

Recommended Nutrition Books for California WIC



What to Look for in Selecting a Nutrition Book

1. **Positive Nutrition Messages** -simple messages; variety of foods shown (does not encourage unhealthy foods); food shown in context with family life; humor is a plus; overall message that healthy foods are tasty and fun
2. **Diverse Families** -intergenerational; multicultural; flexible gender roles; single parents, including dads or grandparents as care providers; people pictured in the books are reflective of your audience
3. **Positive Social Interactions** -characters are shown interacting positively with one another or as part of a family or Community
4. **Engaging Artwork** -bold, colorful pictures; attractive color schemes
5. **Simple Story Line** -age appropriate; some suspense can make it appealing to all ages; story that encourages interaction yet is relatively short or easily shortened; rhyme and repetition add interest and participation
6. **Reinforces School Readiness** –provides exposure to alphabet letters, counting, rhyming, and opportunities for social and emotional development
7. **Other Things to Consider:** availability in Spanish or in big-book format

How to Use Nutrition Books for Group Sharing

1. Tie the book closely to your nutrition education topic, but pick a book you like (if you have free choice).
2. Read slowly and take time to look at the pictures together.
3. Practice counting together or noticing what is happening.
4. Add drama to your voice and body language. Have everyone guess what might happen next.
5. Pause and ask open-ended questions to encourage interaction.
6. Use props, such as food or pictures of food, puppets, or flannel boards, to reinforce the story and capture the interest of children. Give out some props and have children show them at the appropriate time in the story.

General

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Ananse's Feast: An Ashanti Tale</i> -Tololwa Mollel	Clarion Books (Paperback) 32 pages	Ananse the spider devises a tricky way to avoid sharing his tasty feast with Akye the turtle. When Akye serves his feast he makes sure Ananse is forced to go away hungry.	4-8 years	An African tale
<i>Button Soup</i> -Doris Ogel	Gareth Stevens Publishing (Hardcover) Bank Street (Paperback) 32 pages	A young child retells the story of Stone Soup to a homeless person using a button instead of a stone.	4-9 years	Explores issues of community and homelessness
<i>Everybody Cooks Rice</i> -Norah Dooley	Houghton Mifflin (Hardcover) Carolrhoda Books (Paperback) 32 pages	Carrie travels from house to house looking for her brother at dinner time. She discovers the culturally diverse rice dishes prepared by her neighbors.	5-10 years	Good introduction to different cultures Includes recipes
<i>Frog Goes to Dinner</i> -Mercer Mayer	Dial (Hardcover & Paperback) 32 pages	Frog wreaks havoc at the posh restaurant where the family is having dinner.	Baby-4 years	Wordless book Funny Children learn to predict

General (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<p><i>The Little Red Hen and the Ear of Wheat</i> -Mary Finch</p> <p><i>La Gallinita roja y la espiga de trigo</i></p>	<p>Barefoot Books (Hardcover & Paperback)</p> <p>32 pages</p> <p>Barefoot Books (Paperback)</p>	<p>A rooster and a mouse live with the little red hen and refuse to help do the chores necessary to turn a grain of wheat into a loaf of bread. When, in turn, the little red hen does not share the fruits of her solitary labor, they learn their lesson and get a second chance.</p>	<p>3-5 years</p>	<p>Shows cooperation</p> <p>Could be used to promote family meals and working together</p>
<p><i>Lunch</i> -Denise Fleming</p>	<p>Henry Holt and Company (Hardcover & Paperback)</p> <p>32 pages</p>	<p>A hungry mouse peeks out of his hole and sniffs LUNCH! He nibbles his way through a variety of colorful foods.</p>	<p>Baby- Preschool</p>	<p>Children can guess what comes next</p>
<p><i>Pancakes for Breakfast</i> -Tomie de Paola</p>	<p>Harcourt (Hardcover)</p> <p>Voyager (Paperback)</p> <p>32 pages</p>	<p>A wordless book in which the main characters attempt to make breakfast as the dog and cat decide to help themselves as well.</p>	<p>Baby-8 years</p>	<p>Great for showing where food comes from</p>
<p><i>The Runaway Rice Cake</i> -Ying Chang Compestine</p>	<p>Simon & Schuster (Hardcover)</p> <p>40 pages</p>	<p>A tale of tenderness and sharing. It is Chinese New Year's eve and the Chang family has just enough rice flour to make one New Year's rice cake. However when the Nin-gao is cooked, it comes to life and leads the Changs on a chase through the village. The cake is finally caught and the youngest son suggests that they share the cake with a poor woman. Magically, more and more food appears on the table until there is enough for everyone to eat.</p>	<p>4-8 years</p>	<p>Includes a pronunciation guide, information about Chinese New Year, and two recipes</p>

