



Food and Nutrition Fun for Elementary Age Children March 2013

This publication is a resource for parents and teachers, educators interested in materials that will create a food and nutrition awareness in children while teaching them the basics of healthy eating and physical activity. Resources include books and Web sites.

Materials may be available to borrow from the National Agricultural Library (NAL) collection but are not available for purchase from NAL. Lending information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: http://www.nal.usda.gov/fnic/pubs/fun_elementary.pdf. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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1. Books

A. All about Food: Food Facts and History

The ABC's of Fruits and Vegetables and Beyond

Steve Charney, David Goldbeck

Ceres Press, 2007, 112 pp.

ISBN: 1886101078

Description: A simple and beautifully illustrated book. Part 1 is a series of easy-reader alphabet poems about common and uncommon produce, from apples to zucchini. Part 2 offers a host of enticing food facts, recipes and fun. Suitable for ages: 4-8 years.

Apples

Gail Gibbons

Holiday House, 2000, 32 pp.

ISBN: 0-82-341669-0

Description: Teaches the history of apples as well as different varieties of apples and harvesting practices. Book includes fun facts, recipes, and apple growing instructions. Suitable for ages: 4-8 years.

Apples, Apples, Apples

Nancy Elizabeth Wallace

Winslow Press, 2000, 40 pp.

ISBN: 1-89-081719-8

Description: This tells the story of a rabbit family on an apple picking trip. Varieties of apples as well as how apples are grown are discussed. An applesauce recipe is included. Suitable for ages: 4-8 years.

The Berry Book

Gail Gibbons

Holiday House, 2002, 32 pp.

ISBN: 0-82-341697-6

Description: This book about berries gives a brief history of berries as well as what berries are edible and which berries are poisonous. Berry growing instructions are included as well as a few recipes. Suitable for ages: 4-8 years.

Bread Comes to Life: A Garden of Wheat and a Loaf to Eat

George Levenson

Tricycle Press, 2004, 32 pp.

ISBN: 1-58-246114-7

Description: Beautiful photographs are accompanied by a cute rhyme about the process of growing wheat and baking bread. Suitable for ages: 4-8 years.



Eating the Alphabet: Fruits & Vegetables from A to Z

Lois Ehlert

Sandpiper, 1994, 40 pp.

ISBN: 9780152009021

Description: From apple to zucchini, this alphabet book introduces readers to a wide variety of fruits and vegetables through colorful watercolor collages. At the end of the book is a detailed glossary which includes pronunciation, botanical information, the origin and history of each plant. Suitable for ages: 4-8 years.

The United States Cookbook: Fabulous Foods and Fascinating Facts From All 50 States

Joan D'Amico; Karen Eich Drummond; Jeff Cline; Tina Cash-Walsh

John Wiley, 2000, 186 pp.

ISBN: 0471358398

Description: Easy-to-follow historical facts, state foods and a recipe utilizing these foods provide a fun and different approach to learn about the United States. Provides an introduction to the kitchen, including safety rules and how-tos on utilizing kitchen equipment.

The Vegetables We Eat

Gail Gibbons

Holiday House, 2008, 32 pp.

ISBN: 0-82-342153-8

Description: Beautiful pictures accompany a wealth of information about vegetables. Suitable for ages: 4-8 years.

B. Foods From Around the World: Family Meals, Celebrations, and Holidays

Bread, Bread, Bread

Ann Morris

Morrow, William and Company, 1993, 29 pp.

ISBN: 0-68-812275-2

Description: Celebrates the many different kinds of bread and how it may be enjoyed all over the world. Suitable for ages: 5-8 years.

Dim Sum for Everyone

Grace Lin

Dragonfly Books, 2003, 32 pp.

ISBN: 0-44-041770-8

Description: A family goes out to dinner and all of the children learn about Dim Sum while eating it. Suitable for ages: 4-8 years.



Dumpling Soup

Jama Kim Rattigan

Little, Brown & Co., 1998, 32 pp.

ISBN: 0-31-673445-4

Description: A young Hawaiian girl tries to make dumplings for her family's New Year celebration. This story celebrates the joyful mix of food, customs and languages of many cultures. Suitable for ages: 4-8 years.

Eating

Gwenyth Swain

Red Leaf Press, 1999, 24 pp.

ISBN: 1-57-505257-1

Description: Children throughout the world have favorite foods, and this book will describe what kinds of foods people enjoy in different places. Suitable for ages: 3-8 years.

