. Atheneum, 1985. Hardcover and Paperback.

Clearly and boldly presented, this story of how milk is made and how it reaches the store is a Reading Rainbow Selection. (Gr. PRE-3)

What's For Lunch: Milk by Pam Robson and Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.

The younger set learns about milk production and processing around the world. (Gr. PRE-2)
Multicultural



PROTEIN GROUP



EGGS: PICTURE BOOKS

One Carton of OOPS! (Christopher Counts Series) by Judy Bradbury. MacGraw-Hill, 1997. Hardcover.

This humorous title teaches simple subtraction and the dozen through "minds-on" activities embedded in the story of a boy sent to the store for a dozen eggs. (Gr. PRE-2) *Math*

EGGS: NON-FICTION

What's For Lunch: Eggs by Robson and Lewellyn. Children's press, 1999. Hardcover.

How eggs are farmed and eaten around the world. (Gr. PRE-2) *Multicultural*

LEGUMES: NON-FICTION

Life and Times of the Peanut by Charles Micucci. Houghton Mifflin, 1997. Hardcover and Paperback.

An amusing and informative look at the subject of peanuts. The comprehensive collection of facts is well-organized and eye-catching and covers the origins, history, growth, uses, varieties and much more. (Gr. 3-6)

The Peanut Butter Cookbook for Kids by Judy and Ray Gompf. Hyperion, 1995. Hardcover.

While learning about the history of the peanut and its nutritional value, kids also learn how to make a variety of snacks, main dishes and desserts featuring this popular food. Recipes included. (Gr. 2-4)

MEAT AND LEGUMES: PICTURE BOOKS

Pigs in the Pantry: Fun with Math and Cooking by Amy Axelrod. Simon, 1997. Hardcover.

Mr. Pig and the piglets try to cook Mrs. Pig's favorite chili while she is ill. Recipes included. (Gr. K-3) *Math*



FATS, OILS AND SWEETS



CAKES AND PIES: PICTURE BOOKS

Bunny Cakes by Rosemary Wells. Dial, 1997. Hardcover and Paperback.

Another amusing Max and Ruby adventure where the siblings each try to make the perfect birthday cake for Grandma. While Ruby sends Max to the store to buy ingredients for her "angel surprise" cake, Max tries in vain to purchase decorations for his "earthworm" masterpiece. Good for lessons on ingredients. (Gr. PRE-2)

Pie's in the Oven by Betty Birney. Houghton Mifflin, 1996. Hardcover and Paperback.

When Grandma bakes a pie, all the neighbors gather to share, leaving the young narrator to wonder if there will be any left for him. (Gr. K-3)

Thunder Cake by Patricia Polacco. Philomel, 1990. Hardcover and Paperback.

A little girl overcomes her fear of thunderstorms as she helps her grandmother gather the ingredients for a special cake. Recipes included. (Gr. K-3)

CANDY AND CHOCOLATE: CHAPTER BOOKS

Chocolate Fever by Robert Kimmel Smith. Putnam, 1989 (reprint). Hardcover and Paperback.

Henry Green's overpowering love of chocolate causes him to break out in hundreds of brown bumps. Will Henry ever find the cure? (Gr. 2-4)

The Chocolate Touch by Patrick Catling. Morrow, 1979. Hardcover and Paperback.

The funny moral tale a greedy boy's obsession with chocolate and the problems he faces when his wished-for "chocolate touch" becomes a hindrance. (Gr. 3-5)

CANDY AND CHOCOLATE: PICTURE BOOKS

Chocolatina by Erik Craft. Bridgewater, 1998. Hardcover and Paperback.

Tina only likes to eat chocolate. Her health teacher admonishes her students with "You are what you eat." Wishing it were true, Tina awakens one morning as a completely chocolate girl! (Gr. K-3)

Choco-Louie by Jeffrey Kindley. Gareth Stevens, 1996. Hardcover.

