



## SHAPE Nutrition and Physical Fitness Resource Library

Food and Nutrition Services - 686-7735 x7869

### EDUCATOR BOOKS

### Code #

- Bright Futures in Practice, National Center for Education in Maternal and Child Health, 2000  
Nutritional information on pregnant mothers and child nutrition. EB-0899-02
- Changing the Course, American Cancer Society, 1991.  
Curriculum intended to help alert people at an early age to the relationship between eating health-promoting food, and preventing disease. Includes curriculum for K-12 and food service. EB-0900-01
- Child of Mine, Feeding with Love and Good Sense, Ellyn Satter, 1991.  
An excellent source of solid nutritional information on child nutrition. EB-1005-01
- CHUCKLEBERRY Food Pyramid Packet, Laurie Manahan, M.S., M.Ed., R.D.  
Includes "Merry Chuckleberry" puppet, CHUCKLEBERRY FOOD PYRAMID Lessons and Activities Book, spiral bound, CHUCKLEBERRY FOOD JOKE AND SONG Book and Audiocassette. EB-1010-01
- Comprehensive School, Health Education, Meeks Heit, 1992.  
Totally Awesome Strategies for Teaching Health. EB-1020-01
- Do It Yourself, American Cancer Society, 1994.  
A nutrition, tobacco prevention and cancer prevention curriculum designed for 4, 5, and 6 grade students. Includes a video and posters. EB-1045-01
- Eating Fractions, Bruce McMillan, 1991.  
Food is cut into halves, thirds, and fourths to illustrate how parts make a whole. Recipes included. EB-1050-01
- Every Day Life Skills, Lynne Keller Dern, 1996.  
Provides teachers with background information and curriculum ideas for teaching independent life skills. EB-1055-01
- Eat, Think, and Be Healthy!, Paula Zeller and Michael F. Jacobson, Ph.D., 1987.  
Geared to third-to-sixth graders, this book has 56 fun-filled nutrition learning activities. These range from tasting parties to evaluating advertisements. Family and friends can all be involved in these experiences. Each nutrition activity integrates an intellectual, artistic or physical skill area into its methodology. EB-1060-02
- Eat Well & Keep Moving, Human Kinetics, Lilian W. Y. Cheung, Steven L. Gortmaker, Hank Dart, 2001.  
An interdisciplinary curriculum for teaching upper elementary school Nutrition and physical activity. (44 lessons available) EB-1061-01
- Fast Food Nation, Eric Schlosser. 2001.  
This book examines the local and global influence of the United States fast food industry. It examines the history and growth of fast food in American culture. EB-1070-01
- Food and Nutrition, Cracchiolo & Smith, Teacher Created Materials, 1980.  
Includes nutrition related definitions, art projects and class activities. EB-1080-01
- Foodworks: Over 100 Science Activities and Fascinating Facts That Explore the Magic of Food, Ontario Science Centre. 1987.  
This book discusses the role of food, what it does and how it acts inside the body, through explanatory text and science activities. EB-1081-01

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Food Safety, Joan Kalbacken, 1998. Includes sources to help you learn about food sicknesses, allergies, and food safety.	EB-1085-01
Gardens for Learning, Creating and Sustaining Your School Garden. 2006 This is a comprehensive guidebook that provides a strong foundation to support the growing school garden movement.	EB-1086-01
Germ Smart, Children's Activities in Disease Prevention, Judith K. Scheer, Ed.S., C.H.E.S., 1990. GERM presents nine fun filled activities to teach young children, from preschool through grade 3, basic information about disease prevention.	EB-1090-01
Get Growing!, Exciting Indoor Plant Projects for Kids, Lois Walker, 1991. Fun and easy projects for young indoor gardeners using fruits and vegetables found in most kitchens to grow beautiful indoor plants!	EB-1095-01
The Growing Classroom, Garden Based Science teacher source book, Roberta Jaffe, Gary Appel, 1990. A teacher sourcebook for hands-on science and nutrition education in Grades 2 through 6 , this book is a collection of indoor and outdoor experiential activities taught within the context of a garden laboratory.	EB-1096-01
Gobble Up Math, Sue Mogard and Ginny McDonnell, 1994. Fun Activities for K-3. What better way to invite children into the world of math than through a delectable diet of patterns, sets, geometry, measurements, number operations, fractions, and estimations combined with a savory awareness of nutrition.	EB-1097-01
Gobble Up Nature, Carol A. Johmann and Elizabeth J. Rieth, 1996. For grades 1-4. Fun and unique way for kids to learn about nature and nutrition.	EB-1098-01
Gobble Up Science, Carol A. Johmann and Elizabeth J. Reith, 1996. Fun activities for kids grades 1-4. In this series of creative activities, children will "gobble up" science as they gobble up nutritious foods and tasty snacks they make themselves.	EB-1099-01
"Good Food Puppets " Packet, Laurie Manahan, M.S., M.Ed., R.D. Includes 8 puppets, and 2 books- "GOOD FOOD PUPPETS" Activity Book and "GOOD FOOD FRIENDS" storybook.	EB-1100-01
How to Get Your Kid to Eat...But Not Too Much, Ellyn Satter. 1987. There's advice on, the kid who won't eat, the kid who overeats, the kid who demands peanut butter and jelly sandwiches three times a day, Ellyn Satter helps parents give their children the ultimate gift, a healthy attitude toward food.	EB-1105-01
How to Teach Nutrition To Kids, Connie Liakos Evers, M.S., R.D., 1995. An integrated, creative approach to Nutrition Education for children ages 6-10.	EB-1110-01
Invest in Yourself, A Sports Nutrition Manual for Middle School and High School Coaches, Trainers, and Teachers, Sports Nutrition Education and Training Project, Florida International University, Miami, FL, 1996. This manual has been developed in an effort to provide useful nutrition information to middle school and high school teachers. It comes with a video, handouts, and Transparency masters to use with the athletes you train and their family members.	EB-1113-01
Keeping Healthy (Grades K-3), 1994. Contains 29 hands on activities designed to help students learn about their bodies and how to keep them healthy.	EB-1120-01
Keeping Healthy (Grades 4-6), 1994. Contains 32 hands on activities designed to help students understand their bodies and accept responsibility for keeping themselves healthy.	EB-1121-01