The Empanadas that Abuela Made

Diane Gonzales Bertrand

Pinata Books, 2003, 32 pp.

ISBN: 1-55-885388-X

Description: The whole family gets involved in making Abuela's amazing empanadas! Suitable for ages: 4-8 years.

Everybody Series

Norah Dooley

Description: Follow Carrie around her neighborhood in these different books, which show that many different cultures enjoy similar foods.

Everybody Bakes Bread, Carolrhoda Books, 1995, 40 pp.

ISBN: 0-87-614864-X

Everybody Brings Noodles, First Avenue Editions, 2005, 32 pp.

ISBN: 1575059169

Everybody Cooks Rice, Houghton Mifflin Harcourt, 1992, 32 pp.

ISBN: 0876145918

Everybody Serves Soup, First Avenue Editions, 2004, 40 pp.

ISBN: 1575057913

F is for Fiesta

Susan Middleton Elya

Putnam Juvenile, 2006, 32 pp.

ISBN: 0-39-924225-2

Description: The planning of a birthday party teaches the reader simple words and letters in Spanish/English. Suitable for ages: 4-8 years.



How to Make an Apple Pie and See the World

Marjorie Priceman

New York: Knopf, 1996, 32 pp.

ISBN:0-67-988083-6

Description: Since the market is closed, the reader is led around the world to gather the ingredients for making apple pie. The recipe is included. Suitable for ages: 4-8 years.

The Kids' Multicultural Cookbook

Deanna F. Cook

Williamson Books, 2008, 160 pp.

ISBN: 0824968174

Description: Tour 41 countries with these recipes, ideas for themed parties, riddles, and fun facts! Readers are introduced to a child from each place, and words from other languages are provided with pronunciations. Suitable for ages: 9-12 years.

This Is the Way We Eat Our Food

Laine Falk

Children's Press, 2009, 24 pp.

ISBN: 0531214397

Description: Ever eat with a banana leaf? This book discusses the many different way people eat around the world. On one side is a picture of someone in a different country eating; on the opposite side is a brief paragraph of information with the main vocabulary word bolded. Suitable for ages: 4-8 years.

C. Food Fun

Apple Fractions

Jerry Pallotta (author) and Rob Bolster (illustrator)

Cartwheel, 2003, 32 pp.

ISBN: 0439389011

Description: In this colorful book, elves show readers how to divide apples into halves, thirds, fourths, and more. Children will simultaneously learn about different apple varieties, including Golden and Red Delicious, Granny Smiths, Cortlands, and Asian Pears. Suitable for ages: 6-10 years.

Bean Appetit: Hip and Healthy Ways to Have Fun with Food

Shannon Payette Seip and Kelly Parthen

Andrews McMeel Publishing, 2010, 208 pp.

ISBN: 0740785176

Description: Divided into fifteen bean-themed chapters, this book contains a mix of recipes, games, songs, crafts, and activities focused on healthy eating and using fresh ingredients. Suitable for ages: 7-11 years.



Experiments With Foods

Salvatore Tocci

Children's Press, 2004, 48 pp.

ISBN: 0516278061

Description: Children learn basic food science concepts in this book of simple experiments that use common household ingredients. Suitable for ages: 7-11 years.

Food: 25 Amazing Projects: Investigate the History and Science of What We Eat

Kathleen M. Reilly

Nomad Press, 2010, 128 pp.

ISBN: 1934670596

Description: Students can explore many aspects of food with the hands-on projects in this book. Each activity has an accompanying supply list and step-by-step directions. Chapters include: Picking the First Apple, Farming: Past and Present, Food and Cultures, I Want It! Food in Demand, Food Packaging, Food Safety, Traditions and Celebrations, Food Across Time, Nutrition, "Meat" Me at the Veggie Stand, Backyard Eating, You're Eating What?!?, and The Future of Food. Suitable for ages: 9-12 years.

Gadgetology: Kitchen Fun with Your Kids, Using 35 Cooking Gadgets for Simple Recipes, Crafts, Games and Experiments

Pam Abrams

The Harvard Common Press, 2007, 96 pp.

ISBN: 9781558323469

Description: Children are intrigued by kitchen utensils and this book provides different recipes and crafts that can be performed by children (with adult supervision, of course) using different kitchen utensils. Recipes are included for each gadget to help inspire cooking creativity in children. The craft ideas find alternate ways of having fun with cooking gadgets. A recipe for dog biscuits is also included. Suitable for ages: 5-10 years.