Louie's willpower is tested to the max when his brother bets his skateboard that Louie cannot resist eating chocolate for a week. (Gr. K-2)

Curious George Goes to a Chocolate Factory by Margaret Rey. Houghton Mifflin, 1998. Hardcover and Paperback.

While on a tour of a chocolate factory George gets into his usual mischief, but his quick thinking and speedy action set things straight in the end. (Gr. PRE-1)

CANDY AND CHOCOLATE: NON-FICTION

Chocolate: From Start to Finish by Samuel Woods. Blackbirch Marketing, 1999. Hardcover.

This title explains how the confections in a box of chocolates are made. Brief histories of chocolate and the Gerturde Hawk Factory in Dunmore, PA are included. (Gr. 3-6)

What's For Lunch: Chocolate by Claire Llewellyn. Children's Press, 1998. Hardcover and Paperback.

Young chocolate lovers learn where chocolate comes from along with who makes it and how it can be eaten. (Gr. PRE-2). *Multicultural*

COOKIES: PICTURE BOOKS

The Chocolate Chip Cookie Contest by Barbara Douglas. Lothrop, 1985. Hardcover.

A small boy learns to bake these cookies with a difference and wins first prize in a contest. Telling time is also introduced within the story line. (Gr. K-3) *Math*

The Doorbell Rang by Pat Hutchins. Greenwillow, 1986. Hardcover and Paperback.

Each time the doorbell rings, there are more people who want to share Ma's wonderful cookies. Also good for lessons on division. (Gr. K-3) *Math*

The Gingerbread Baby by Jan Brett. Putnam, 1999. Hardcover.

A young boy and his mother bake a gingerbread man that escapes from the oven too soon. This "baby" has an adventure similar to the familiar folktale, but with a clever twist added by the author. (Gr. PRE-3)

Tough Cookie by David Wisniewski. Lothrop, 1999. Hardcover.

In a humorous take-off of a detective series, "Tough Cookie" sets out to stop "Fingers", the culprit who is responsible for the disappearance of his friend "Chips." (Gr. 1-3)

HONEY AND SUGAR: NON-FICTION

The Honey Makers by Gail Gibbons. Morrow, 1997. Hardcover and Paperback.

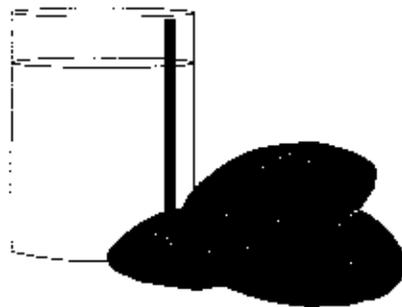
Here's the buzz on how remarkable bees work together to create this amazing food. (Gr. K-3) *Science*

Sugar (True Book Series) by Elaine Landau. Children's Press, 1999. Hardcover and Paperback.

Learn how sugar is grown, harvested, milled and made into products for the market. Recipe included. (Gr. 3-6) *Science*

What's For Lunch: Honey by Pam Robson. Children's Press, 1998. Hardcover and Paperback.

Younger kids learn of how honey is made and the various uses for this sweet treat. (Gr. PRE-2) *Science*