General (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Sopa De Piedras</i> -Marcia Brown	Lectorum Publications (Hardcover & Paperback)	Stone Soup story in Spanish	4-8 years	
<i>Stone Soup</i> -Retold by Heather Forest	August House (Hardcover & Paperback) 32 pages	Retells the story of Stone Soup where the people of a town make a soup by starting with a stone and adding items.	4-8 years	Bold, colorful illustrations
<i>Today is Monday</i> -Eric Carle	Putnam (Paperback) 32 pages	In a story and song, teaches the days of the week using different foods. It also uses different animals.	3-5 years	Can be used to teach math skills, different animals, and foods Repetitive text builds memory and can implement body movement
<i>Too Many Tamales</i> -Gary Soto <i>¡Qué Montón de Tamales!</i>	Putnam (Hardcover & Paperback) 32 pages	Maria tries on her mother's diamond ring while she helps her parents make tamales for Christmas dinner. She and her cousins eat all twenty-four tamales to find the lost ring.	4-8 years	A glimpse into a Latino household Warm oil paintings
<i>The Very Hungry Caterpillar</i> -Eric Carle <i>La Oruga Muy Hambrienta</i>	Philomel Books (Hardcover-32 pages & Boardbook -13 pages) Black Butterfly (Paperback-28 pages) English version only	One sunny day, a caterpillar pops out of an egg. He is very hungry and begins searching for food. He eats his way through one apple (and the pages of the book itself) on Monday, two pears on Tuesday, three plums on Wednesday...until he is really fat and...	2-5 years	Simple storyline Three-dimensional artwork Shows how food is needed to build young bodies

Breastfeeding

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Breastmilk Makes My Tummy Yummy</i> -Cecilia Moen	Midsummer Press (Hardcover -24 pages) (Boardbook -22 pages)	A picture book for children celebrating the joys of breastfeeding. Illustrations show breastfeeding scenes parents and children will recognize with a smile. From newborns to tandem feeding siblings, this book shows children of all ages and around the world enjoying one of their favorite things.	4-8 years	Each picture is accompanied by a short verse in rhyme.
<i>I Eat at Mommy's</i> -Anna Bradley-McBeth	Big Brain (Hardcover) 41 pages	This book has the ingredients of a classic children's story. It is the story of Bridget, an articulate toddler who loves to breastfeed ("eat at mommy's").	4-8 years	Universal in its positive message about extended breastfeeding
<i>I'm Made of Mama's Milk</i> -Mary Olsen	Mary Olsen Books (Boardbook) 24 pages	A delighted nursing describes her love of nursing, how breastfeeding benefits her, and when, where, and how she nurses...all while in the loving presence of her parents.	2-5 years	
<i>Mama, Mama</i> -Jean Marzollo	Harper Festival (Boardbook) 16 pages	Mama animals and their babies: nursing leopard "Mama, Mama, soft as silk, give me warmth and give me milk."	Baby- Preschool	Simple rhymes
<i>Over the Green Hills</i> -Rachel Isadora	Greenwillow (Hardcover) 32 pages	A young boy, his mother, and baby sister take a long walk to another village in South Africa. Along the way they make stops so mother can breastfeed the baby.	4-8 years	Beautiful watercolor pictures Depicts African way of life
<i>We Like to Nurse</i> -Chia Martin	Tandem Library (Hardcover) Hohm Press (Paperback) 32 pages	Shows nursing as a natural part of life for many animals. Includes humans.	4-8 years	Promotes breastfeeding Pictures are not detailed