Piece = Part = Portion: Fractions = Decimals = Percents

Scott Gifford

Tricycle Press, 2003, 30 pp.

ISBN: 1-58246-102-3

978-1-58246- 226-4 (bilingual paperback)

Description: This picture book shows the equivalent fraction, decimal, and percent by using common household items, including pizza, pie, gum, and soda. Suitable for elementary school aged children.



The Science Chef: 100 Fun Food Experiments and Recipes for Kids

Joan D'Amico and Karen Eich Drummond

J. Wiley, 1994, 180 pp.

ISBN: 0-47-131045-X

Description: This book examines the science of food, while instructing children on the science behind various cooking reactions. Includes over 100 simple, quick recipes that can be made with easy-to-obtain ingredients and standard kitchen equipment. Suitable for ages: 9-12 years.

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

Joan D'Amico, Karen E. Drummond

Wiley, 1996, 192 pp.

ISBN: 047111779X

Description: Take students on a journey around the world with a combination of simple science experiments and fun recipes. Introductory materials include an overview of basic cooking techniques and kitchen safety principals, and the appendices feature a brief section on nutrition, nutrient content of recipes, and food safety concepts. Chapters include Canada, Mexico, Brazil, Italy, France, Germany, Spain, Israel, India, China, Japan, Thailand, Morocco, and Ghana. Suitable for ages: 9-12 years.

Snacktivities!: 50 Edible Activities for Parents and Children

MaryAnn F. Kohl and Jean Potter

Robins Lane Press, 2003, 128 pp.

ISBN: 1589040104

Description: Children can create tasty works of art with these activities, which do not require cooking or baking. Each activity has a difficulty rating and estimated time to complete. Suitable for ages: 4-8 years.

D. Kids in the Kitchen

Around the World Cookbook

Abigail Johnson Dodge

Dk Publishing, 2008, 128 pp.

ISBN: 9780756637446

Description: Children learn to make over 50 recipes from various cuisines, while also learning about the countries the dishes are from. Fun facts about cooking terms and equipment also accompany the recipes. Suitable for ages: 8-13 years.



Better Homes & Gardens New Junior Cookbook, 8th edition

Better Homes and Gardens Test Kitchen
Better Homes and Gardens Books, 2012, 128 pp.

ISBN: 9781118146064

Description: The 8th edition of this classic includes 65 new recipes for breakfast, lunch, dinner, snacks and treats. Each recipe in this spiral-bound book includes a photo of the dish and illustrated characters that tell a story to complement the dish. Special features cover cooking basics, kitchen safety, menu planning, basic nutrition information, and guidance on reading and understanding food labels. Suitable for ages: 8-12 years.

Book Cooks: 26 Step-By-Step Recipes Inspired by Favorite Children's Books

Cheryl Apgar
Creative Teaching Press, 2002, 128 pp.

ISBN: 1574717928

Description: No heat source required for these recipes, which are inspired by favorite children's books. Recipes (one for each letter of the alphabet) include an original poem, chant, or song that helps children learn language skills. Suitable for ages: 4-8 years.

Cook It Together

Annabel Karmel
DK Children, 2009, 48 pp.

ISBN: 9780756643027

Description: This book is organized by 10 ingredients: tomatoes, corn, rice, potatoes, bananas, strawberries, apples, honey, chocolate, and yogurt. For each item, children learn about where the food comes from or how it is made, followed by easy-to-follow recipes featuring that ingredient. Suitable for ages: 5-9 years.

Grow It, Cook It: Simple Gardening Projects and Delicious Recipes

DK Publishing, 2008, 80 pp.

ISBN: 0756633672

Description: This guidebook uses colorful photographs and engaging page layouts to guide children through growing a variety of vegetables, and using the resulting harvest in a recipe. Suitable for ages: 5-8 years.

Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 and Up

Mollie Katzen
Red Leaf Press, 2009, 192 pp.

ISBN: 978-1-58246-305-6

Description: This book contains many fun and easy recipes for school-age children, and will also give the cook reading and math practice. Safety tips are included. Suitable for ages: 8-12 years.



Kids' Fun and Healthy Cookbook

Nicola Graimes

DK Children, 2007, 128 pp.

ISBN: 0756629160

Description: Colorful photographs and step-by-step instructions are highlights of this cookbook for children that features over 100 recipes. The book also includes introductory information about food and nutrition, and a glossary of terms. Suitable for ages: 5-12 years.