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- Label Power! Educator's Guide!, Sugar Free Association, 1997.  
This is an educational program designed to help youth ages 9-14 understand and learn to use the "nutrition facts" panel found on the food label. Includes a board game and other activities to teach children how to make healthful food choices. EB-1130-01
- Learning About Nutrition, Frank Schaffer Publication, 1989.  
Black-line masters to copy for grades 2 and 3. Covers why we need food and the basic nutrients. EB-1140-01
- Let's Celebrate!, A World of Healthy Foods, West Virginia Department of Education, 1997.  
**Let's Celebrate!** applies the axiom, "we learn best by doing." Ideas presented in this book are intended to help students learn eating skills and attitudes primarily by preparing and eating foods. Activities, recipes, and resources are intended to help students appreciate the similarity and diversity of the world's people; understand cultural influences on food preferences and eating habits; feel competent about trying unfamiliar foods; and enjoy a variety of nutritious foods. EB-1150-01
- Meals Without Squeals, Christine Berman, M.P.H., R.D. Jacki Fromer, 1997.  
Child Care Feeding Guide & Cookbook. An Essential Resource for Parents and Child care Providers with all the answers to meet children's nutritional needs. Simple, straightforward information on children's growth accompanies age-specific, child-test recipes. EB-1155-01
- Nutrition Activities for Preschoolers, Cryer, Ray, Harms, 1996.  
This book takes advantage of the interest to provide an ongoing, everyday emphasis on good health and nutrition throughout the early childhood curriculum. EB-1156-01
- Nutrition for Dummies, 3<sup>rd</sup> Edition. Carol Ann Rinzler. 2004.  
This guide is jam-packed with practical tips on improving your eating habits and meeting all your nutritional needs. You'll find information on essential nutrients, clarified Dietary Guidelines, and an updated list of the Recommended Daily Allowances. EB-1157-01
- Nutrition Smart!, Ready-to-Use Lessons and Worksheets for the primary grades, Robin S. Bagby, M.Ed., R.D., and Shirley A. Woika, M.S., 1991.  
This imaginative primary curriculum on nutrition includes over 75 ready to use, reproducible activities that help young children make healthful food choices. This is a fun approach without scare tactics. Packed with scores of high interest puzzles, word games, and cut and paste activities that introduce and reinforce basic nutrition knowledge for a lifetime of good health. Includes lessons on food advertising to help kids become aware of how commercials influence their food choices. EB-1160-01
- Operation Food Safety, Food Safety Curriculum for Pre K – 4<sup>th</sup> Grade. EB-1163-01
- Personal Fitness, Looking Good Feeling Good, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson & Charles D. Smith. Fourth Edition, 1998.  
**Teacher's Edition**, provides conveniently accessible support materials to make planning and teaching easier. EB-1165-01  
**Teacher's Resource Book**, provides additional support materials to reduce teacher preparation time and maximize student's learning time EB-1166-01  
**Student Activity Handbook**, Offers a wealth of authentic assessment activities for students of all levels of ability. EB-1167-01
- Pregnancy Nutrition, Good Health for You and Your Baby, Elizabeth M. Ward, MS, RD. 1998. EB-1168-01
- Pyramid, Eyewitness Books, 1994.  
Discover the timeless grandeur of the pyramids from the massive tombs of Egypt's Pharaohs to the majestic temples of ancient Mexico. EB-1170-01
- Pyramid Plus, Oregon Dairy Council, 1993.  
Based on the USDA Food Guide Pyramid, Pyramid Plus is a complete nutrition program. Lessons stress a balanced approach to key nutrition issues, weight management, eating for convenience and performance, using the Nutrition Facts Labels to make wise food choices, and others. EB-1180-01

