Food and Nutrition Fun for Preschoolers
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This publication is a resource for parents, educators, and child care providers interested in materials that will create a food and nutrition awareness in young children, while teaching them the basics of healthy eating and physical activity. Resources include books, audiovisual materials, lesson plans, and Web sites.

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A. All About Food

**Eating the Alphabet: Fruits and Vegetables from A-Z**
Lois Ehlert
**ISBN:** 0152009027
**Description:** Book focuses on fruits and vegetables from around the world. A glossary is provided with facts about each food. Suitable for ages: 2-8 years.

**Go, Go, Grapes! A Fruit Chant**
April Pulley Sayre
**ISBN:** 1442433906
**Description:** Chants about various fruits such as tamarillo, raspberries and more. Each page features a picture of fruits displayed at farmer’s markets, farm stands, and other settings. Suitable for ages: 2-5 years.

**Rah, Rah, Radishes! A Vegetable Chant**
April Pulley Sayre
**ISBN:** 144242141X
**Description:** Chants for children regarding fresh vegetables. Photographs depict vegetables in a variety of settings, including farmer’s markets, grocery stores, and more. Suitable for ages: 2-5 years.

**The Vegetables We Eat**
Gail Gibbons
**ISBN:** 0-82-342153-8
**Description:** Picture book with information about vegetables. Suitable for ages: 4-8 years.
B. Foods From Around the World: Family Meals, Celebrations, and Holidays

**Bee-bim Bop**
Linda Sue Park
**ISBN:** 0-61-826511-2
**Description:** A little girl learns more about her Korean heritage by preparing a meal with her family and participating in Korean traditions. Suitable for ages: 2-5 years.

**Bread, Bread, Bread**
Ann Morris
**ISBN:** 0-68-812275-2
**Description:** Book discusses various types of bread and how it is enjoyed in different countries. Suitable for ages: 4-8 years.

**Dim Sum for Everyone**
Grace Lin
**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
**ISBN:** 0-31-673445-4
**Description:** A young Hawaiian girl tries to make dumplings for her family's New Year celebration. Suitable for ages: 4-8 years.

**Eating**
Gwenyth Swain
**ISBN:** 1-57-505257-1
**Description:** Book focusing on different favorite foods and where people enjoy eating them. Suitable for ages: 3-8 years.

**The Empanadas that Abuela Made**
Diane Gonzales Bertrand
**ISBN:** 1-55-885388-X
**Description:** The whole family gets involved in making Abuela's amazing empanadas. Suitable for ages: 4-8 years.
Feast for Ten
Cathryn Falwell
Description: This book teaches counting while showing the process of making a family meal. Suitable for ages: 2-5 years.

How to Make an Apple Pie and See the World
Marjorie Priceman
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: 3-8 years.

Let’s Eat!
Ana Zamorano
Scholastic, 1999, 32 pp.
ISBN: 0-43-906758-8
Description: Little Antonio is trying to get the whole family together for dinner but he’s having a difficult time with everyone’s schedules. Suitable for ages: 4-8 years.

World Snacks
Amy Wilson Sanger
Tricycle Press
Description: Each board book in this series uses bouncy rhyming text, mixed media, and cut-paper collages to captivate toddlers and introduce them to the foods of various cultures. Suitable for ages: 1-5 years.
C. Food Fun

5 Minute Nutrition Activities for Preschoolers
Learning ZoneXpress, 2011
**NAL Call Number:** Kit no. 648
**Description:** These activities can be used to introduce basic nutrition lessons, reinforce earlier learning, or to conclude other nutrition lessons. Suitable for ages: 3-6 years.

Cooking Art: Easy Edible Art for Young Children
MaryAnn F. Kohl, Jean Potter
**ISBN:** 0876591845
**Description:** Children use instructional line drawings, to create edible works of art. Cooking Art is divided into twelve chapters including Shapes & Forms, Numbers & Letters, Transportation & Travel, Building & Construction, Animals & Creatures. Suitable for ages: 3-8 years.

LANA (Learning About Nutrition through Activities)
Minnesota Department of Health
Learning ZoneXpress, 2011
**Description:** This kit (containing curriculum, training CD, storybooks, cookbook, parent handouts, plush characters, and stickers) is designed for preschool aged children and focuses on teaching children to try new foods, particularly fruits and vegetables.

**Description:** This nutrition education curriculum provides both child care staff and children with activities that promote positive ideas about nutrition and foods. The 54 lessons are built around the seasons of the year. Children will learn about growth, nutrition and preparation of foods. Suitable for ages: 2-5 years.
C is for Cooking: Recipes from the Street
Susan McQuillan, MS, RD
ISBN: 978-0-471-79101-0
Description: This cookbook includes recipes that introduce young children to new foods as well as expose them to basic cooking techniques. Characters from Sesame Street introduce each recipe and share facts about the food. Suitable for ages: 2-5 years.

Cooking and Children: A Learning Activity DVD
Learning ZoneXpress, 2011
NAL Call Number: DVD no. 438
Description: A DVD featuring preschoolers working in the kitchen and learning about nutrition. The DVD features simple recipes, safety tips, and highlights easy jobs in the kitchen that teach preschoolers coordination, math, and a taste for healthy food. Run time: 33 minutes. Closed captioned. Suitable for ages: 2-5 years.

Dora and Diego: Let’s Cook
Nickelodeon
ISBN: 0470639423
Description: This DVD uses Dora the Explorer to introduce preschoolers to cooking. Icons are included in each of the over 50 recipes to show where and how kids can lend a hand. The introductory section outlines basics of cooking with children, including age-appropriate tasks, safety, and nutrition. English and Spanish vocabulary is incorporated throughout the book. Suitable for ages: 2-5 years.

