

# STORYBOOKS ABOUT FOOD FOR CHILDREN

This is a list of children's books about food and healthy eating available at bookstores (in-store or online) and libraries. Themes in these books include picky eaters, fruit and vegetables, the alphabet, counting, physical activity, cultural diversity, cooking and growing food.

## **Apple Farmer Annie by Monica Wellington**

Annie the Apple Farmer saves her most beautiful apples to sell fresh at the farmers' market. She picks plenty of sweet, crunchy apples and makes applesauce, apple cider and baked apple treats.

## **The Apple Pie Tree by Zoe Hall**

Colourful illustrations follow each season as an apple tree grows leaves, fragrant blossoms and tiny green apples. Soon the fruit is ready to be picked. It's time to make an apple pie, recipe included.

## **Blueberries for Sal by Robert McCloskey**

Sal and her mother set off in search of blueberries for the winter at the same time as a mother bear and her cub. A quiet comedy of errors ensues when the young ones wander off and trail the wrong mothers.

## **The Carrot Seed by Ruth Krauss**

A classic story about a little boy, who plants a seed, then waits patiently for his prize-winning carrot to grow.

## **The Doorbell Rang by Pat Hutchins**

Each time the doorbell rings, there are more people who have come to share Ma's delicious cookies. This picture book shows sharing and introduces math concepts.

## **Eating the Alphabet: Fruit and Vegetables from A to Z by Lois Ehler**

With bold colours, the author describes fruit and vegetables from A to Z. This is an excellent picture book to introduce young children to a variety of fruit and vegetables.

## **The Enormous Potato by Aubrey Davis**

When a farmer plants a potato seedling, he never expects it to grow so quickly or to such a grand size. The farmer calls to his wife for help to pull it out of the ground, and even with the two of them pulling, it just won't budge. Who will they call next?

## **PUBLIC HEALTH**

1-800-361-5653

TTY 1-866-512-6228

[york.ca/feedingkids](http://york.ca/feedingkids)



### **Feast for 10 by Cathryn Falwell**

This counting book takes a family through the grocery store to buy food, to cook it and to serve it to a party of 10. The concepts of recycling and multicultural foods are reinforced in this lovely story.

### **The Gigantic Turnip by Aleksei Tolstoy and Niamh Sharkey**

The old man and the old woman in the crooked, old cottage get lots of help to pull out the gigantic turnip in their garden.

### **Good Enough to Eat a Kid's Guide to Food and Nutrition by Lizzy Rockwell**

Explore why our bodies need different nutrients. Learn how our bodies digest the foods we eat.

### **Growing Colors by Bruce McMillan**

What color is a bean? Green? Or might it be purple? Does a plum grow in, on, or above the ground?

### **Growing Vegetable Soup by Lois Ehlert**

Dad says we are going to grow vegetable soup. A young child and a father plant a garden and harvest it in order to make vegetable soup. A recipe for vegetable soup is included.

### **Hot Hot Roti for Dada-Ji by F. Zia**

A boy tackles a culinary challenge, renewing his beloved grandfather's spirit and taste buds by making him roti. This book offers an insight into Indian culture.

### **How Did That Get in My Lunchbox? By Lucia Gaggiotti**

This book offers an engaging look at the steps involved in producing some common foods found in a child's lunchbox. This book provides some tips on how to use the food groups to complete a menu.

### **How a Seed Grows by Helene Jordan**

Follow a group of children as they learn how a seed grows. Watch the children learn as they do an experiment planting bean seeds.

### **I Eat Fruit and I Eat Vegetables by Hannah Tofts**

These two books provide a colourful introduction to fruit and vegetables that allows a look inside the fruit or vegetable to see which need to be peeled and which have seeds, stones, pits, or other interesting things inside.

### **I Will Never Not Eat a Tomato by Lauren Child**

Two sisters have fun eating vegetables by making up stories. Carrots become orange twiglets from Jupiter and tomatoes become moonsquirters. This is a terrific book for a picky eater to try something new.

### **Just Enough Carrots by Stuart Murphy**

Elephants, rabbits and birds shop in this funny grocery store. Can you guess what the little rabbit wants more of? Munchy, crunchy carrots, of course. So why is his mother buying all those cans of worms?

### **Lunch by Denise Fleming**

It's time for lunch, and one little mouse is famished! The mouse chomps his way through this clever book of turnips, carrots, corn, and more.

