



# Action Schools! BC

## Promoting Healthy Living



## Healthy Eating Booklist K to 4

Contact your local or online bookstore  
for ordering information.

### **Alfabet A to Z: The Wonderful**

#### **Words of Agriculture**

*Watterson, Carol*

A BC Agriculture in the Classroom Foundation resource ([www.aitc.ca/bc](http://www.aitc.ca/bc))

Agriculture and literacy come together to invite new and emerging readers to discover agriculture words. Through language and pictures new readers will discover many new sights, sounds, smells and flavours from agriculture and in turn learn how agriculture enriches and nourishes their own lives and that of their community.

SUGGESTED AGES: 4 TO 8

### **All About Fruit** (available in French)

*Parker, Vic*

Did you know that fruit contains seeds that can grow into new plants? Or that oranges are good for your eyes and skin? From growing it to eating it, find out all about your favourite food. With delicious recipes, hands-on activities and need-to-know information about how your meal gets to your table, you'll be a clued-up foodie in no time!

SUGGESTED AGES: 5 TO 8

### **All About Vegetables** (available in French)

*Parker, Vic*

Did you know that onions and potatoes grow underground? Or that green vegetables such as broccoli are good for your brain? From growing it to eating it, find out all about your favourite food. With delicious recipes, hands-on activities and need-to-know information about how your meal gets to your table, you'll be a clued-up foodie in no time!

SUGGESTED AGES: 5 TO 8

### **All Our Fruits and Vegetables**

*Duyff, Roberta and McKissack, Patricia*

This is a story about fun nutrition activities that can be done in the classroom from growing and tasting to class field trips.

SUGGESTED AGES: 4 TO 8

### **Annie Pitts, Artichoke**

*deGroat, Diane*

Annie Pitts is determined to become a famous actress, but she fails to get the lead in the class nutrition play after a food fight with Matthew during the supermarket field trip. Forced to play the artichoke, Annie manages to put on a performance nobody will forget! Students will enjoy this humorous book as they learn a few nutrition concepts too.

SUGGESTED AGES: 7 TO 9

### **Apple Fractions**

(available in French)

*Pallotta, Jerry*

Seven varieties of apples are cut into pieces in order to help young people understand fractions.

SUGGESTED AGES: 4 TO 8

### **Apples, Apples, Apples**

*Wallace, Nancy Elizabeth*

The story of the bunny family's outing to the apple orchard. All aspects of picking your own apples are presented. Information about apples is presented through the apple farmer. Includes recipe, song, and craft.

SUGGESTED AGES: 4 TO 8

**Burp! The Most Interesting Book  
You'll Ever Read About Eating**

*Swanson, Diane*

This unique series explores the mysteries of the human body using an exciting mix of thoroughly researched information, amazing anecdotes and surprising try-it activities. In Burp!, kids discover all kinds of fascinating facts about food and eating, such as what food is made of, how your body breaks it down, why you have cravings, how sight and smell affect what you taste and lots more. Did you know? ... You use energy even when you are asleep – 65 calories an hour, in fact. France's Michel Lotito (a.k.a. Mr. Eat Everything) eats bicycles, chandeliers, wooden coffins and light airplanes for a living!

SUGGESTED AGES: 7 TO 12

**Delicious: A Pumpkin Soup Story**

*Cooper, Helen*

Its lunchtime, but Cat, Duck and Squirrel do not have a ripe pumpkin for Pumpkin Soup so they make a different soup, but Duck will not even try it! Squirrel and Cat trick Duck by making a soup that looks like Pumpkin Soup, Duck finally tries it and to his surprise he likes it. Includes a recipe for "pink soup."

SUGGESTED AGES: 3 TO 5

**D.W. The Picky Eater**

*Brown, Marc Tolon*

Arthur the aardvark's sister is a picky eater. The family leaves her at home when they go out to eat. D.W. decides she might be missing something good by being so picky.

SUGGESTED AGES: 4 TO 8

**Eating the Alphabet**

*Ehlert, Lois*

This beautifully illustrated book introduces students to vegetables and fruits, while learning the alphabet. Also included at the back of the book is the origin and history of each of the vegetables and fruits in the book.

SUGGESTED AGES: 4 TO 8

**Food Rules! The Stuff You Munch, Its Crunch,  
Its Punch, and Why You Sometimes Lose  
Your Lunch**

*Haduch, Bill*

Cool enough for kids to savour, and scientific enough to be an invaluable resource, this

comprehensive book on food and nutrition is full of mouthwatering stories, jokes, recipes, rumours, and facts.