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- Planet Health, Jill Carter, Jean Wiecha, Karen Peterson, Steven L. Gortmaker, Human Kinetics, 2001.  
An interdisciplinary curriculum for teaching middle school nutrition and physical activities (63 lessons included). EB-1191-02
- The Science Chef, 100 Fun Food Experiments and Recipes for Kids, Joan D'Amico and Karen Eich Drummond, R.D., 1995.  
Why do onions make you cry? How does yeast make bread rise? What makes popcorn pop, whipped cream frothy and angel food cake fluffy? You and your young chefs will discover the scientific answers to these and dozens of other tasty mysteries when you prepare these kid tested recipes. CHEF teaches loads of basic science by doing fun cooking projects. And you get to eat the results when you are finished. All 100 experiments and recipes require only common ingredients and standard kitchen utensils. EB-1200-01
- Spices Condiments and Seasonings, Kenneth T. Farrell. 1985  
Reference book for spices, condiments, and seasonings. EB-1210-01
- Storybook Stew, Suzanne I. Barchers and Peter J. Rau. 1996.  
This unique activity book features forty-five quality children's books that focus on food, each paired with an original recipe. Safety tips, conversion charts, a glossary, and a bibliography complete this tantalizing resource. EB-1220-01
- Teaching Children About Food, A Teaching Activities Guide, Christine Berman, M.P.H., R.D., and Jacki Fromer, 1991.  
This fun resource teaches child care providers and teachers about cooking and gardening activities for children, ways to teach cultural diversity regarding food choices and understanding the relationship between food and our environment. EB-1230-01
- Vitamins and Minerals, Joan Kalbach, 1998.  
Good sources of nutrition facts about Vitamins and Minerals. EB-1245-01
- How to Teach Nutrition to Kids, Connie Liakos Evers, MS, RD, Carrot Press, 1998  
How to teach nutrition to kids is packed with nutrition education activities and strategies that are kid-tested and teacher-endorsed. EB-1250-01
- How to Teach Nutrition to Kids -Leader/Activity Guide, Connie Liakos Evers, MS, RD EB-1251-01
- Growing Vegetables California Style, Marsha Prillwitz, Poppy Press 1988.  
A book written expressly for gardeners in California's inland valleys, hills, coastal, mountain, and desert gardeners. Gardening is one of the few things in life that is good for you and feels good too. Enjoy the pleasure and pride of growing and eating you own produce. EB-1260-01
- Fat-Proof Your Child, Joseph C. Piscatella, Workman Publishing 1997.  
Everything parents need to know to raise fit kids in a fat world. Use 7 Basic Rules to improve your child's eating habits. How to make fast food your friend. EB-1270-01
- The Wellness Encyclopedia of Food and Nutrition, Sheldon Margen, M.D. 1992.  
Comprehensive guide to more than 500 fresh and whole foods – all the familiar ones you are likely to find in a supermarket or greengrocer's along with more exotic fare, from amaranth to tomatillo. EB-1275-01
- The Wellness Guide to Lifelong Fitness, Timothy P. White, Ph.D. 1993.  
A complete guide to every type of exercise activity that can benefit your fitness and health. EB-1276-01

## **COOKBOOKS**

## **Code #**

- 365 Foods Kids Love to Eat, Shelia Ellison & Judith Gray. 1995. CB-2000-01  
The cookbook teachers have been waiting for filled with carefully chosen, great tasting, good-for-you, kitchen-tested recipes that appeal especially to kids! Encourage healthy attitudes towards food and lifelong, wholesome eating habits.

## COOKBOOKS

	<u>Code #</u>
Alphabet Cooking, Elaine Magee, M.P.H.,R.D. From Angel-in-a-Cloud Cookies to Zebra Pudding Cups-fun recipes for children, from A to Z.	CB-2015-01
Alphabet Cooking Cards, Cheryl A. Olmsted,1990. You'll find 26 nutritious and tasty single-serving snacks that your students can make with ease.	CB-2016-01
The African American Heritage Cookbook, Vanessa Roberts Parham, 1993. A compendium of over 200 traditional recipes, all carefully tested and designed for a child to prepare, with the help of a grown-up.	CB-2017-01
American Heart Association Kids' Cookbook, All Recipes Made by Real Kids in Real Kitchens, 1993. This lavishly illustrated cookbook teaches kids how to make their favorite foods without all the fat and cholesterol they don't need. Also provides safety tips, a glossary of cooking tools and terms, a guide to shopping and nutrition basics simple enough for kids to understand. Includes nutrient analyses. For 8 to 12 year olds.	CB-2020-01
Around the World with CDI – Cultural Menus and Recipes, D. Fredricks. 1993. Contains recipes from many cultures around the world.	CB-2025-01
Betty Crocker's Boys and Girls Microwave Cookbook, 1992.	CB-2030-01
Betty Crocker's New Junior Cookbook, 1989.	CB-2040-01
Book Cooks, Literature-Based Classroom Cooking, Grades 4-6, Creative Teaching Press, 1991. Contains 35 recipes for favorite storybooks.	CB-2050-01
Book Cooks, Literature-Based Classroom Cooking, Grades K-3, Creative Teaching Press, 1991. Contains 35 recipes for favorite storybooks.	CB-2060-01
Brown Bag Success, Sandra K. Nissenberg, MS, RD Barbara N. Pearl, MS, RD Making Healthy Lunches Your Kids Won't Trade. <b>Brown Bag Success</b> also features a month of complete lunch menus, a quick course on nutrition, answers to parents most-asked question about lunch, and nutrition analysis for each recipe.	CB-2065.01
Children's Choices, A Cookbook for Family Child Care Providers, California Department of Education, Sacramento, 1995.	CB-2070-01
Cooking with Children, Marion Cunningham, 1995. 15 lessons for children, age 7 and up, who really want to learn to cook.	CB-2090-01
Cooking Art, MaryAnn F. Kohl and Jean Potter, 1997. Easy Edible Art for Young Children. With <b>Cooking Art</b> , children will create edible masterpieces. And they will love serving these delicious beverages, salads, sandwiches, entrees, and desserts to friends and family.	CB-2095-01
Cooking Wizardry for Kids, Learn About Food...While Making Tasty Things to Eat!, Margaret Kenda & Phyllis S. Williams, 1990. This is your chance to become the Wizard of the Kitchen. Here are almost 200 projects for just about anything you want to create, cook, bake, microwave, mix, test, design, twist, punch in the kitchen. It's a real cookbook for kids filled not only with recipes for great tasting food, but also packed with fun experiments!	CB-2096-01
Cooking the African Way, Bertha Montgomery & Constance Nabwire, 1988. An introduction to the cooking of East and West Africa, with information on the land and people of this area of the giant continent, and including recipes. Follow the clear, step-by-step instructions to make such exotic dishes as egusi soup, fufu, peanut sauce, jollof rice, and baked plantain on the shell.	CB-2097-01
The Count and Cook Book, Mary Buckman, 1996. Recipes are intended to give young children experiences in counting from 1-10 using a variety of foods.	CB-2100-01