Fruits and Vegetables

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Apples, Apples, Apples</i> -Nancy Elizabeth Wallace	Marshall Cavendish Corporation (Paperback) 32 pages	Tells the story of a bunny's family outing to the orchard. All aspects of picking apples are included.	4-8 years	Uses pictures created from paper cutouts Includes recipe, song, and a craft
<i>Big News! Straight from the Heart</i>	American Heart Association 10 pages	Animals find "good news" giving messages of eating fruits and vegetables, gardening, drinking low-fat milk, and exercising.	Preschool	Downloadable at www.americanheart.org/presenter.jhtml?identifier=3003174 Hidden hearts are found on each page
<i>Eating the Alphabet</i> -Lois Ehlert	Harcourt (Hardcover -40 pages) Voyager Books (Paperback -40 pages) Red Wagon (Boardbook -28 pages)	Pictures of fruits and vegetables from A to Z. Clearly labeled. Common and less common produce from around the world.	Baby- Preschool	Bright watercolor collages of fruits and vegetables. Teaches color, alphabet, and food names.
<i>The First Strawberries: A Cherokee Story</i> -Joseph Bruchac	Dial (Hardcover) Puffin (Paperback) 32 pages	Retelling of a Cherokee legend of how strawberries came to be. A tale of respect and friendship.	4-8 years	Watercolor illustrations Simple text

Fruits and Vegetables (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<p><i>The Grey Lady and the Strawberry Snatcher</i> -Molly Garrett Bang</p>	<p>Simon & Schuster (Hardcover)</p> <p>Aladdin (Paperback)</p> <p>48 pages</p>	<p>A woman loves strawberries, but so does the strawberry snatcher. He is not far away and gets closer and closer until the woman escapes him in the forest where he discovers blackberries!</p>	<p>Baby- Preschool</p>	<p>Wordless book</p>
<p><i>Growing Colors</i> -Bruce McMillan</p>	<p>Harper Collins (Hardcover)</p> <p>Harper Trophy (Paperback)</p> <p>32 pages</p>	<p>What color is a bean? Green? Or might it be purple? Look at the gorgeous colors found in orchards and gardens</p>	<p>2-5 years</p>	<p>Stunning photographs</p> <p>Simple text</p>
<p><i>Handa's Surprise</i> -Eileen Browne</p>	<p>Aims International Books</p> <p>(Hardcover & Paperback)</p> <p>28 pages</p>	<p>A young Kenyan girl Handa puts seven fruits in a basket to take to her friend and walks past a variety of animals and the fruits "disappear".</p>	<p>3-7 years</p>	<p>Teaches color, counting, and names of fruits and animals</p>
<p><i>How Are You Peeling? Foods with Moods</i> -Saxton Freymann & Joost Elffers</p> <p><i>Vegetal Como Eres: Alimentos con Sentimientos</i></p>	<p>Arthur A. Levine (Hardcover)</p> <p>Scholastic (Paperback)</p> <p>Scholastic (Paperback)</p> <p>48 pages</p>	<p>Fruits and vegetables made to look like faces with feeling. Large pictures and few words make it easy to use this book with different audiences.</p>	<p>4-8 years</p>	<p>Funny and attractive food</p> <p>Teaches social and emotional skills</p> <p>Appealing to adults and children</p>