Pretend Soup and Other Real Recipes: a Cookbook for Preschoolers and Up

Mollie Katzen

Tricycle Press, 1994, 95 pp.

ISBN: 1-88-367206-6

Abstract: Contains classroom and home tested recipes that children between the ages of 3-8 can prepare with adult supervision. Designed to inspire an early appreciation for creative, wholesome food. Helps children gain counting skills, reading skills, science awareness, selfconfidence, patience, and food literacy. Suitable for ages: 3-8 years.

Recipes for Reading: Hands-On, Literature-Based Cooking Activities

Gwynne Spencer

Linworth Learning, 2002, 160 pp.

ISBN: 1586831011

Description: This cookbook provides teachers with more than 200 simple recipes based on children's books. Suitable for ages: 6-12.

Salad People And More Real Recipes: A New Cookbook for Preschoolers & Up

Mollie Katzen

Tricycle Press, 2005, 96 pp.

ISBN: 1582461414

Description: This follow-up to Pretend Soup presents 20 new kid-tested recipes. Suitable for ages: 4-8 years.

The Spatulatta Cookbook

Scholastic Reference, 2007, 128 pp.

ISBN: 0439022509

Description: This cookbook for kids features Isabella and Olivia Gerasole, hosts on the award-winning spatulatta.com Web site. Featuring step-by-step instructions to make kid-friendly recipes, the cookbook is arranged by season and also includes special sections devoted to various ethnic cuisines, snacks and vegetarian recipes, along with easy-to-follow basic cooking skills and weights and measures. Suitable for ages: 9-12 years.



E. Learning about Healthy Eating

Healthy Eating with MyPlate

Nancy Dickmann

Capstone Press- Pebble Plus, 2012, 24 pp.

Description: Each book in this series explores a different food group or key component from the MyPlate food guidance system. Full of colorful photographs, each book also includes "How it helps your body" and a picture glossary. Suitable for ages: 5-8 years.

Fruits- ISBN: 9781432969738

Grains- ISBN: 9781432969752

Protein- ISBN: 9781432969769

Dairy- ISBN: 9781432969776

Vegetables- ISBN: 9781432969745

Using MyPlate- ISBN:9781432969783

The Magic School Bus: Inside the Human Body

Joanna Cole

Scholastic Trade, 1990, 40 pp.

ISBN: 0-59-041427-5

Description: Part of The Magic School Bus series. Details the process of digestion through a journey inside the body. Suitable for ages: 4-8 years.

Nutrition Fun with Brocc & Roll

Connie Liakos Evers

24 Carrot Press, 2012, 64 pp.

ISBN: 0964797097

Description: This hands-on activity guide is full of reproducible activity sheets and recipes for teaching kids about nutrition and healthy living. The suggested grade level is available at the bottom of each page and spans throughout all of elementary school. Suitable for ages: 5-12 years.

The Quest to Digest

Mary K. Corcoran

Charlesbridge Publishing, 2006, 32 pp.

ISBN: 1570916659

Description: This graphically appealing, colorful, and fact-rich story describes the importance of food to the body by following an apple as it goes through the human digestion system. While there is no index, it is fairly easy to find information on each stage of digestion, from eating, saliva production, and movement through the esophagus, stomach, and intestines to the happy ending. Suitable for ages: 9-12.



Taste

Kay Woodward

Hodder Wayland, 2005, 24 pp.

ISBN: 0-75-024672-3

Description: An exploration of taste as one of the senses. Suitable for ages: 4-8 years.

We Are What We Eat!

Sally Smallwood

Zero to Ten, 2008, 24 pp.

ISBN: 1840895233

Description: Young readers will enhance their vocabulary as they watch the children in this book build a fun food sculpture out of fruits and vegetables! Lift the flap to see the fruits and vegetables, cut in half, sliced, peeled or with the pods removed. Suitable for ages: 4-8 years.

What Happens to Your Food?

Alastair Smith and Maria Wheatley

Usborne Books, 2003, 16 pp.

ISBN: 0-79-450643-7

Description: A book about how food moves through the digestive track, contains many pictures. Suitable for ages: 4-8 years.

F. Physical Activity

Bend and Stretch: Learning about Your Bones and Muscles

Pamela Hill Nettleton

Picture Window Books, 2006, 24 pp.

ISBN: 1-40-480507-9

Description: Teaches children the importance of staying healthy and treating their bones and muscles well. Suitable for ages: 4-8 years.

The Bouncing, Dancing, Galloping ABC

Charlotte Doyle

Putnam Juvenile, 2006, 32 pp.