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	<b><u>Code #</u></b>
Elliot's Extraordinary Cookbook, Christina Björk and Lena Anderson, R&S Books, 1990. Filled with easy, delicious recipes and brimming with Elliot's infectious enthusiasm, this book will appeal to food lovers of all ages.	CB-2110-01
FamilyFun Super Snacks, Deanna F. Cook. 2004. 125 quick snacks that are fun to make and to eat.	CB-2115-01
Food, Family & Fun, USDA. 1996 Provides healthful, affordable meals at home, and helps answer your children's questions about food and health in fun and entertaining ways.	CB-2117-01
Funtastic Recipes, Lynda Robertson, 1985. An educational cookbook with classroom management tips. Recipes are written in 4 to 6 steps with pictures for each step.	CB-2120-01
Healthy Latino Recipes, Public Health Institute. 1999. Quick, easy and tasty ways to prepare traditional Latino recipes that are low in total fat, saturated fat, cholesterol and sodium.	CB-2125-01
Healthy Snacks for Kids, Penny Warner, 1989. Creative treats, drinks and meals you can prepare in a jiffy. Contains more than 200 everyday recipes and tips for starting youngsters on the life-long road to sensible eating.	CB-2130-01
Healthy Start Kids' Cookbook, Fun and Healthful Recipes that Kids can Make Themselves, 1994.	CB-2140-01
Kids Cook! Fabulous Food for the Whole Family, Sarah Williamson & Zachary Williamson, 1992. Are you looking for quick and easy recipes that kids will love? This is the cookbook you have been looking for. All recipes have been kid tested.	CB-2160-01
Kids...Get Cookin'!, 5 A Day Power Play, All-Star Fast and Fun Recipes, 1995. A cookbook focusing on fruits and vegetables using celebrities to promote each recipe. Recipes are in English and Spanish.	CB-2170-01
Kids in the Kitchen, Micah Pulleyn & Sarah Bracken, 1994. 100 delicious, fun & healthy recipes to cook & bake.	CB-2180-01
Cook and Learn, Beverly Veitch & Thelma Harms, 1981. Contains single portion recipes presented through pictures. The recipes make use of a variety of nutritious foods from various cultures.	CB-2185-01
Kid's Kitchen, Making Good Eating Great Fun for Kids!, Barbara Storper, M.S., R.D., 1992. This enchanting cookbook/activity guide features children's favorite no-cook recipes (low fat, low sugar), reproducible recipe cards and a host of creative food activities to turn children on to healthy eating.	CB-2190-01
Kids' Multicultural Cookbook, Deanna F. Cook, 1995. Cooking is a fun way to learn about cultures around the world. Flip through the pages and choose a recipe that's from a country your class is studying. "If you taste all the recipes in this book, you'll learn worlds about kids who live in faraway places."	CB-2200-01
Kitchen Fun for Kids, Michael Jacobson, Ph.D. and Laura Hill R.D., 1991. Healthy recipes and nutrition facts for 7 to 12-year old cooks.	CB-2210-01
The Little House Cookbook, Frontier Foods from Laura Ingalls Wilder's Classic Stories, Barbara M. Walker, 1979.	CB-2220-01
Love in a Lunch Box, Carole Raymond, 1994. 101 suggestions for happier, healthier lunches.	CB-2230-01

