



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.aipc.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 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 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

I Will Never Not Ever Eat a Tomato

Child, Lauren

Sometimes Charlie has to give his little sister her dinner and this is difficult because Lola is a very fussy eater. Charlie tries something new which shows that children's tastes are often based on preconception rather than on taste buds.

SUGGESTED AGES: 4 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 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 Berenstain Bears and Too**Much Junk Food**

Berenstain, Stan & Jan

Improving health and fitness by eating nutritious meals and snacks and increasing physical activity is the central theme.

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 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 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)

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

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

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 seed or even fruit. Especially for beginning readers.

SUGGESTED AGES: 4 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