Fruits and Vegetables (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Mrs. McNosh and the Great Big Squash</i> -Sarah Weeks	Scholastic (Paperback)	Squash grows so gigantic that it is picked and made into a house.	4-8 years	Includes rhyming words
<i>Oliver's Fruit Salad</i> -Vivian French & Alison Bartlett	Orchard Books (Hardcover) Hodder Children's Books (Paperback) 32 pages	Oliver's grandfather grows fruit tastier than from a can or bottle, but it does not mean Oliver will eat any until his grandparents get him to try fruit salad!	4-8 years	Nice bold pictures Shows multiple generations Teaches about fruits and trying new foods
<i>Oliver's Vegetables</i> -Vivian French & Alison Bartlett	Orchard Books (Hardcover & Paperback) 32 pages	Refusing to eat vegetables, Oliver visits his grandfather and is amazed at the variety of vegetables that grow in his garden and vegetable eating soon becomes a game.	4-8 years	Nice bold pictures Shows multiple generations Teaches gardening and trying vegetables and new foods
<i>Potatoes on Tuesday</i> -Dee Lillegard	Goodyear Books (Hardcover) Celebration Press (Paperback) 8 pages	Designed to invite young readers to read on their own with a predictable story pattern, memorable rhymes, and repetition.		Teaches days of the week using foods Tips at the back of the book guide parents in reading books with their children
<i>Pumpkin Fiesta</i> -Caryn Yacowitz	Harper Collins (Hardcover) 32 pages	Old Juana grows the best pumpkins and Foolish Fernando wants to win the pumpkin crown at the fiesta so he tries to copy her every move.	4-8 years	Includes recipe for pumpkin soup

Fruits and Vegetables (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Strawberries Are Red</i> -Petr Horacek	Candlewick (Boardbook) 14 pages	Introduces various fruits that feature boldly hued watercolor-and-crayon artwork: "Strawberries are red...Oranges are orange."	4-8 years	Simple text
<i>Tumbleweed Stew</i> -Susan Stevens Crummel	Green Light Readers (Hardcover & Paperback) 32 pages	In this Stone Soup variant, Jack Rabbit tricks the other animals into sharing their vegetables to create a delicious stew.	4-8 years	Funny text

Gardening

Book/Author	Publisher	Storyline	Ages	Other Information
<i>The Carrot Seed</i> -Ruth Krauss	Harper Collins (Hardcover -32 Pages) Scholastic (Paperback -32 Pages)	A little boy plants a carrot seed and nothing seems to be growing but then he harvests the huge carrot that was growing underground.	4-7 years	First published in 1945 Father is shown smoking a pipe Simple text
<i>La Semilla de Zanahoria</i> -Argentina Palacios	Scholastic (Paperback -22 pages)			
<i>I'm a Seed</i> -Jean Marzolla	Cartwheel (Paperback)	Two seeds are growing and one seed does not know what it will become.	3-6 years	Can be used for beginning readers
<i>Soy Una Semilla</i> - Adriana Prosen	Scholastic (Paperback) 32 pages			

Gardening (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Oliver's Vegetables</i> -Vivian French & Alison Bartlett	Orchard Books (Hardcover & Paperback) 32 pages	Refusing to eat vegetables, Oliver visits his grandfather and is amazed at the variety of vegetables that grow in his garden and vegetable eating soon becomes a game.	4-8 years	Shows multiple generations Teaches gardening and trying vegetables and new foods
<i>Pumpkin Fiesta</i> -Caryn Yacowitz	Harper Collins (Hardcover) 32 pages	Old Juana grows the best pumpkins and Foolish Fernando wants to win the pumpkin crown at the fiesta so he tries to copy her every move.	4-8 years	Includes recipe for pumpkin soup
<i>Too Many Pumpkins</i> -Linda White	Holiday House (Hardcover & Paperback) 32 pages	A lonely, elderly woman, who gardens, hates pumpkins. A huge pumpkin falls from a passing truck into her yard and she buries it so she will not have to ever see it again. Surprise, pumpkin plants take over her yard and through the experience she makes friends with the community.	4-8 years	Lots of words on one page
<i>Tops and Bottoms</i> -Janet Stevens	Harcourt (Hardcover) Scholastic (Paperback) 40 pages	A trickster tale in which clever Hare works Bear's land and splits the crops. Bear gets to choose which he will receive "tops or bottoms". Bear chooses tops so Hare plants root crops.	5-7 years	Funny Shows cooperation