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	<b><u>Code #</u></b>
Lunch Munch, Bobbie Kalman. 2003. Step-by-step healthy lunch recipes for kids. It also includes information on basic nutrition, the food groups, the importance of drinking water, cooking terms and safety.	CB-2234-01
Messipes, A Microwave Cookbook of Deliciously Messy Masterpieces, Lynn Gordon, 1996. With Messipes recipes, kids can prepare fast and fun kid-cuisine meals and learn basic cooking skills through simple, step-by-step directions and illustrations.	CB-2240-01
Multicultural Snacks, 1995. Fun and easy to prepare snacks.	CB-2260-01
The Please Touch Cookbook, Simon & Schuster Books for Young Readers, 1990.	CB-2280-01
Pretend Soup and Other Real Recipes, A cookbook for Preschoolers and Up, Mollie Katzen and Ann Henderson, 1994.	CB-2290-01
Recipes and tips for Healthy, Thrifty Meals, 2000. Tips for planning, shopping, and cooking healthy meals on a tight budget. Contains sample menus and recipes for healthy, thrifty meals.	CB-2309-01
Recipes for Kids to Lower Their Fat Thermostats, Larene Gaunt and Edward Parent, Ph.D., 1994.	CB-2310-01
Round the World Cookbook, Caroline Young. 1993. Over 40 recipes from all over the world, with clear step-by-step instructions and pictures to help you make pizza, curry, kebabs, mango ice cream, and lots more interesting and exotic dishes.	CB-2315-01
The Shape and Cookbook, Mary Buckman, 1995. Recipes intended to give young children experiences in cutting, counting, and creating a shape snack using a variety of ingredients.	CB-2320-01
Snacks N' Celebrations, Oregon Dairy Council, 1995. A collection of drinks, treats and merriment for children and the young-at-heart. Emphasizes delicious and nutritious snacks and party foods. Offers parents and teachers sound advice on feeding and cooking with young children.	CB-2330-01
Someone's in the Kitchen with Mommy, Elaine Magee, M.P.H., R.D., 1998. More than 100 easy recipes and fun crafts for parents and kids. Offer dozens of fun and reactive activities for any family's kitchen. Breakfast, lunch, and dinner and everything in between can be entertaining for all as Magee helps you create nutritious, low-fat, and tasty snacks and meals for rainy days, holidays, or any day.	CB-2335-01
That's Fresh! Seasonal Recipes for Young Cooks, Braiden Rex-Johnson and Chef David C. Wasson, 1995.	CB-2340-01
Kitchen Fun for Kids, Michael Jacobson, Ph.D., & Laura Hill, R.D. Henry Holt & Company, Inc. 1996 Healthy Recipes and Nutrition Facts for 7-to-12-Year-Old-Cooks	CB-2345-01
What the Kids are Cooking, Len and Wendy Thompson. 1996. Booklet with recipes for kids to make their own healthy snacks which include a variety of food from the basic food groups.	CB-2350-01

## **STORYBOOKS**

	<b><u>Code #</u></b>
A Cow, A Bee, A Cookie, and Me, Meredith Hooper. 1997. A grandma teaches her grandson how to make honey cookies using a cow, a thousand buzzing bees and the bark from a tree.	SB-3000-01

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## **Code #**

- A True Book: Apples, Elaine Landau. 1999.  
Everything from apple traditions, growing apples, grafting apples, types of apples, and two kid friendly apple recipes for cooking. SB-3005-01
- A Year Down Yonder, Richard Peck. 2000
- Alexander and the Great Food Fight, Linda J Hawkins. 2002
- Alphabite!, A Funny Feast from A to Z, Charles Reasoner & Vicky Hardt. 1989. SB-3020-01
- Alphabet Soup, Kate Banks. 1998.  
What's in a bowl of alphabet soup? All the ingredients for a marvelous adventure! SB-3030-01
- Anna's Garden Songs, Mary Q. Steele. 1989.  
Share with the youngest gardeners their love and appreciation of all that grows in a book that will be read and savored the year around. SB-3040-01
- Apples and Pumpkins, Anne Rockwell. 1989.  
In preparation for Halloween night, a family visits the Comstock Farm, choosing the reddest apples from the trees and finding the best pumpkin in the patch. SB-3045-01
- Banana, Pam Robson. 1997.  
Presents facts about the banana, including where and how it is grown, harvested, and marketed, and what other products are made from bananas. SB-3046-01
- The Barry's Big Discovery, Damian X. Fulton. 1998.  
Presenting a report in front of the class seemed pretty scary to little Dewey Barry. But an amazing discovery changed all that, and his family too.
- Bear Hugs for Meals and Snacks, Patty Claycomb. 1994.  
Positive activities for calm, enjoyable meals and snacks. SB-3050-01
- The Berenstain Bears and Too Much Junk Food, Stan & Jan Berenstain. 1985.  
Healthy food is good for Brother, Sis, and Dad. How can Mom make them stop eating food that is bad? SB-3060-01
- Blueberries for Sal, Robert McCloskey. 1976.  
The author artist tells what happens on a summer day in Maine when a little girl and a bear cub, wandering away from their blueberry-picking mothers, each mistake the other's mother for its own. SB-3070-01
- Bread and Jam for Frances, Russell Hoban. 1992.  
Frances is a fussy eater. In fact, the only thing she likes is bread and jam. SB-3080-01
- Bread Bread Bread, Ann Morris. 1989.  
Celebrates the many different kinds of bread and how it may be enjoyed all over the world. SB-3090-01
- The Carrot Seed, Ruth Krauss. 1973.  
A little boy plants a carrot seed. His mother says, "I'm afraid it won't come up." Until, one day, just as the little boy knew it would, something very special happens. SB-3096-01
- Cloudy with a Chance of Meatballs, Judy Barrett, 1978.  
Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers-until the weather takes a turn for the worse. SB-3100-01
- Cook-A-Doodle-Do!, Janet Stevens and Susan Sevens Crummel. 1999.  
A hungry and fed up rooster suddenly recalls his famous Great-Granny, a fabulous chef who penned a book of recipes for future generations. He hunts down her cookbook – The Joy of Cooking Alone by L.R. Hen. SB-3101-01