COMBINATION FOODS



PICTURE BOOKS

- Chop, Simmer, Season** by Alya Brandenburg. Harcourt, 1997. Hardcover.
Two young chefs bake bread, toss a salad and grill fish as they prepare a feast for their guests. (Gr. 1-3)
- Cloudy With a Chance of Meatballs** by Judi Barrett. Atheneum, 1978. Hardcover and Paperback.
Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mashed potatoes and blows storms of hamburgers until the weather takes a turn for the worse. (Gr. K-3)
Science: Weather
- Mama Provi and the Pot of Rice** by Sylvia Rosa-Casanova. Atheneum, 1997. Hardcover and Paperback.
While trying to deliver a big pot of *arroz con pollo* to her sick granddaughter on the eighth floor, Mama Provi barter with neighbors on each floor for a sampling of what they are cooking and arrives at her destination with a delicious feast. (Gr. 2-4) *Multicultural*
- Perfect Pancakes, If You Please** by William Wisc. Dial, 1997. Hardcover.
King Felix loves pancakes so much that he offers his daughter's hand in marriage to the man who can make the perfect pancake. (Gr. K-3)
- Pickles from Pittsburgh** by Judi Barrett. Atheneum, 1997. Hardcover and Paperback.
Kate dreams of Chewandswallow where it snows popcorn and rains sandwiches and the fate of the falling food intrigues her. (Gr. K-3)
- Potluck** by Anne Shelby. Orchard Books, 1991. Hardcover and Paperback.
Alpha and Betty's potluck turns into quite the feast. Their friends bring a dish to match their name and corresponds to a letter of the alphabet. Displays a diversity of children and wide variety of interesting foods from asparagus soup to zucchini casserole. (Gr. K-2) *Multicultural*
- Saturday Sancocho** by Leyla Torres. Farrar, 1995. Hardcover.
Maria and her Grandmother barter a dozen eggs at the market square to get the ingredients to cook their traditional chicken sancocho. Recipe included. (Gr. 1-4) *Multicultural*
- Something is Happening on Calabash Street** by Judith Ross Enderle. Chronicle Books, 2000. Hardcover.
The air on Calabash Street is filled with the scents of the neighbors' cooking. Mischa herself helps her Mama and Baba stuff cabbages and at sunset they join the crowds at a delicious Street Fair.
Recipes included. (Gr. K-3) *Multicultural*
- This is the Bread I Baked For Ned** by Crescent Dragonwagon. Macmillan, 1989 (Reprint 1999). Hardcover and Paperback.
In this story told in cumulative verse, Glenda prepares a delicious meal for Ned which is quickly devoured by several hungry guests. (Gr. K-2)

PIZZA: PICTURE BOOKS

- Give Me Half!** by Stuart Murphy. HarperCollins, 1996. Hardcover and Paperback.
Splitting things in half may seem easy, but when two siblings and a pizza are involved, things can get messy. Children learn how fractions play an important part in everyday life outside of the classroom. (Gr. K-3) *Math*
- How Pizza Came to Queens** by Dayal Kaur Khalsa. Crown, 1989. Hardcover and Paperback.
When Mrs. Pellegrino visits from Italy, she brings along a delicious new recipe. (Gr. K-3)

Little Nino's Pizzeria by Karen Barbour. Harcourt, 1987. Hardcover and Paperback.

After their pizza business expands, Tony's family learns that bigger is not always better. (Gr. 1-3)

Pizza for Breakfast by MaryAnn Kovalski. Morrow, 1991. Hardcover and Paperback.

Frank and Zelda's pizza shop has lost business until a strange customer offers to grant them their every wish as payment for his order. A modern day retelling of the Fisherman and his Wife. (Gr. K-3)

PIZZA: NON-FICTION

Hold the Anchovies! A Book About Pizza by Shelley Rotner. Orchard, 1996. Hardcover.

Full-color photographs illustrate each step of the pizza-making process. Why dough rises and the origins of popular topping are included. Recipes included. (Gr. K-3) *Multicultural, Science*

SOUP: PICTURE BOOKS

Dumpling Soup by Jama Kim Rattigan. Little Brown, 1993. Hardcover and Paperback.

A young Asian-American girl living in Hawaii tries to make the dumplings for her family's traditional New Year Celebration. (Gr. K-3) *Multicultural*

Everybody Serves Soup by Norah Dooley. Carolrhoda, 2000. Hardcover.

On a snowy day, Carrie tries to earn money by shoveling walkways in her neighborhood. She is invited into various homes to sample the soups made by families of different cultures. Recipes included. (Gr. 2-4) *Multicultural*

Matzah Ball Soup by Joan Rothenberg. Hyperion, 1999. Hardcover.

Rosie's grandmother explains why four different kinds of matzah balls are traditionally served at their family Seder. It has something to do with Rosie's Mom and aunts many years ago. Recipes included. (Gr. K-3) *Multicultural*

Pumpkin Soup by Helen Cooper. Farrar, 1999. Hardcover.