SUGGESTED AGES: 7 TO 12

**Fruit Facts**

*Taylor, Steve*

Includes many facts like fruit grows in many different places, farmers pick and gather fruit so that we can buy it in stores, and fruit is good for you! With full colour photos and simple text, readers are shown where fruit comes from.

SUGGESTED AGES: 4 TO 8

**Gigantic Turnip**

*Tolstoy, Aleksei and Sharkey, Niamh*

A traditional tale from Russia of an elderly farm couple who end up enlisting the aid of their farm animals to help get their gigantic turnip out of the ground.

SUGGESTED AGES: 4 TO 8

**Green Eggs and Ham**

*Dr. Suess*

Describes a dish that does not appear to be that appetizing, but once it is tried, it becomes a favourite.

SUGGESTED AGES: 4 TO 8

**Gregory, the Terrible Eater**

*Sharmat, Mitchell*

Gregory the goat wants to only eat good food like vegetables and his parents are worried since he won't eat tin cans, etc.

SUGGESTED AGES: 4 TO 8

**Grow it Again**

*MacLeod, Elizabeth*

Instructs how to grow potted plants by taking seeds or sections of vegetables, fruit, and other plants used for food. Also includes crafts and recipes. Carrot, bean, pea, garlic, peanut, melon, orange, and pineapple are among the sources.

SUGGESTED AGES: 7 TO 12

**Growing Colors**

*McMillan, Bruce*

From green peas to red raspberries, from vegetables that grow in the ground to fruits that grow above the ground, a magnificent garden of colour and growth awaits.

SUGGESTED AGES: 3 TO 8

### **Growing Vegetable Soup**

*Ehlert, Lois*

This colourful juvenile work relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. Recipes for vegetable soup are included.

SUGGESTED AGES: 4 TO 8

### **How Do Apples Grow?**

*Maestro, Betsy*

This book follows the lifecycle of the apple introducing science concepts along the way. Learn about the function of each of the apple blossom parts and how the blossom eventually produces an apple.

SUGGESTED AGES: 8 TO 10

### **How to Make an Apple Pie and See the World**

*Priceman, Marjorie*

Since the market is closed, the reader is led around the world to gather the ingredients for making apple pie. The recipe is included.

SUGGESTED AGES: 4 TO 8

### **It's a Fruit, It's a Vegetable, It's a Pumpkin**

*Fowler, Allan*

Did you know that a pumpkin is a fruit? This book follows a pumpkin from the pumpkin patch to the table, where it can be eaten as a fruit, in pie, or as a vegetable, in soup.

SUGGESTED AGES: 5 TO 8

### **Little Apple: A Book of Thanks**

*Weninger, Brigitte and Moller, Anne*

From the seed to the tree, from the blossom to the apple follow the life cycle of an apple through the eyes of a young girl.

SUGGESTED AGES: 4 TO 8

### **Lunch**

*Fleming, Denise*

Children will learn about different coloured vegetables and fruits as a hungry little mouse eats his way through a colourful lunch.

SUGGESTED AGES: 4 TO 8

### **Oliver's Fruit Salad**

*French, Vivian and Bartlett, Alison*

Oliver's grandfather grows fruit tastier than from a can or bottle. But it doesn't mean Oliver will eat any. It takes his clever grandparents to get him to try fruit salad and it's yummy!

SUGGESTED AGES: 4 TO 8

### **Oliver's Vegetables**

*French, Vivian and Bartlett, Alison*

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, and eating vegetables soon becomes a game.

SUGGESTED AGES: 4 TO 8

### **Our Healthy Journey: A Collection of First Nations Children's Perspectives**

*A National Aboriginal Health Organization Resource (www.naho.ca)*

Designed to introduce health issues to First Nations children. Promotes an understanding of health that encompasses the holistic and balanced development of individuals and communities and highlights ways to be healthy using a variety of examples from the four seasons. Young artists shared their perspectives on health.

SUGGESTED AGES: 6 TO 10

### **Plate Full of Colour**

*Perez, Georgia*

A National Aboriginal Diabetes Association resource (www.nada.ca)

Book 3 of the Eagle Books series, written as culturally and age appropriate resources for educating children about the benefits of healthy eating and physical activity in preventing the onset of Type 2 diabetes. Plate Full of Colour follows a young boy as he learns the importance of caring for Mother Earth, eating vegetables and fruit, trying different coloured vegetables and fruit, and healthy snacking.

SUGGESTED AGES: 4 TO 8



**Pumpkin Circle: The Story of a Garden**

*Levenson, George*

The development of a pumpkin seed into a plant, pumpkin, jack-o'-lantern, and, completing the circle, back to seed again, is the subject of this colourful book.

