

Infant – Preschool

Big Red Barn by Margaret Wise Brown
Felicia Bond (Illustrator), ISBN: 0694006246, Review: A charming story about a day in the barnyard.

Blueberries for Sal by Robert McCloskey, Review: Sal and her mother set off in search of blueberries for the winter at the same time as a mother bear and her cub.

The Carrot Seed by Ruth Krauss
Crockett Johnson (Illustrator), ISBN: 0694004928, Review: Everyone is certain it won't grow, but a little boy remains confident in his carrot seeds potential.

Child of Mine: Feeding With Love and Good Sense
by Ellen Satter, R.D., M.S., Review: In addition to the basics, breast feeding vs. bottle feeding; introduction of solid foods to the infant diet; and feeding the toddler.

A Healthy Head Start: A Worry-free Guide to Feeding Young Children by Motenko Stone, Review: Contains guidelines on: what to feed children after they outgrow baby food; teaching good mealtime behavior; how to deal with food jags.

How to Get Your Kid to Eat...but Not Too Much
by Elyn Satter, R.D., M.S., Review: She teaches simple ground rules for happy, healthy feeding which build on trusting the natural instinct of the child.

Meals Without Squeals: Child Care Feeding Guide & Cookbook by Christine Berman, M.P.H., R.D., Jacki Fromer, Review: Provides solutions to common feeding problems & shows ways to offer children positive learning experiences with food.

Teaching Children About Food: A Teaching and Activities Guide by Christine Berman, M.P.H., R.D., and Jacki Fromer, A companion book to [Meals Without Squeals](#). Review: Includes cooking and gardening activities for children.

Ages 4 - 8

Bread and Jam for Frances by Russell Hoban
Lillian Hoban (Illustrator), ISBN: 0064430960, Review: Frances decides she wants to eat only bread and jam at every meal. "Makes its point for fussy eaters...gently, amusingly, and most effectively."

Chicken Soup With Rice by Maurice Sendak
ISBN: 0060255358, Review: It's nice in January, April, June, and December – here's the every-month dish for everyone to remember.

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.

Potluck by Anne Shelby, Irene Trivas (Illustrator), ISBN: 053107045X, Review: Alpha and Betty have a potluck and all their friends bring appropriate alphabetical food.

Everybody Cooks Rice by Norah Dooley
Peter J. Thornton (Illustrator), ISBN: 0876144121, Review: As Carrie wanders about her multicultural neighborhood looking for her little brother, every household she visits is preparing rice in a unique way.

Green Eggs and Ham by Dr. Seuss
Theodore Seuss Geisel (Illustrator), Review: Sam-I-Am mounts a determined campaign to convince another Seuss character to eat a plate of green eggs and ham.

Gregory, the Terrible Eater by Mitchell Sharmat
Ariane Dewey & Jose Aruego (Illustrators), Review: A very picky eater, Gregory the goat refuses the usual goat diet.

Growing Vegetable Soup by Lois Ehlert, ISBN: 0152325808, Review: A father and child share the simple joys of planting, watering, and watching seeds grow in their garden.

Math in the Kitchen by Laura Mackey, Jo Supanicich (Illustrator), ISBN: 1557993270, Review: Worksheets and ideas for connecting math and cooking in the classroom.

My Five Senses (Let's Read and Find Out Books)
by Aliki (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.

Old MacDonald Had an Apartment House by Judi Barrett
Ron Barrett (Illustrator), Review: Old MacDonald had a farm in an apartment house in the middle of the city.

Oliver's Vegetables by Vivian French,
Alison Bartlett (Illustrator), ISBN: 0531094626, 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.

Over Under in the Garden: An Alphabet Book
by Pat Schories, ISBN: 0374356777, Review: The garden and the alphabet are brought together in an alphabet book that combines informative facts on plants and animals in an A-to-Z presentation.

Stone Soup by Marcia Brown, ISBN: 0684922967, 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, ISBN: 0688126472, Review: Captures the precious "snapshots" of summer in a collection of 28 delightful poems.

What Food Is This? by Rosemarie Hausherr
ISBN: 059046583X, Review: Uses a question and an appealing color photograph of a child to lure readers into learning about the food they eat.