ISBN: 0-39-923778-X

Description: ABC's book encouraging physical activity. Suitable for ages: 4-8 years.

The Busy Body Book: A Kid's Guide to Fitness

Lizzy Rockwell

Crown Books for Young Readers, 2004, 40 pp.

ISBN: 0-37-582203-8

Description: Introduces the different body systems as well as encouraging participating in physical activity. Suitable for ages: 4-8 years.



Cha Cha Chimps

Julia Durango

Simon and Schuster Children's Publishing , 2006, 32 pp.

ISBN: 0689864566

Description: All ten little chimps sneak out one night with their dancing shoes because they want to dance all night but eventually Mama Chimp finds them and gets a sitter so she can dance all night. Suitable for ages: 4-8 years.

Get Up and Go: Being Active

Amanda Doering Tourville

Picture Window Books, 2009, 24 pp.

ISBN: 9781404848115

Description: Follow Juana and Maria through their day and see all the ways they are active! Suitable for ages: 4-8 years.

I.Q. Gets Fit

Mary Ann Fraser

Walker Books for Young Readers, 2007, 32 pp.

ISBN: 0802795587

Description: The class mouse, I.Q., joins the rest of his class as they prepare for the Student Fitness Challenge. With the help of his classmates, I.Q. begins an exercise program and learns the importance of eating a balanced diet, staying active, sleeping well, and drinking plenty of water. Suitable for ages: 4-8 years.

Let the Games Begin!

Maya Ajmera and Michael Regan

Charlesbridge Publishing, 2000, 32 pp.

ISBN: 0881060674

Description: This book features color photographs of children all over the world participating in a variety of sports, games, and competitions.

My Daddy Is a Pretzel: Yoga for Parents and Kids

Baron Baptiste

Barefoot Books, 2004, 48 pp.

ISBN: 1-84-148151-3

Description: The parents of children share their occupations with the children and each occupation is accompanied by a yoga pose. Suitable for ages: 4-8 years.

Wallie Exercises

Steve Ettinger

Active Spud Press, 2011, 32 pp.

ISBN: 9780984538805

Description: Learn about this wonderful, but lazy dog, Wallie in this rhyming book about getting and staying fit. Suitable for ages: 4-8 years.



Welcome Books: Sports

Edana Eckart

Children's Press, 2002-2003, 24 pp.

Description: Depictions of children of various ethnic groups participating in different kinds of physical activity. Children are introduced to vocabulary words related to the activity, as well as safety tips and equipment. Suitable for ages: 4-8 years.

I Can Bowl

ISBN: 0516239724

I Can Go Hiking

ISBN: 0516243683

I Can Ice Skate

ISBN: 0516239716

I Can Play Baseball

ISBN: 0516240307

I Can Play Soccer

ISBN: 0516240315

I Can Ride a Bike

ISBN: 0516240323

I Can Skateboard

ISBN: 0516243705

I Can Ski

ISBN: 0516243691

I Can Snowboard

ISBN: 051624373X

I Can Swim

ISBN: 9780516239705

G. Where Does Food Come From?

Harvest Year

Cris Peterson

Homedale, PA: Boyd Mill Press, 2009, 32 pp.

ISBN: 1-59078-783-8

Description: This photographic essay pictures foods that are harvested across the United States. It covers everything from ripe Hawaiian pineapple in January to Louisiana shrimp in December. Suitable for ages: 4-8 years.



How do Apples Grow?

Betsy Maestro

Harper Collins Children's Book, 1993, 32 pp.

ISBN: 0-06-445117-8

Description: Have you ever eaten part of a flower? You have if you have eaten an apple. Find out how an apple grows from a bud to a flower to a piece of fruit. Suitable for ages: 5-9 years.

Start to Finish

Lerner Publications

Description: This series of books reveals how various foods are produced, from start to finish. Suitable for ages 5-8.

From Flower to Honey by Robin Nelson; 2012.

ISBN: 978-0761385745

From Fruit to Jelly by Shannon Knudson; 2004.

ISBN: 0-82-250942-3

From Grass to Milk by Stacy Taus-Bolstad; 2012.

ISBN: 978-0-7613-9179-1

From Kernel to Corn by Robin Nelson; 2003.

ISBN: 0-82-254659-0

From Milk to Cheese by Shannon Zemelicka; 2003.

ISBN: 0-82-251387-0

From Peanut to Peanut Butter by Robin Nelson; 2012.