Gardening (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<p><i>The Tortilla Factory</i> -Gary Paulsen</p> <p><i>La Tortillería</i> -Gloria de Aragon Andujar</p>	<p>Voyager Books (Paperback)</p> <p>Harcourt Children's Books (Hardcover)</p> <p>Libros Viajeros (Paperback)</p> <p>32 pages</p>	<p>How a seed becomes a tortilla. Simple text and striking paintings tell how corn is made into tortillas. Also shows how the food workers eat gives them the energy to grow more corn and make more tortillas.</p>	<p>4-8 years</p>	<p>This circular telling works nicely with the strong, attractive paintings</p>
<p><i>Ugly Vegetables</i> -Grace Lin</p>	<p>Charlesbridge (Hardcover & Paperback)</p> <p>32 pages</p>	<p>Girl and her mother plant a garden of vegetables while their neighbors plant flowers. Mother makes a soup from their ugly vegetables and shares with the neighbors.</p>	<p>4-8 years</p>	<p>Chinese-American family</p> <p>Shows community spirit</p> <p>Includes recipe for soup</p>
<p><i>The Victory Garden Vegetable Alphabet Book</i> -Jerry Pollotta & Bob Thomson</p>	<p>Charlesbridge Publishing (Hardcover & Paperback)</p> <p>32 pages</p>	<p>Alphabet book with usual and unusual vegetables. Explains information on each vegetable that even adults will learn. Shows vegetables growing on top and under the ground.</p>	<p>5-10 years</p>	<p>Beautiful drawings</p> <p>Explains the term "victory garden of WWII"</p>
<p><i>We Can Eat the Plants</i> -Rozanne Lanczak Williams</p>	<p>Creative Teaching Press (Paperback)</p> <p>8 pages</p>	<p>A boy in a garden picks vegetables for a picnic for himself and his animal friends. "We can eat the roots. We can eat the stems. We can eat the leaves..."</p>	<p>5-8 years</p>	<p>Can be used for beginning readers</p>

Healthy Snacks

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Bread and Jam for Francis</i> -Russell Hoban <i>Pan y mermelada para Francisca</i>	Harper Trophy (Paperback) 32 pages	Preferring her favorite snack to all other foods, Francis is disturbed when her parents agree to give her nothing but bread and jam to eat. She discovers the wonderful variety of food that is available.	4-8 years	Originally published in 1964
<i>Mr. Sugar Came to Town/La Visita del Sr. Azúcar</i> -Harriet Rohmer & Cruz Gomez	Steck-Vaughn (Hardcover) Children's Book Press (Paperback) 32 pages	Children love Grandma Lupe's tamales but Mr. Sugar comes to town in his magical truck and offers children all the goodies they can eat. The children stuff themselves with treats and strange things happen to them.	4-8 years	
<i>Prudence's Book of Food</i> -Alona Frankel	Harper Festival (Hardcover) 40 pages	Why, what, and when does Prudence eat? Prudence explores food and where it comes from.	4-8 years	Shows breastfeeding but also shows a bottle.

Physical Activity

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Barnyard Dance!</i> -Sandra Boyton	Workman Publishing Company (Boardbook) 24 pages	Farm animals dance a boisterous, breathless, knee-slapping dance. "Bow to the cow, twirl with the pig if you know how."	Baby-5 years	Great square dance rhythms Simple humorous pictures
<i>From Head to Toe</i> -Eric Carle	Harper Festival (Paperback -32 pages) (Boardbook -26 pages)	A child is paired with an animal that shows a movement that comes naturally to the animal: an elephant stomps its feet and so does a girl, a gorilla thumps its chest and so does a boy.	Baby-5 years	Children will enjoy seeing and doing the movements