SUGGESTED AGES: 5 TO 7

**Pumpkin Soup**

*Cooper, Helen*

In this funny and original story a duck, a squirrel and a cat discover the ups and downs of friendship and sharing as they work together to make Pumpkin Soup.

SUGGESTED AGES: 4 TO 8

**Rabbit Food**

*Gretz, Susanna*

This is an entertaining twist on the fussy eater theme. Children will learn that even adults can be fussy eaters, and how important it is to try some of everything.

SUGGESTED AGES: 4 TO 8

**Stone Soup**

*Muth, Jon*

"Stone Soup" has its traditional roots in European folklore. Three monks travel along a mountain road trying to discover what makes one happy when they come upon a village. The villagers do not like visitors and close their doors to the monks. When the monks entice them to make soup from stones, they learn that they have a lot to offer each other. This is a fun story that links food to family.

SUGGESTED AGES: 4 TO 8

**The Fruit Flies' Picnic**

*Stefancin, Kathleen*

Join the fruit flies as they gather a feast of fruits in all shapes and sizes for their afternoon picnic. Learn about different colours of fruit and why they are good for you!

SUGGESTED AGES: 4 TO 8

**The Kids' Multicultural Cookbook:  
Food & Fun Around the World**

*Cook, Deanna*

Includes 50 great multicultural dishes and also introduces real children from Asia, Europe, and Africa. This book is a bountiful international

experience with food as the common bond. Recipes, illustrations and photos included.

SUGGESTED AGES: 9 TO 12

**The Multicultural Cookbook  
for Students**

*Albyn, Carole and Webb, Lois*

Interesting and authentic recipes for cooks of all ages.

SUGGESTED AGES: 9 TO 12

**The Pumpkin Blanket**

*Deborah Turney Zagwijn*

This is a story of Clee, born to a remote farming couple in the season of The Northern Lights, and given a special blanket by the wind. Clee cherishes her blanket: it speaks to her of friends, and love and serenity and dreams. But one day, something else needs the blanket's protection – and Clee is old enough and wise enough to let it go without regret.

SUGGESTED AGES: 4 TO 8

**The Pumpkin Book**

*Gibbons, Gail*

Learn everything there is to know about pumpkins from the seed to harvest!

SUGGESTED AGES: 4 TO 8

**The Science Chef Travels Around the World:  
Fun Food Experiments and Recipes for Kids**

*D'Amico, Joan and Drummond, Karen Eich*

Introduces fourteen countries (including Canada, Mexico, and Brazil), describes an experiment related to some basic food ingredient typical for each country, and provides a recipe for a complete meal based on each food.

SUGGESTED AGES: 9 TO 12

**The Ugly Vegetables**

*Lin, Grace*

A girl and her mother plant Chinese vegetables in a neighbourhood where everyone else grows flowers. The girl thinks their plants are ugly compared to flowers, but soon learns that vegetables can make a very delicious soup, one that the whole neighbourhood wants to try. Soon everyone is growing Chinese vegetables as well as flowers. A recipe for "Ugly Vegetable Soup" is included.

SUGGESTED AGES: 6 TO 10

### **The Vegetable Alphabet Book**

*Jerry Pallotta, Bob Thomson, Edgar Stewart*

26 common and not-so-common vegetables are introduced. Learn about fiddleheads, munchkin pumpkins, sweet peas, walla wallas, and more. This informative book also includes a brief introduction to soil preparation and seed planting.

SUGGESTED AGES: 4 TO 8

### **The Vegetables We Eat**

*Gibbons, Gail*

An introduction to vegetables, aimed at the picture-book crowd, containing facts, pictures of small and large scale production, families enjoying vegetables in different ways, and veggie trivia.

SUGGESTED AGES: 4 TO 8

### **Tops & Bottoms**

*Stevens, Janet*

Readers learn about different vegetable parts as a clever hare out-smarts a lazy bear who sleeps through every planting season.

SUGGESTED AGES: 4 TO 8

### **Tricky Treats**

*Perez, Georgia*

A National Aboriginal Diabetes Association resource ([www.nada.ca](http://www.nada.ca))

The fourth and final book in the Eagle Books series, written as culturally and age appropriate resources for educating children about the benefits of healthy eating and physical activity in preventing the onset of Type 2 diabetes. Tricky Treats follows a young boy and his friends as they learn the difference between everyday foods and sometimes foods.

SUGGESTED AGES: 4 TO 8

### **Vegetable Soup: The Nutritional ABC's and The Fruit Bowl: A Contest Among the Fruit**

*Warren, Dianne*

Two picture books in one which introduce children to the connection between what they eat and how they look, feel, and perform.