ISBN: 978-0-7613-9180-7

From Seed to Pumpkin by Jan Lottke; 2000.

ISBN: 0-51-623309-2

From Shoot to Apples by Stacy Taus-Bolstad; 2012.

ISBN: 0-82-250719-6

From Wheat to Bread by Stacy Taus-Bolstad; 2012.

ISBN: 978-1580139700

The Tortilla Factory

Gary Paulsen

Harcourt Brace, 1998, 32 pp.

ISBN: 0-15-201698-8

Description: Explains how a corn seed becomes a tortilla. Workers till the black soil, operate the clanking machinery of the factory, and drive the trucks to deliver the tortillas back into the hands that will plant the yellow seeds. Suitable for ages: 4-8 years.



Up, Down and Around

Katherine Ayres

Candlewick Press, 2008, 32 pp.

ISBN: 0-76-364017-4

Description: Two children learn all about vegetables when helping plant and raise a garden full of vegetables. Suitable for ages: 4-8 years.

Up, Up, Up! It's Apple-Picking Time

Jody Fickles Shapiro

Holiday House, 2008, 32 pp.

ISBN: 0-82-342166-X

Description: It's apple picking time on the farm! Suitable for ages: 4-8 years.

Vegetable Dreams/ Huerto Sonado

Dawn Jeffers

Raven Tree Press, 2006, 32 pp.

ISBN: 0-97-709060-4

Description: A bilingual story about a little girl who wants her own garden but her parents don't think she's old enough. Together with her neighbor, she plants a bountiful vegetable garden. Suitable for ages: 4-8 years.

Water, Weed and Wait

Edith Hope Fine and Angela Halpin

Tricycle Press, 2010, 32 pp.

ISBN: 9781582463209

Description: Join students at Pepper Lane Elementary as they clean up a section of the playground, plant a school garden, and celebrate with a vegetable feast! Tips, a planning checklist, and online resources for school gardening are listed at the back of the book. Suitable for ages: 4-8 years.

2. Online Booklists and Web Sites

Children's Books about Food, Eating, and Health

Fargo, ND: North Dakota State University Extension Service

Web site: http://www.ext.nodak.edu/food/kidsnutrition/childrens_book_food.pdf

Description: A three-page list of books and Web sites for children, divided into the following subject areas: Breakfast Food, Growing Vegetables, Cooking, Grains, Foods and Eating, Food Themes, and Potpourri (multiple subjects).



Children's Books about Nutrition

Alexandria, VA: School Nutrition Association

Web site: <http://www.schoolnutrition.org/Content.aspx?id=752>

Description: The SNA recommends a list of books for children dealing with food and good nutrition.

Children's Books about Physical Activity

Fargo, ND: North Dakota State University Extension Service

Web site: <http://www.ext.nodak.edu/food/kidsnutrition/Childbooksphysicalactivity.pdf>

Description: A two-page booklist of titles written to encourage children to be active.

The Healthy Meals Resource System

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library

Web site: <http://healthymeals.nal.usda.gov>

Description: The Healthy Meals Resource System is an online information center for USDA Child Nutrition Programs (CNP). The following sections include resources for children:

- Cooking with Kids
(<http://healthymeals.nal.usda.gov/resource-library/cooking-kids>)
- Food Safety Games and Activities
(<http://healthymeals.nal.usda.gov/resource-library/food-safety/games-and-activities>)
- Fruit and Vegetable Resources
(<http://healthymeals.nal.usda.gov/resource-library/fruit-and-vegetable-resources>)
- School and Preschool Gardens
(<http://healthymeals.nal.usda.gov/resource-library/school-and-preschool-gardens>)

Lifecycle Nutrition: Child Nutrition and Health

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library

Web site: <http://fnic.nal.usda.gov/lifecycle-nutrition/child-nutrition-and-health>

Description: A collection of Web sites that discuss the many topics related to child nutrition and health.

Team Nutrition Booklist

Michigan: Michigan Team Nutrition

Web site:

http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf

Description: An annotated list of over 400 books with positive food, nutrition and physical activity messages for children in grades K-2.



Team Nutrition Resource Library
Alexandria, VA: USDA Team Nutrition

Web site: <http://teamnutrition.usda.gov/library.html>

Description: A comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs. Resources are available for foodservice professionals, educators, parents, and child care providers.

This resource list was compiled by:

Corey Holland, RD, Electronic Resources Coordinator

Acknowledgment is given to the following FNIC reviewers:

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