Physical Activity (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<p><i>Hop Jump</i> -Ellen Stoll Walsh</p> <p><i>Salta y Brinca</i> -Alma Flor Ada & F. Isabel Campoy</p>	<p>Voyager Books (Paperback)</p> <p>Libros Viajeros (Paperback)</p> <p>32 pages</p>	<p>Betsy the dancer watches the other frogs go back and forth, back and forth, “hop, jump, hop. It’s always the same.” At first an outcast for her leaps and turns, she inspires the others to try their own moves.</p>	<p>3-8 years</p>	<p>Story will get kids hopping, jumping, and dancing</p>
<p><i>I Went Walking</i> -Sue Williams</p> <p><i>Salí de Paseo</i> -Alma Flor Ada</p>	<p>Gulliver Books (Hardcover -32 pages)</p> <p>Red Wagon (Boardbook -30 pages)</p> <p>Libros Viajeros (Boardbook -30 pages)</p>	<p>In a guessing game format, a young child goes for a walk and sees a variety of colorful animals. "I went walking/ What did I see? / I saw a black cat / Looking at me." The cat follows him, as do all of the other animals he meets.</p>	<p>Baby- 5 years</p>	<p>Watercolor illustrations</p>
<p><i>Jump Frog Jump</i> -Robert Kalan</p> <p><i>Salta, Ranita, Salta</i></p>	<p>Greenwillow (Hardcover)</p> <p>Harper Trophy (Paperback)</p> <p>Rayo (Paperback)</p> <p>32 pages</p>	<p>Tale of the turtle that slid into the pond and ate the snake that dropped from a branch and swallowed the fish that swam after the frog.</p>	<p>2-5 years</p>	<p>The infectious tale will soon have children jumping like the young frog</p>

Physical Activity (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Stomp, Stomp</i> -Bob Kolar	North South Books (Hardcover & Paperback) 32 pages	A small green dinosaur stomps through the neighborhood. He merrily stomps out of his home, over the hills, shaking the ground...the appeal of this book is directly proportional to the vigor with which it is read aloud.	2-5 years	

Shopping

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Farmers Market</i> -Carmen Parks	Green Light Readers (Hardcover & Paperback) 24 pages	A young girl gets ready and goes to the Farmers' Market to sell fruits and vegetables with her family.	4-8 years	Can be used for beginning readers
<i>Feast for 10</i> -Cathryn Falwell <i>Fiesta Para 10</i>	Clarion Books (Hardcover & Paperback) Scholastic (Paperback) 32 pages	Count from one to ten and then count again. Family shops, cooks, and sets the table. Everyone helps and the feasting begins.	1-5 years	Large pictures show African American family helping together. Teaches counting and basic shopping and food preparation.
<i>Jonathan Goes to the Grocery Store</i> -Susan Baggette	Brookfield Reader (Boardbook) 14 pages	Jonathan's grandparents take him to the grocery store and to the library. Smiling, helpful employees greet him and interact with the toddler, providing positive experiences and evoking community spirit.	Baby- Preschool	Uses photos to. Shows grandparents as caretakers.

