

# Books With Positive Nutrition Messages for Kids



## Preschool to age 8:

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### **Over Under in the Garden**

Pat Schories, 1996 (Farrar, Straus, & Giroux)

Beautiful ABC book with full-page watercolor illustrations featuring a vegetable or fruit and an animal for each page.

### **Growing Vegetable Soup**

Lois Elhert, 1987 (Harcourt Brace Jovanovich)

Depicts the process of growing and using vegetables, and includes a recipe for vegetable soup.

### **Eating the Alphabet**

Lois Elhert, c1989, 1996 (Harcourt Brace & Co.)

A colorful ABC book with a great presentation of a variety of foods both common and uncommon, that may entice kids to taste. Includes a glossary with descriptions and interesting facts.

### **Oliver's Vegetables**

Vivian French, 1995 (Orchard Books)

Oliver visits his Grandparents and hopes to find the potatoes so he can have the only vegetables he likes - french fries. But first he must find the potatoes in the garden, and in the process he tries and likes all the vegetables!

### **Grandpa's Garden Lunch**

Judith Caseley, 1991 (Greenwillow Books)

A colorful book with about 1-3 sentences per page. A girl helps her grandpa put in a garden, then later comes for lunch and notes how every part of lunch has something from the garden, from the table centerpiece to the carrot cake.

### **The Pea Patch Jig**

Thatcher Hurd, c1986 (Crown Books)

A family of mice is quite comfortable in Farmer Clem's garden, though they do have some close calls! The story ends with a party in the pea patch, accompanied by a lively jig fiddle tune, the music for which is included at the end of the book in this edition.

### **Potluck**

Anne Shelby, 1991 (Orchard Books)

Beautifully illustrated book weaves together a multicultural cast of characters and foods as they convene for their colorful potluck. Different dishes and foods are represented (asparagus soup, bagels, kale, yams, etc.), one for every letter of the alphabet!

## **Ages 7-11:**

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### **Blue Potatoes, Orange Tomatoes**

Rosalind Creasey, 1994 (Sierra Club Books for Children)

This book highlights unique, colorful veggies and features the key steps to growing these varieties, from ordering seeds to planting, tending, and harvesting the crops.



### **Everybody Cooks Rice**

Norah Dooley, c1991 (Carolrhoda Books)

A child searches the neighborhood to find his brother at dinner time and discovers how rice is prepared in different households according to a variety of cultural traditions.

### **The Magic School Bus: Inside the Human Body**

Joanna Cole, c1989 (Scholastic, Inc.)

Very popular, interesting series details the process of digestion through a fantastic journey inside the body. One page has a side bar that actually shows the pyramid food groups and warns against eating too much junk food!

### **This Is the Way We Eat Our Lunch**

Edith Baer, 1995 (Scholastic)

A rhyming journey through the scenery and foods of places throughout America and the World, from Massachusetts clams to Japanese tempura. At the end, the places visited are listed and marked on a map. Recipes are included for three of the featured foods, and 20 of the other featured foods are each given a brief description.

### **What Food Is This?**

Rosemarie Hausherr, c1994 (Scholastic)

Photos of a wide variety of foods and children accompany a question/ answer format that discusses 18 different foods, featuring questions like how they are grown or processed.

For a more extensive list of books with positive nutrition messages for children in grades K-3, see the Michigan Team Nutrition Booklist: <http://www.msue.msu.edu/fnh/tn/Booklist.pdf>