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## **Code #**

Corn, Pam Robson. 1997. An introduction to the corn we eat, starting at the farm with its planting and harvesting, until it is sold in markets. Also discusses the manufacture of other products made from corn.	SB-3105-01
Dinosaurs Alive and Well! A Guide to Good Health, Laurie Kransy Brown and Marc Brown, 1990.	SB-3110-01
Doctor De Soto, William Steig. 1982. Doctor De Soto, a compassionate and clever mouse-dentist, outwits a fox with a toothache and an appetite.	SB-3112-01
Doug's Big Comeback, Nancy Krulik. 1997. Doug is Mr. Funny Guy at the expense of his friends' feelings, until he realizes that the big comeback isn't always as funny as it seems.	SB-3115-01
Eating the Alphabet, Fruits and Vegetable from A to Z, Lois Ehlert. 1989. This 18" x 14" alphabet book of watercolor fruits and vegetables will entice youngsters to learn not only the alphabet but colors and name of the 74 fruits and vegetables shown. Includes a glossary with interesting facts about each food. Ages 3-8.	SB-3130-01
Everybody Brings Noodles, Norah Dooley. 2002 The block party was Carrie's idea, but when it arrives she can only think about two things: the talent show and the delicious noodle dishes from many countries that her neighbors are bringing.	SB-3136-01
Everybody Cooks Rice, Norah Dooley. 1991. A child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at different households.	SB-3140-01
Everybody Serves Soup, Norah Dooley. 2000. While trying to earn money by shoveling snow so she can buy her mother a Christmas present, Carrie comes up with an idea for just the right gift. Includes soup recipes.	SB-3145-01
Farming, Gail Gibbons. 1988. An introduction in simple text and illustration to farming and the work done on a farm throughout the seasons.	SB-3150-01
Feast for 10, Cathryn Faiwell. 1993. Numbers from one to ten are used to tell how members of a family shop and work together to prepare a meal.	SB-3155-01
Four Famished Foxes and Fosdyke, Pamela Duncan Edwards. 1995. Four famished foxes make fun of their brother Fosdyke who feels fondly for fried figs, fennel, and French bread. Find out if they will forgo the fowl they have their eyes on and finally admit that "a fox is a fox, whatever the food."	SB-3160-01
Frank and Ernest, Alexandra Day. 1988. Readers will laugh when they find out as they join animal pals Frank and Ernest in their new jobs running an old-fashioned diner.	SB-3170-01
Fruit, Scholastic, 1989. In this unique introduction to FRUIT, A First Discovery Book, young children can watch an apple seed sprout and grow into a sapling, watch apples ripen and fall from the tree, explore the inside of a seed, and more right before their eyes! This book contains nine brightly painted transparent pages. Peel them back and share the magic of discovery!	SB-3180-01
Go Glow Grow, 1996	SB-3183-01
Good Enough to Eat, Lizzy Rockwell. 1999. For ages 5-9. Eating is the most important thing you do each day, this book explains why.	SB-3185-01

## **STORYBOOKS**

## **Code #**

Green Eggs and Ham, Dr. Seuss. 1988 Sam-I-Am mounts a campaign for another Seuss character to eat a plate of green eggs and ham.	SB-3186-01
Gregory, The Terrible Eater, Mitchell Sharmat. 1980.	SB-3190-01
Growing Vegetable Soup, Lois Ehlert. 1987. A father and child grow vegetables and then make them into a soup.	SB-3200-01
Harry Potter and the Sorcerer's Stone, J.K. Rowling. 1997	SB-3201-01
Harry Potter and the Chamber of Secrets, J.K. Rowling. 1999	SB-3202-01
Harvest Year, Cris Peterson. Harvest takes place all through the year in the United States. This book gives readers a month by month sampling of the wide diversity and volume of crops grown throughout the United States.	SB-3203-01
Hatchet, Gary Paulsen. 1987.	SB-3204-01
Honey, Pam Robson. 1997. Explains how bees produce honey, as well as the commercial process of producing and marketing honey as a food and for use in other products.	SB-3205-01
How My Parents Learned to Eat, Ina R. Friedman. 1984. Book & cassette favorites. An American sailor courts a Japanese girl and each tries, in secret, to learn the other's way of eating.	SB-3206-01
Hey Arnold – Arnold's Valentine, Craig Bartlett and Maggie Groening. 2001 Arnold has a Valentine's Day dilemma! He sends an anonymous valentine to a 6 <sup>th</sup> grader telling her to meet him at Chez Pierre. Then Arnold receives a Valentine from his French pen pal, who wants to meet him at Chez Pierre. What's Arnold to do ?	SB-3207-01
I Know That! Milk, Claire Llewellyn. 2005. What do you know about milk? Much more that you think! Read this book to find out all you know about milk – and to discover lots more.	SB-3208-01
It Looked Like Spilt Milk, Charles G. Shaw. 1947 For ages 4-7. Sometimes it looked like spilt milk. But it wasn't spilt milk. Sometimes it looked like a bird or an ice cream cone. But it wasn't a bird or an ice cream cone. What was it?	SB-3209-01
Jalapeño Bagels, Natasha Wing, 1996. Join Pablo as he tries to decide what to take to school for International Day. Pablo explores his own heritage to come up with the perfect choice.	SB-3210-01
The Landry News, Andrew Clements. 2000. A fifth grader starts a newspaper with an editorial that prompts her burnt out classroom teacher to really begin teaching again, but he is later threatened with disciplinary action as a result.	SB-3211-01
Little Rabbit's Loose Tooth, Lucy Bate. 1975. When Little Rabbit's loose tooth finally comes out, she isn't convinced that the tooth fairy will really come.	SB-3212-01
Lunch at the Zoo, Brenda Cartee Lee. 2003 When little Bubba Baxter won't eat his breakfast because mom is serving healthy food, he takes off to the zoo, hoping to find what the animals eat to be much more appealing. Bubba soon finds out that the monkeys, zebras, and parrots eat nothing but apples, grains, and carrots and that the gorilla, though King of the Beasts, eats lots of fruit - no candy or sweets.	SB-3213-01
The Market Mystery, Dairy Council of California. 2002.	SB-3214-01

