

Once Upon A Vegetable

Your bookshelf may already hold some of these popular children's books that feature a fruit or vegetable.

CODE: Low activity level 

PROPS:



Children's books which feature vegetables and/or fruits.

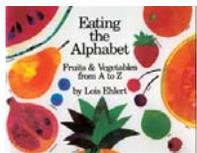
ACTION:

1. Read a book to children as a springboard, support or summary for a discussion about nutritious food.

TO IDENTIFY FRUITS AND VEGETABLES:

The books listed are in categories in which they could be used, but are not limited to these suggested activities.

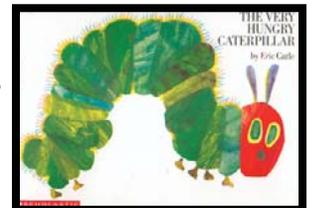
Eating the Alphabet by Lois Ehlert



This appetizing alphabet book shows bright drawings of fruits and vegetables. You'll wish they could jump off the page and into your mouth.

The Hungry Caterpillar by Eric Carle

Follows the progress of a hungry little caterpillar as he eats his way through a varied and large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days.



Potluck by Anne Shelby

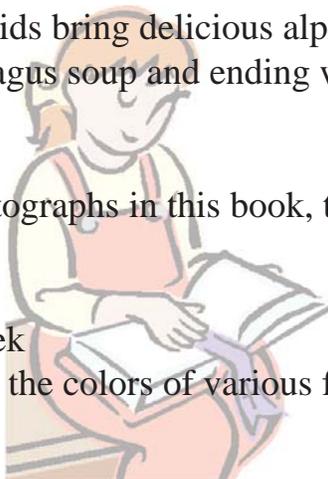
From Acton to Zelda, all the kids bring delicious alphabetical appropriate foods to the potluck, beginning with asparagus soup and ending with zucchini casserole.

I Eat Vegetables by Hannah Tofts

By lifting the flaps on the photographs in this book, the reader sees the insides of various vegetables.

Strawberries are Red by Petr Horacek

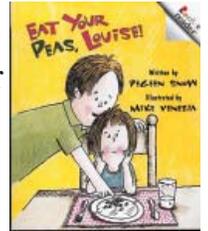
A simple board book in which the colors of various fruits make a beautiful fruit salad.



TO ENCOURAGE CHILDREN TO TRY A FRUIT OR VEGETABLE (OR ANY NEW FOOD):

Eat Your Peas, Louise by Pegeen Snow

The rhyming text of this book describes what it takes to get Louise to eat her peas. This book would be an excellent springboard to a discussion about tasting new foods – including peas.



Bread and Jam for Frances by Russell Hoban

Frances loves nothing better than jam and bread, and turns up her nose at other kinds of food. Then her mother starts giving Frances jam and bread for breakfast, lunch and dinner. Frances becomes sick of jam-only days and discovers that variety at mealtime really is good.

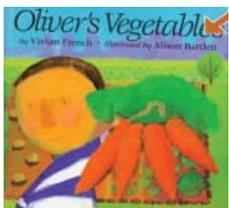
Seven Silly Eaters by Mary Ann Hoberman

Poor Mrs. Peters is the mother of seven very picky eaters. There's the oldest, Peter, who will only drink warm milk, Lucy who drinks only homemade pink lemonade, and little Jack who eats only bowls and bowls of applesauce. A very tired and frazzled Mrs. Peters can barely keep up until her children come up with a solution to all their future eating problems.

I Will Never Not Ever Eat a Tomato by Lauren Child

Lola is a very fussy eater. One day, after rattling off her long list of despised foods, she ends with, "And I absolutely will never not ever eat a tomato." Not convinced, Lola's older sister tells Lola that the orange things on the table are not carrots, but "orange twiglets from Jupiter" and peas are in fact "green drops from Greenland." Other vegetables with silly names suddenly seem appealing to Lola.

Oliver's Vegetables by Vivian French



French fries fan Oliver is spending a week with his grandparents. After declaring, "I don't eat vegetables," he strikes a bargain with Grandpa. If he finds the potatoes in Grandpa's vegetable garden, he can have fries. But if he finds something else, he must eat it with no complaints. The streamlined text has an appealing rhythm.

Little Pea by Amy Rosenthal

If Little Pea doesn't eat all of his sweets, there will be no vegetables for dessert! What's a young pea to do? Children who have trouble swallowing their veggies will love the way this pea-size picture book serves up a playful story they can relate to.



D.W. the Picky Eater by Marc Brown

In another funny picture book about Arthur the aardvark's little sister, D. W., is a fussy eater. She won't touch vegetables. More than anything else in the world, she hates spinach, or so she thinks. Like the badger in Russell Hoban's classic "Bread and Jam for Frances", the picky eater has to discover for herself what she's missing.