### **Oliver's Fruit Salad by Vivian French**

Oliver and his mom go grocery shopping to buy fresh fruit. He will not eat his fruit until his grandparents arrive and make a delicious fruit salad.

### **Oliver's Vegetables by Vivian French**

Oliver visits his grandparents and hopes to find the potatoes so he can have the only vegetable he likes – French fries. However, first he must find the potatoes in the garden, and in the process he tries and likes all the vegetables!

### **One Bean by Anne Rockwell**

This story takes the child step-by-step through a plant's growth cycle, from planting the bean in a paper cup to the tasty results.

### **One Potato: A Counting Book of Potato Prints by Diana Pomeroy**

Children will enjoy counting fruit and vegetables. Learn how to make beautiful pictures with paint and potatoes.

### **One Watermelon Seed by Celia Barker Lotteridge**

Max and Josephine tend their garden, counting from one to ten as the garden is planted. Then the child can count in groups of tens as the garden is harvested.

### **Pancakes, Pancakes by Eric Carle**

Jack wakes up hungry for an enormous pancake for breakfast. Before he can enjoy his pancake though, he must first get flour from the miller, an egg from the black hen, milk from the spotted cow and butter churned from fresh cream.

### **Pizza at Sally's by Monica Wellington**

Sally is the storeowner of a pizzeria who teaches how to make a pizza using ingredients that she gathers from the community. Includes a pizza recipe.

## **Rah Rah Radishes by April Pulley Sayre**

A celebration of the joys of healthy eating using nature's bright coloured vegetables, fruit and seeds. Rah Rah Radishes and April Pulley Sayre's other books, **Go Go Grapes** and **Let's Go Nuts** offer cheerful chants with photographs of vegetables, fruit and seeds from the farmer's market.

## **Rainbow Stew by Cathryn Falwell**

Three kids are spending the day with their Grandpa. When the weather gets rainy they decide to work together to make a rainbow stew. They pick colourful vegetables from the garden and prepare a yummy rainbow stew.

## **Shapesville by Andy Mills and Becky Osborn**

Shapesville is a small town where five friends of various shapes, sizes, colours, and talents celebrate what makes each of them unique. The endearing characters show that "It's not the size of your shape or the shape of your size, but the size of your heart that deserves first prize." Discussion questions further support its message of positive body image.

## **Stone Soup by Marcia Brown; also by Jon J. Muth**

This story is about three hungry strangers, who arrive at a selfish community. The clever strangers suggest making a soup from stones. Everyone brings what they have until together, they have made a feast fit for a king!

## **Today is Monday by Eric Carle**

Each day of the week brings a new food. When Sunday arrives, children from around the world gather to share their favourite foods.

## **The Ugly Vegetables by Lin Grace**

The neighbours grow flower gardens but one gardener grows "ugly vegetables" with her mother. At harvest time, the "ugly vegetables" make the tastiest soup that brings all of the neighbours together.

## **The Vegetables We Eat and The Fruit We Eat by Gail Gibbons**

These books explore the many categories of vegetables or fruit, how they are grown, and the importance of eating vegetables and fruit.

## **Vegetable Garden by Douglas Florian**

Young children can follow along with a family as they plant, tend, and harvest a vegetable garden. The sun shines brightly, summer rain falls and vegetables grow.

## **What's so Yummy? All About Eating Well and Feeling Good by Robin H Haris**

This book offers children healthy eating tips on a variety of topics such as healthy eating and nutrition, balanced eating, allergies and healthy beverages.

## **World Snack Series by Amy Wilson Sanger**

With pages full of tummy tempting foods, these small board books introduce little eaters to cuisines from around the world.

- **Chaat and Sweets** – Indian cuisine
- **Hola! Jalapeno** – Mexican cuisine
- **Let's Nosh** - Kosher cuisine
- **Mangia! Mangia!** – Italian cuisine
- **Yum Yum Dim Sum** – Chinese cuisine

For more information and additional nutrition resources, see *Feeding Babies and Young Children* at [york.ca/feedingkids](http://york.ca/feedingkids).

You can speak to a registered dietitian at no cost by calling Telehealth Ontario at 1 866-797-0000 or by going to [unlockfood.ca](http://unlockfood.ca)

May be reproduced without permission provided source is acknowledged. 2018