Shopping (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<p><i>Market Day</i> -Lois Ehlert</p>	<p>Harcourt Children's Books (Hardcover)</p> <p>Voyager Books (Paperback)</p> <p>36 pages</p>	<p>It's market day. Everyone's going to the town square for a farmer's market and you are invited to come along.</p>	<p>4-8 years</p>	<p>Told with folk art from Central America</p> <p>Teaches about farmer's market</p>
<p><i>Saturday Market</i> -Patricia Grossman</p>	<p>Harper Collins (Hardcover)</p> <p>32 pages</p>	<p>A composite portrait of the sprawling market held each week in Oaxaca, Mexico introduces a variety of vendors and market goers.</p>	<p>6-8 years</p>	<p>Beautiful illustrations</p> <p>Somewhat complex for young children</p>
<p><i>Saturday Sancocho</i> -Leyla Torres</p> <p><i>El Sancocho Del Sábado</i></p>	<p>Farrar, Straus & Giroux (Paperback)</p> <p>32 pages</p>	<p>Maria Lili spends Saturdays with her grandparents, Mama Ana and Papa Angelino, making wonderful chicken stew called "sancocho." One Saturday Mama Ana and Maria Lili go to the market, where they barter their goods for the biggest chicken and vegetables.</p>	<p>4-8 years</p>	<p>Watercolors capture the action and flavor of the marketplace.</p> <p>Includes Mama Ana's sancocho recipe</p> <p>Depicts Latino culture</p>
<p><i>To Market, To Market</i> -Anne Miranda</p>	<p>Harcourt Children's Books (Hardcover)</p> <p>Voyager (Paperback)</p> <p>36 pages</p>	<p>Uses a familiar nursery rhyme to show how a trip to a Spanish Mercado ends in chaos with food and animals.</p>	<p>4-8 years</p>	<p>Funny</p> <p>Teaches rhymes</p>

Trying New Foods

Book/Author	Publisher	Storyline	Ages	Other Information
<i>The Beastly Feast</i> -Bruce Goldstone	Henry Holt and Company (Hardcover & Paperback) 32 pages	"Bears bring pears", "mosquitoes bring burritos", "fishes bring knishes". By the time the "armadillos bring pillows" we are ready for a nap.	4-8 years	Rhyming words
<i>D. W. The Picky Eater</i> -Marc Brown	Red Fox (Paperback) 32 pages	D.W., Arthur's aardvark sister, hates spinach but when she goes to a fancy restaurant tries a fancy dish (spinach pie) and loves it.	4-8 years	funny
<i>Green Eggs and Ham</i> -Dr. Seuss <i>Huevos Verdes con Jamón</i>	Random House (Paperback) Lectorum Publications (Paperback) 62 pages	Sam changing as many variables as possible "--in a house, with a mouse"... "in a box, with a fox" hopes to convince that green eggs and ham are a delicacy to be savored.	3-8 years	Famous rhyming words Spanish version also rhymes Can be used for beginning readers
<i>Gregory, the Terrible Eater</i> -Mitchell Sharmat	Simon & Schuster (Hardcover) Scholastic (Paperback) 32 pages	Gregory, a goat, wants to only eat good food like vegetables and his parents are worried since he won't eat tin cans, etc.	4-8 years	Funny way to show children how to try new foods
<i>I Will Never NOT EVER Eat a Tomato</i> -Lauren Child	Candlewick Press (Hardcover-16 pages) (Paperback-32 pages)	Picky eater book where a boy gets his sister to try to eat different vegetables because he renames them.	3-8 years	Funny Whimsical illustrations

Trying New Foods (continued)

Book/Author	Publisher	Storyline	Ages	Other Information
<i>Lunch</i> -Denise Fleming	Henry Holt & Company (Hardcover & Paperback) 32 pages	A hungry mouse eats through fruits and vegetables. Each page shows part of the next fruit or vegetable with two clues that includes the next color	Preschool	Teaches colors Interactive text

Additional Resources for Family Centered Education Nutrition Books

California Healthy Kids Resource Center -Provides resources for loan, including nutrition resources. Shipping is free. Pay return postage.

www.californiahealthykids.org

ChildCraft -Offers furniture, educational toys and children's books and other children's products

www.childcrafteducation.com

Harcourt Trade Publishers -Publishes children's books in English and Spanish (Libros Viajeros)

www.harcourtbooks.com

Just for Kids –Offers a variety of nutrition books and materials

www.justforkids.com

Lakeshore Learning Materials -Offers materials such as activity kits to accompany children's books and school-readiness materials

www.lakeshorelearningsolutions.com

Neat Solutions –Offers a variety of food and nutrition items for children, including books

www.neatsolutions.com

Produce for Better Health Foundation

www.pbhcatalog.com/acatalog/

Scholastic Books -Publishes children's books, big books, and Spanish translations.

www.scholastic.com