Rabbit Food by Susanna Gretz

In this entertaining twist on the fussy-eater theme, children will discover that adults can also be picky about food. It encourages all to try a taste of a vegetable before you say you don't care for it.

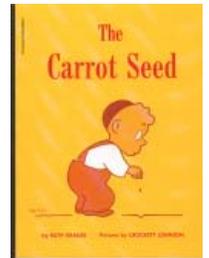
TO LEARN HOW VEGETABLES AND FRUITS GROW:

Farmers' Market by Paul Brett Johnson

In the story, a girl helps her parents take their vegetables to the farmers' market and spends the day selling them. The short text is enhanced by richly colored paintings depicting the story.

The Carrot Seed by Ruth Krause

Even though people tell him it won't grow, a boy remains confident in this carrot seed's potential. This old story with simple drawings has remained popular for years.



The Garden In Our Yard by Greg Quinn

The cycle of a garden from season to season is described with large detailed drawings.

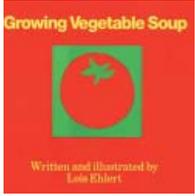
One Bean by Anne Rockwell

In a childlike text, a young narrator describes what happens as a bean sprouts on a wet paper towel and grows in a paper cup until it is transplanted into a large flower pot. Completing the life cycle, the child picks the bean and eats it.



TO MAKE A VEGETABLE OR FRUIT RECIPE TOGETHER:

Growing Vegetable Soup by Lois Ehlert



Vivid colors and large, bold print are key to this simple picture book that takes children through the steps of growing, harvesting, and preparing vegetables for soup.

Stone Soup by Marcia Bown (various versions by other authors)

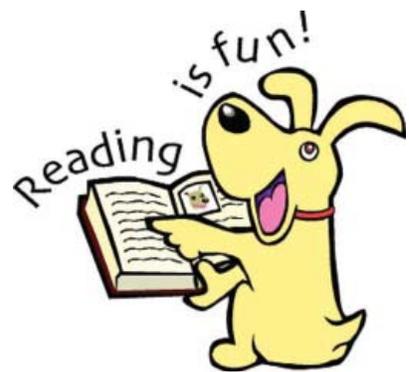
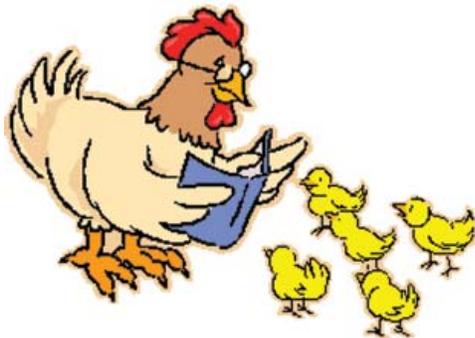
A classic tale of three hungry soldiers who come into a town where all the food has been hidden. They set out to make soup of water and stones, only to have the curious town's people contribute various "hidden" vegetables to the soup.

The Little Red Hen Makes Soup by Rozanne Williams

In this twist on the traditional story, the Little Red Hen gets her friends to help her make vegetable soup instead of bread.

Oliver's Fruit Salad by Vivian French

Oliver enjoys helping his grandfather grow and pick fruit from the garden, but even though he sings the praises of the bountiful produce, he won't eat any of it. That is until Grandpa comes to visit and enlists Oliver's aid in making a big, colorful fruit salad. It is so irresistible that the boy consumes three bowls full.



TO EXPLORE SEASONAL PRODUCE:

Picking Apples and Pumpkins by Amy Hutchins



Spend the day with Kristy and friends as they pick apples and pumpkins at Battleview Orchards in New Jersey.

Pumpkin, Pumpkin by Jeanne Titherington

Softly colored pencil illustrations in a realistic style effectively communicate Jamie's pride as a very young gardener. He plants a seed, then grows and harvests a pumpkin from which he saves seeds for next year.

The Apple Pie Tree by Zoe Hall

Follow the apple tree from winter to fall with two sisters. It teaches about the seasons as well as the process of growing something and the pride in having a hand in creating something.

Autumn is for Apples by Michelle Knudson

Apples are my favorite snack—all juicy, red, and round.

I love how every tasty bite comes with a crunchy sound.

Sparse rhyming text details a child's impressions of a trip to go apple-picking, from the morning flapjacks to the last juicy bite of apple.

The Seasons of Arnold's Apple Tree by Gail Gibbons



As the seasons pass, Arnold enjoys a variety of activities as a result of his apple tree. Includes a recipe for apple pie and a description of how an apple cider press works.

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear by Audrey Wood

What's a little, strawberry loving mouse going to do to keep a big, hungry, strawberry loving bear from eating his fruit? Especially when the bear can smell a red, ripe strawberry a mile away. The problem is solved with a little clever help from the reader.

Corn is Maize: The Gift of the Indians by Alik

The story is told of how corn was discovered and used by the Indians, and how it came to be an important food throughout the world. (for older preschoolers)