## **STORYBOOKS**

## **Code #**

Mcheshi Goes to the Market, J. Kitsao, 1993. Mcheshi is an exciting little African girl whose many adventures are captured by the talented artists, writers and educators in creative art and storytelling. The pictures are descriptive and generate a story that will extend the child's imagination.	SB-3215-01
The Milk Makers, Gail Gibbons, 1985. Explains how cows produce milk and how it is processed before being delivered to stores.	SB-3216-01
Oliver's Fruit Salad, Vivian French, 1998. Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepared something very special in a big glass bowl. Bright, bold illustrations make this funny book a feast for the eyes that no child can resist.	SB-3217-01
One Fish, Two Fish, Red Fish, Blue Fish, Dr. Seuss. 1960.	SB-3221-01
One Potato, A counting book of potato prints, Diana Pomeroy, 1996. A counting book which uses images of fruits and vegetables to illustrate numbers from one to one hundred and which also includes an explanation of how to do potato printing	SB-3225-01
Pancakes for Breakfast, Tomie DePaola, 1978. A little old lady's attempt to have pancakes for breakfast are hindered by a scarcity of supplies and participation of her pets.	SB-3230-01
Pancakes, Pancakes!, Eric Carle, 1990. Eric Carle serves up another recipe for fun in this tale of Jack, who wakes up hungry for an enormous pancake for breakfast. With a feast of bright colors for the eye, this clever story of an old-fashioned breakfast will have young readers hungry for pancakes.	SB-3240-01
Peach and Blue, Sarah S. Kilborne, 1994. He's a big blue-bellied toad, hopping aimlessly through life. She's a peach, yearning for escape and adventure. And after they meet one summer afternoon, neither will ever be the same.	SB-3250-01
Peanut Butter, Apple Butter, Cinnamon Toast, Food Riddles For You to Guess, Argentina Palacios. 1992.	SB-3260-01
Peanut Butter and Jelly, A Play Rhyme, Nadine Bernard Westcott, 1987.	SB-3270-01
Pigs in the Pantry, Fun with Math and Cooking, Amy Axelrod. 1997. Poor Mrs. Pig has the sniffles. What can Mr. Pig and the piglets do to make her feel better? Cook her favorite snack (five alarm chili), of course! But the pigs mess up the kitchen, and to top it off, they don't know how to follow the recipe and measure the ingredients.	SB-3280-01
Please Pass Up the Salt, Lucy Williams. 1995 Congo the elephant gets sick after eating too much salt, and his friends must help him choose healthier options.	SB3281-01
Plum Full of Prunes, Phillip E. Hauck. 1999 This is a true story about a natural food that is good for you and how the prune plums made their way to America. Prune trivia included in book.	SB-3285-01
The Popcorn Book, Tomie DePaola. 1978. Presents a variety of facts about popcorn and includes two recipes.	SB-3290-01
Pumpkin Pumpkin, Jeanne Titherington, 1986. Jamie plants a pumpkin seed and after watching it grow, carves it, and saves some seeds to plant in the spring.	SB-3300-01
Rice, Pam Robson, 1997. Follows rice from its source on farm or plantation right through to the table discussing how rice is grown, processed, and produced.	SB-3305-01

## **STORYBOOKS**

## **Code #**

- Saturday Sancocho, Leyla Torres, 1995.  
Every Saturday, Maria Lili looks forward to making chicken sancocho with her grandparents, Mama Ana and Papa Angelino. But one Saturday they discover that there is nothing in the house except eggs. Somehow, Mama Ana has a way to make chicken sancocho with eggs, and Maria Lili can't wait to find out how. SB-3306-01
- The Spice, Jerry Pallotta, 1994.  
The spice alphabet book, herbs, spices, and other natural flavors. SB-3307-01
- Stone Soup, Marcia Brown, 1947.  
This picture book classic has remained a popular and enduring book. This story, about three hungry soldiers who outwit the greedy inhabitants of a village into providing them with a feast, is based on an old French tale. SB-3310-01
- Strega Nona, Tomie de Paloa, 1975.  
When STREGA NONA leaves him alone with her magic pasta pot, Big Anthony is determined to show the townspeople how it works. SB-3320-01
- Sugar, My Sweet?, Lucy M. Williams, 1996.  
Henry tries to woo the new health-conscious crocodile with poems and sweet treats, but Natalie will have none of it. SB-3330-01
- Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs, Judith Rice, Redleaf Press, 1989.  
A little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals. SB-3340-01
- Thunder Cake, Patricia Polacco, Philomel, 1990.  
Grandma finds a way to dispel her grandchild's fear of thunderstorms. SB-3350-01
- The Tiny Seed, Eric Carle, 1987.  
Dazzlingly colorful collage illustrations and a simple but dramatic text tell the fascinating story of the life cycle of a flower in terms of the adventures of a tiny seed. SB-3355-01
- Today is Monday, Philomel Books, 1993.  
Lively animals parade across the pages munching on favorite dishes and introducing young readers to the names of the days of the week. Both art and song invite children of all ages to join the procession and sing along. SB-3360-01
- Tortilla Factory, Gary Paulsen, 1995.  
The tribute to a cycle of life from seed to plant to tortilla. Workers till the black soil, operate the clanking machinery of the factory, and drive the trucks that deliver the tortillas back into the hands that will plant the yellow seeds. SB-3365-01
- Uncle Willie and the Soup Kitchen, Anne DiSalvo-Ryan, 1991.  
A boy spends the day with Uncle Willie in the soup kitchen where he works preparing and serving food for the hungry. SB-3370-01
- Vegetable Friends, Tony Lawlor and Bruce Kociemba. 1996.  
The Vegetable Friends characters come to life in this delightful series of nursery rhymes that entertain and educate children about vegetables. SB-3371-01
- The Vegetable Show, Laurie Krasny Brown. 1995.  
Presents information about nutrition and vegetables with pictures of singing and dancing vegetable characters. SB-3375-01
- The Very Hungry Caterpillar, Eric Carle, 1987.  
Strikingly bold, colorful pictures and a simple text in large, clear type tell the story of the hungry little caterpillar's progress through an amazing variety and quantity of foods. SB-3376-01