Cat and Squirrel come to blows with Duck in arguing about who will perform what duty in the preparation of their favorite soup. Recipes included. (Gr. K-2)

Stone Soup by Ann McGovern. Scholastic, 1987. Hardcover and Paperback.

A clever young man tricks an old woman into believing that soup can be made from a stone. He urges her to add more and more ingredients making at last, a soup "fit for a king." (Gr. K-3)



COOKBOOKS



The American Heart Association Kid's Cookbook. Times Books, 1993.

This exceptional cookbook presents health-conscious recipes for kids' favorites. The book discusses kitchen hygiene and safety especially with regard to microwaves. Informative facts on every aspect of entertaining is included from shopping and meal planning to setting the table. (Gr. 3-7)

Cody Coyote Cooks by Denise Skrepcinski. Tricycle Press, 1996. Hardcover.

This book of recipes with a Southwestern flavor also features stories about a trickster coyote as well as craft suggestions and facts about the Southwest. (Gr. 2-6) *Social Studies, Art*

Cooking Art: Easy Edible Art For Young Children by Maryanne Kohl and Jean Potter. Gryphon House, 1997. Paperback.

Organized by theme, this book combines the familiar area of art exploration with the fascinating world of food. At least 80 activities require no baking and each recipe allows ample room for cooking artists to explore and create in their own special unique ways. (Gr. K-4) *Art*

Disney's Cooking With Mickey and Friends by Pat Baird. Disney Press, 1998. Hardcover.

A collection of healthy recipes featuring everyone's favorite Disney Characters. (Gr. 2-6)

Dinner From Dirt by Emily Scott and Catherine Duffy. GibbsSmith, 1998. Paperback.

A cookbook that allows kids to prepare and eat the foods they have grown in their garden. How about a pizza garden, spaghetti garden, or soup garden? (Gr. 2-6) *Science*

Eating Fractions by Bruce McMillan. Scholastic, 1991 Hardcover and Paperback.

Food is cut into halves, quarters and thirds to illustrate how parts make the whole. Simple recipes are included. (Gr. 2-4) *Math*

Food and Recipes of the Pilgrims by George Erdosh. Power Kids Press, 1997. Hardcover.

Describes the kinds of foods grown and prepared by the Pilgrims during their first years in America and their dependence upon the Native people to ward off starvation. (Gr. 3-6) *Social Studies*

Food and Recipes of the Revolutionary War by George Erdosh. Power Kids Press, 1997. Hardcover.

Describes the kinds of food commonly consumed by colonists, including soldiers, during the time of the American Revolution. (Gr. 3-6) *Social Studies*

Food and Recipes of the Westward Expansion by George Erdosh. Power Kids Press, 1997. Hardcover.

Combines the story of the pioneers with recipes and the history of the food from the opening and development of the American West. (Gr. 3-6) *Social Studies*

The Good Housekeeping Children's Cookbook by Marianne Zanzarella. Morrow, 1997. Hardcover.

General information on kitchen safety and food preparation accompanies recipes for meals from breakfast to dinner as well as for snacks, drinks and desserts. (Gr. 3-6)

The Healthy Body Cookbook by Joan D'Amico and Karen Drummond. John Wiley, 1999 Paperback.

Filled with lots of hands-on lessons about the important role that diet and exercise play in the development of the body. Over 50 fun activities and delicious recipes using common ingredients and kitchen utensils. (Gr. 3-6)

Kids Around the World Cook! by Arlene Braman. John Wiley, 2000. Paperback.