Why Am I Different? by Norma Simon
Dora Leder (Illustrator), Review: Explores some of the aspects of human existence that make each person special.

Ages 9 – 12

Blue Potatoes, Orange Tomatoes by Rosalind Creasy Ruth Heller (Illustrator), ISBN: 0871569191, Review: Learn about growing fruits and vegetables in unexpected colors, includes simple planting tips, special recipes, and illustrations for easy identification.

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.

Little House Cookbook: Frontier Foods From Laura Ingalls Wilder's Classic Stories by Barbara M. Walker Garth Williams (Illustrator), ISBN: 0060264187, Review: Here are more than 100 recipes introducing the foods and cooking of Laura Ingalls Wilder's pioneer childhood.

Storybook Stew, Cooking With Books Kids Love by Suzanne I. Barchers and Peter J. Rauen ISBN: 1555919448, Review: Fifty featured books, each with a summary, related activity, experiment or art project. Activities involve art, math, science, gardening, language arts, and music.

All Ages

American Grub, Eats for Kids From All Fifty States by Lynn Kuntz and Jan Fleming, ISBN: 0606126163, Review: This children's recipe book contains recipes that can connect to curriculum throughout the year.

Cooking with Children: 15 Lessons for Children, Who Really Want to Learn to Cook by Marion Cuninghame Emily Lisker (Illustrator), ISBN: 0679422978, Review: A practical guide for parents, explains how to teach young children the art of cookery.

Funtastic Recipes by Linda Roberson, Review: This pictorial cookbook for those with limited reading skills is excellent for use with children.

Healthy Snacks for Kids by Penny Warner, Review: Offers new ideas for meals and snacks for children. More than 200 recipes by a child development expert include snacks, meals, desserts, drinks, lunch box fillers and freezer treats.

Just for Kids by Jen Bays Avis, L.D.N., R.D. and Kathy F. Ward, L.D.N., R.D., Review: Offers quick recipes that can work good nutrition into any busy schedule. The authors share their ideas for crafts and delicious foods.

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.

Resources for Teachers, Parents & Children

Books and Journals

Angell, C. "Celebrations Around the World, A Multicultural Handbook." Golden, CO: Fulcrum Publishing, 1996. ISBN: 1555919456

Diamond, M., and Hopson, J. "Magic Trees of the Mind." New York: EP Dutton, 1998. ISBN: 0525943080

Gardner, H. "Intelligence Reframed." New York: Basic Book, 1999. ISBN: 0465026109

Wolfe, P, Burkman, M.A., Streng, K. "The Science of Nutrition." *Educational Leadership*, March 2000, pp. 54-59.

Web Sites

American Dietetic Association, <http://www.eatright.org>
Nutrition and health resource site.

California Foundation for Agriculture in the Classroom, <http://www.cfaitc.org>
Agriculture resources for teachers and students.

Dairy Council of California, <http://www.dairycouncilofca.org>
Free nutrition curriculum & online resources for teachers.

Food Play, <http://www.foodplay.com>
Activities and tips focusing on children's nutrition.

Healthy Kids Resource Center, <http://www.hkresources.org>
Free health instruction materials on loan by mail for K-12 California educators.

Kid's Health, <http://kidshealth.org>
Health information for kids and teens.

Meals Matter, <http://www.mealsmatter.org>
Provides parents individuals a place to plan & prepare healthy & delicious food.

MyPyramid, <http://www.mypyramid.gov>
Assess your food intake and physical activity with this interactive website. Many tips and resources for a healthy diet.

Nutrition Education and Training Section, <http://www.cde.ca.gov>
Providing programs to improve student health through the school environment.

Nutrition Explorations, <http://www.nutritionexplorations.org>
Allows students to explore their nutritional status and to look at their families' health.

Nutrition for Kids, <http://www.nutritionforkids.com>
Nutrition materials, recipes and tips.

S.C.O.R.E., <http://www.score.k12.ca.us>
Classroom resource site.

SmarterKids, <http://www.smarterkids.com>
Educational store for parents with kids birth to 15 years old.

WebMD, <http://www.HEALTHteacher.com>
Sequential K-12 health lesson guides that meet NHES.