## **STORYBOOKS**

## **Code #**

- Vitamins ABC and Other Food Facts, Eileen Palmer. 1992  
Most children enjoy eating without understanding the importance of what they eat. This alphabet of food facts will help teachers, parents and children work together to find out how essential nutrients assist in proper growth and development. SB-3377-01
- Walter the Baker, Eric Carle. 1995.  
By order of the duke, Walter the Baker must invent a tasty roll through which the rising sun can shine three times. A lively and colorful retelling of the legend of the invention of the pretzel. SB-3379-01
- What Happens to a Hamburger, Paul Showers, 1985.  
Explains the process by which a hamburger and other foods are used to make energy, strong bones, and solid muscles as they pass through all the parts of the digestive system. SB-3380-01
- What's for Lunch? Milk, Claire Llewellyn. 1998.  
This book traces the journey of milk from the cow to the table. It reveals how milk is treated, and how it is used in a variety of products for people all around the world to enjoy. SB-3385-01
- What's for Lunch? Potatoes, Claire Llewellyn. 1998  
This book traces the journey that potatoes make from under the ground to the table. It reveals how potatoes are grown, and how people all over the world eat them in a variety of ways. SB-3386-01
- Who Eats What?, Food chains and food webs , Patricia Lauber, illustrated by Holly Keller, 1995.  
Let's-read-and-find-out science. Stage 2. Explains the concept of a food chain and how plants, animals, and humans are ecologically linked. SB-3390-01
- Why do People Eat? Kate Needham, illustrated by Annabel Spenceley & Kuo Kang Chen  
Usborne starting point science. The simple text and detailed illustrations combine to answer the question of each title in clear, step-by-step stages. SB-3600-01
- Why are Pineapples Prickly? Christopher Maynard, 1997.  
This picture-filled book answers a variety of questions that children ask about food. SB-3500-01
- Why Should I Eat Well? Claire Llewellyn. 2005.  
This enjoyable book stresses the importance of a healthy diet meant to show the value of different foods so that children can begin to make real choices to improve their health and well being. SB-3605-01
- The Word Eater, Mary Amato. 2000.  
It looks as if sixth grader Lerner Chansé is destined to be a SLUG (Sorry Losers Under Ground) until she finds a magical worm that eats printed words instead of dirt. If Fip eats a word, that item disappears from the world – forever. Lerner discovers that extraordinary power brings extraordinary responsibility, but will she learn her lesson too late? SB-3610-01

## **VISUAL AIDS/COMPUTER LESSONS**

## **Code #**

- FOOD GROUPIES.**  
Stuffed food characters for each group in the food guide pyramid. Comes with nutrition lessons or use for your own nutrition lessons. Ideal for ages 4 to 7. VA-1000-01
- FAT/SUGAR/SALT DISPLAYS.**  
Test tubes filled with fat, sugar or salt to give your students a visual picture of how much is in their favorite foods. VA-1020-01
- FRUIT AND VEGETABLE BEAN BAGS**  
Carrot, broccoli, tomato, banana, kidney bean, and orange bean bags can be used in a variety of ways. It comes with a booklet filled with games and activities to emphasize the importance of fruits and vegetables. Also includes coloring books and fruit & vegetable songs, jokes and riddles. VA-1050-01

## **VISUAL AIDS/COMPUTER LESSONS**

## **Code #**

5-A-DAY LIVE PERFORMANCE KIT, Dole, 1998.

Have you been wanting to find a creative and fun way to teach your students about health and nutrition? Check out this musical performance kit where students deliver the 5-A-Day message in a fun and entertaining way. This performance is staged in a TV studio and based on an evening news broadcast where student reporters cover the national, local, health, entertainment, and restaurant news. Eleven scenes and five songs provide many fun and creative opportunities for your students to sing, dance and communicate this important message. The entire performance is 35-40 minutes.

VA-1060-01

5 POUND FAT MODEL.

Looks and feels like 5 pounds of fat.

VA-1070-01

FOOD CARDS.

Full color pictures of foods from all food groups with nutrition information on the back.

VA-1080-01

Kitchen FUN for KIDS, VHS, Center for Science in the Public Interest

VA-1100-01

My Pyramid Challenge 1, Board Game.

A fun and easy way to learn and review MyPyramid. For grades 5-8.

VA-1210-01