Takes you on a taste-bud-tingling tour of lands near and far with a fun assortment of trivia and lots of safe, easy-to-make recipes. (Gr. 3-6) *Multicultural, Social Studies*

- The Kids' Around the World Cookbook** by Deri Robbins. Kingfisher, 1994. Paperback.
Gathered from all over the globe, the easy-to-make recipes in this fun book include such treats as Caribbean-inspired pineapple ice cream, hummus from Turkey, Swiss fondue, and many others. (Gr. 3-6) *Multicultural, Social Studies*
- The Kid's Cookbook** by Carol Kurzweg. Goodyear Publishing, 1999. Paperback.
Over 52 clever educational and edible delights such as bunny bread, rocket salad, and caterpillars. Also includes tips for healthy eating and cultural facts. (Gr. 3-6)
- The Lunch Bunch: Tantalizing, Tasty, Brown Bag Ideas for Junior Chefs** by Gina Steer. Chartwell, 1995. Hardcover.
An illustrated collection of 30 luncheon foods which children can prepare easily. Also teaches basic kitchen skills. (Gr. 3-6)
- The Math Chef** by Joan D'Amico and Karen Drummond. John Wiley, 1996. Paperback.
Now you can practice math while you cook. Get a handle on measurement, multiplication, division, fractions and more while whipping up some mouth-watering treats. Includes safety rules and explanation of basic cooking skills. (Gr. 3-6) *Math*
- My first Baking Book** by Helen Drew. Knopf, 1991. Hardcover.
Step-by-step photographs and instructions guide the young reader in the creation of snacks and desserts everyone will love. (Gr. 1-3)
- My First Cookbook** by Angela Wilkes. Knopf, 1989. Hardcover.
Introduces the tools, recipes and techniques for such dishes as speedy pizzas and bread bears. (Gr. 1-3)
- Peas and Honey: Recipes for Kids (With a Pinch of Poetry)** by Kimberly Colell. Boyd Mills, 1995.
Recipes to make cookies, sandwiches, muffins and more including poems, food facts and the poet's own memories of food. (Gr. 2-4)
- Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up** by Mollie Katzen and Ann Henderson. Tricycle Press, 1994. Hardcover.
A must for every teacher, each of the 19 fun-filled recipes is accompanied by lively drawings and separate instructions for kids and grown-ups. All the recipes will appeal to the delicate palate of the younger gourmet. (Gr. PRE-3)
- The Science Chef: 100 Fun Food Experiments and Recipes for Kids** by Joan D'Amico and Karen Drummond. John Wiley, 1994. Paperback.
Packed with both educational experiments and fun recipes, this lively book instructs children on the science behind various cooking reactions while teaching them basic culinary skills. (Gr. 3-6) *Science*
- The Science Chef Travels Around the World: Fun Food Experiments and Recipes for Kids** by Joan D'Amico and Karen Drummond. John Wiley, 1996. Paperback.
Every chapter in this educational and entertaining book contains several facts on each of the 14 countries represented, an experiment related to a basic food ingredient typical of that country and recipes for a complete meal based on the food used in the experiment. Scientific concepts such as viscosity with honey (Egypt) or how osmosis works by soaking cucumbers in vinegar (France) are featured. (Gr. 3-6) *Multicultural, Science, Social Studies*
- Travel the World Cookbook** by Pamela Marx. Goodyear Books, 1996. Paperback.
Sixty delicious recipes introduce kids to food from around the world, continent by continent, with additional information on the continents and their inhabitants. (Gr. 3-6) *Multicultural, Social Studies*
- The United States Cookbook; Fabulous Foods and Fascinating Facts From All 50 States** by Joan D'Amico and Karen Drummond. John Wiley, 2000. Paperback.
Take a mouth-watering journey across the United States where you'll discover (and learn how to make) foods from every part of the country. A delicious mixture of fun food trivia and fascinating tidbits about each state's history and traditions. What a great way to enjoy food and feed your brain at the same time!! (Gr. 3-6) *Social Studies*