SUGGESTED AGES: 4 TO 8

### **Vegetables and How They Grow**

*Robbins, Eliza*

Readers will learn that vegetables can be the seeds, roots, flowers, stems or leaves of plants. With full colour photos and simple text, readers are shown where vegetables come from.

SUGGESTED AGES: 4 TO 8

### **AVAILABLE IN FRENCH**

#### **Fruits et Légumes (Fruit and Vegetables)**

(available in French only)

*Hédelin, Pascale*

Fruit ou légume: quelle est la différence? D'où viennent les légumes que tu manges? Comment les cultive-t-on, et quel chemin doivent-ils emprunter du champ à ton assiette? Pourquoi ne trouves-tu pas tes fruits préférés toute l'année? Ont-ils tous des pépins ou un noyau? Ils n'auront bientôt plus de secrets pour toi. Pour partir à la découverte des fruits et légumes: un livre à raconter comme une histoire et à regarder comme un documentaire.

Fruit or vegetable: What is the difference? Where do the vegetables you eat come from? How do they grow, and what path does it take from the field to your plate? Why can't you find all of your favourite fruits year round? Do they all have seeds or a pit? Soon, all these secrets will be revealed. Explore fruits and vegetables with this book which is told like a story.

SUGGESTED AGES: 7 TO 10

#### **Les Citrouilles (The Pumpkins)**

(available in French only)

*Berger, Melvin and Gilda*

L'automne est la saison des citrouilles! Lis ce livre et découvre les citrouilles.

Autumn is the time for pumpkins! Read this book and discover pumpkins.

SUGGESTED AGES: 4 TO 6

**Fractions De Pommes (Apple Fractions)**

(available in English and French)

*Pallotta, Jerry*

Sept variétés de pommes se laissent découper afin d'aider les jeunes à comprendre les fractions.

Seven varieties of apples are cut into pieces in order to help young people understand fractions.

SUGGESTED AGES: 4 TO 8

**De la grain à la plante (From the Seed to the Plant)**

(available in French only)

*Berger, Melvin and Gilda*

Avec de l'eau, de l'air et du soleil, les graines poussent pour devenir des plantes de toutes sortes. Certaines vont fleurir et produire d'autres graines ou même des fruits. Tout indiqués pour les lecteurs débutants.

With water, air and sun, the seeds grow to become all kinds of plants. Some will flower and produce other seeds or even fruit. Especially for beginning readers.

SUGGESTED AGES: 4 TO 8

**Tout sur les fruits (All About Fruit)**

(available in French and English)

*Parker, Vic*

Savais-tu que les fruits contiennent des graines qu'on peut planter pour faire pousser une nouvelle plante? Savais-tu que les oranges sont excellentes pour les yeux et la peau?

Did you know that seeds contained in fruit can be planted to grow a whole new plant? Did you know that oranges are excellent for the eyes and skin?

SUGGESTED AGES: 5 TO 8

**Tout sur les légumes (All About Vegetables)**

(available in French and English)

*Parker, Vic*

Savais-tu que les pommes de terre et les oignons poussent sous la terre? Savais-tu que les légumes verts, comme le brocoli, sont excellents pour le cerveau?

Did you know that potatoes and onions grow in the earth? Did you know that green vegetables, like broccoli, are excellent for the brain?

SUGGESTED AGES: 5 TO 8

**Tutti-frutti** (available in French only)

*Richet, Béatrice and Vogel, Vinicius*

Tutti-Frutti est une petite fille qui adore les parfums de fruits! Il y en a de toutes sortes dans chacun des produits qu'elle utilise pour son hygiène quotidienne. Une histoire qui aide l'enfant à comprendre l'importance d'une hygiène quotidienne et les conséquences de ses choix personnels sur sa santé et son bien-être.

Tutti-Frutti is a little girl who loves the essences of fruit! There are many of them in all of her daily cleansing products. A story that helps children to understand the importance of daily hygiene and the consequences of personal choice on one's health and well-being.

SUGGESTED AGES: 4 TO 6

**Une drôle de cuisinier (A Strange Cook)**

(available in French only)

*Richet, Béatrice and Caron, Romi*

Le jeune héros de cette histoire est un drôle de cuisinier! Il aime autant mélanger les goûts que les couleurs, comme le jaune des bananes avec le vert des concombres. Une histoire humoristique qui aide l'enfant à reconnaître l'importance sur sa santé d'une alimentation variée et équilibrée.

The young hero of this story is a strange cook! He loves mixing colours as much as he loves mixing tastes, like the yellow from bananas with the green of cucumbers. A funny story that helps children recognize the important health benefits of a varied and balanced diet.

SUGGESTED AGES: 4 TO 6