VEGETABLE GARDENS AND GARDENING



PICTURE BOOKS

- The Gardener** by Sarah Stewart. Farrar, 1997. Hardcover and Paperback.
A series of letters relating what happens when, after her father loses his job, Lydia goes to live with her Uncle Jim in the city and takes her love of gardening with her. (Gr. K-3)
- A Garden for a Groundhog** by Lorna Balian. Abingdon, 1985. Hardcover and Paperback.
Mr. O'Leary appreciates his groundhog's help in predicting the weather, but tries to come up with a plan to keep the critter from eating all of his vegetables. (Gr. K-2)
- Garden for Miss Mouse** by Michaela Munteau. Gareth Stevens, 1992. Hardcover.
Miss Mouse plants a garden which soon becomes more than she can handle. Her solution---share the work--- share the food. (Gr. PRE-2)
- Grandpa's Garden Lunch** by Judy Caseley. Greenwillow, 1990. Hardcover.
Warmly illustrates the connection between growing a garden together and eating the results of your labor. (Gr. PRE-2)
- Jody's Beans** by Malarchy Doyle. Candlewick, 1999. Hardcover.
When Jody's Grandpa comes to visit, he brings along a packet of seeds. They are scarlet runner beans and he helps Jody plant, water, cultivate and harvest the crop. A gentle story of the cycle of growing things, of the seasons and of life itself. (Gr. K-3)
- Miss Penny and Mr. Grubbs** by Lisa Campbell Ernst. Bradbury, 1991. Hardcover and Paperback.
With the help of some hungry rabbits, jealous Mr. Grubbs sets out to sabotage the prize-winning vegetable garden of his kindly neighbor. The ending will please young readers as Miss Penny triumphs. (Gr. K-3)
- Molly and Emmett's Surprise Garden** by Marilyn Hafner. McGraw Hill, 2000. Hardcover.
The girl and cat duo from *Ladybug Magazine* are featured in a story where they plant Grandma's vegetable seeds. Directions are included for young green thumbs wanting to start their own "Ready-Set-Grow Garden." (Gr. PRE-2) *Science*
- Scarlette Bean** by Karen Wallace. Dial Books, 2000. Hardcover.
Born with green fingers and a beet-red face, this little miss is a born gardener. By the age of five, she is growing giant vegetables that wind up feeding the entire village. The following year she experiments and the results are stupendous to say the least. An amusing and magical tale of a small girl's special talents. (Gr. K-3)
- Seeds** by George Shannon. Houghton Mifflin, 1994. Hardcover and Paperback.
When Warren moves away he misses his older friend next door and the times they shared in the garden. Soon the separation inspires each of them to do something creative about it. (Gr. 1-3)
- Tops and Bottoms** by Janet Stevens. Harcourt, 1995. Hardcover.
This Caldecott Honor winning story, reminiscent of the *Uncle Remus Tales*, features a trickster hare who uses his wits to hoodwink the bear into sharing his land and the bountiful garden harvest. (Gr. PRE-3)
- The Ugly Vegetables** by Grace Lin. Charlesbridge, 1999. Hardcover.
A little girl thinks her mother's garden is the ugliest one in the neighborhood until she discovers that flowers might look and smell pretty, but Chinese vegetable soup smells best of all. Recipes included (Gr. K-2) *Multicultural*

NON-FICTION

From Seed to Salad by Hannah Lyons Johnson. Lothrop, 1978. Hardcover.

Instructions for growing a salad garden from planting to harvesting is presented with large photographs and simple text. Includes 3 recipes for salad dressings. (Gr. K-3) *Science*

Gardens from Garbage: How to Grow Indoor Plants From Recycled Kitchen Scraps by Judith Handelsman. Millbrook, 1993. Hardcover.

Provides instructions for growing houseplants from pieces of potatoes, corn, watermelon rind and other fruit and vegetable scraps. (Gr. 2-6) *Science*

Hoe, Hoe, Hoe, Watch Your Garden Grow by Mark Daddona. Addison, 1980. Hardcover.

A guide for growing vegetables geared to the beginning gardener. (Gr. K-3) *Science*

My Backyard Garden by Carol Lerner. Morrow, 1998. Hardcover.

Explains how to start your own vegetable garden, cope with common problems and describes the round of agricultural activities from month-to-month throughout the year. (Gr. 2-5) *Science*