Early Sprouts Cookbook
Karrie Kalich, PhD, Lynn Arnold, RD, LD, Carole Russel
This cookbook features 73 child-tested recipes for healthy meals and snacks to prepare in preschool settings. Nutrition information, food safety procedures, tips for cooking with children, and colorful photographs of completed recipes are included. Suitable for ages: 2-6 years.

Pretend Soup and Other Real Recipes: a Cookbook for Preschoolers and Up
Mollie Katzen
Description: Contains classroom and home tested recipes that children can prepare with adult supervision. Suitable for ages: 3-8 years.
Salad People And More Real Recipes: A New Cookbook for Preschoolers & Up
Mollie Katzen
ISBN: 1582461414
Description: This follow-up to Pretend Soup presents 20 new kid-tested recipes. Suitable for ages: 3-8 years.

The Toddler Cookbook
Annabel Karmel
ISBN: 0756635055
Description: This cookbook is designed to provide caregivers the opportunity to prepare recipes with their toddler/young child. Includes images for each step of the cooking process. Suitable for ages: 2-5 years.

E. Learning about Healthy Eating

The Berenstain Bears and Too Much Junk Food
Stan and Jan Berenstain
Description: Improving health and fitness by eating nutritious meals and snacks and increasing physical activity is the central theme of this illustrated children’s book about the Berenstain Bear family. Suitable for ages: 4-8 years.

Go Greenie! Are You Eating Something Red?
Ryan Sias
ISBN: 1609050185
Description: A book promoting fruit and vegetable consumption for kids. Each page focuses on a different color and the corresponding fruits and vegetables. Suitable for ages: 1-3 years.
**Healthy Eating with MyPlate**  
Nancy Dickmann  
**Description:** Each book in this series explores a different food group or key component from the MyPlate food guidance system. Suitable for ages: 4-8 years.  
**Fruits**- ISBN: 9781432969738  
**Grains**- ISBN: 9781432969752  
**Protein**- ISBN: 9781432969769  
**Dairy**- ISBN: 9781432969776  
**Vegetables**- ISBN: 9781432969745  
**Using MyPlate**- ISBN:9781432969783

**I Can Eat a Rainbow**  
Annabel Karmel  
**ISBN:** 075665162X  
**Description:** This book teaches children how to eat healthy by enjoying a "rainbow" of food. Each two-page spread focuses on food of a different color. Suitable for ages: 1-6 years.

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**F. Physical Activity**

**The Busy Body Book: A Kid's Guide to Fitness**  
Lizzy Rockwell  
**ISBN:** 0-37-582203-8  
**Description:** Introduces the different body systems as well as encouraging participating in physical activity. Suitable for ages: 3-8 years.

**Dance with Me**  
Charles R. Smith, Jr.  
**ISBN:** 076362246X  
**Description:** Two kids bopping down the street get the whole town moving! Suitable for ages: 2-5 years.

**From Head to Toe**  
Eric Carle  
**ISBN:** 0-06-111972-5  
**Description:** Children imitate the body movements of different animals. Suitable for ages: 2-5 years.
Hop, Skip, and Jump, Maisy!
Lucy Cousins
**ISBN:** 0763658138
**Description:** Interactive book designed to show kids how to keep active and moving. Suitable for ages: 2-5 years.

Little Yoga: A Toddler’s First Book of Yoga
Rebecca Whitford, Martina Selway
**ISBN:** 0-80-507879-7
**Description:** A simple introduction to teach young children simple yoga poses, not an intensive manual. Suitable for ages: 1-5 years.

Wallie Exercises
Steve Ettinger
**ISBN:** 0984538801
**Description:** With a little help from a big friend, Wallie the dog learns how to exercise. Suitable for ages: 4-8 years.

G. Where Does Food Come From?

Early Sprouts: Cultivating Healthy Food Choices in Young Children
Karrie Kalich, PhD, Dottie Bauer, EdD, Deirdre McPartlin, Med
**ISBN:** 978-1-933653-72-3
This research-based, twenty-four week curriculum engages children in all aspects of planting, growing, and eating healthy produce. The activities can be tailored to fit a variety of early childhood programs, climates, or geographical regions. Suitable for ages: 2-6 years.

Growing Vegetable Soup
Lois Ehlert
**ISBN:** 0-15-232575-1
**Description:** This book tells a 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. Suitable for ages: 3-5 years.
Grow It, Try It, Like It!
Description: Grow It, Try It, Like It! is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits and three vegetables. Each set of lessons in the six fruit or vegetable booklets contain: hands-on activities, planting activities, and nutrition education activities. Suitable for ages: 3-5 years.

Farming
Gail Gibbons
ISBN: 0-82-340797-7
Description: A picture book on the basics of farming. Suitable for ages: 3-8 years.

Up, Down and Around
Katherine Ayres
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.

2. Online Booklists and Websites

Children’s Books about Food, Eating, and Health
Fargo, ND: North Dakota State University Extension Service
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 (SNA)
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
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)
- Fruit and Vegetable Resources (http://healthymeals.nal.usda.gov/resource-library/fruit-and-vegetable-resources)

Lifecycle Nutrition: Child Nutrition and Health
Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library
Description: A collection of Web sites that discuss the many topics related to child nutrition and health.

Team Nutrition Preschool Booklist
Michigan: Michigan Team Nutrition
Description: An annotated list of over 250 books with positive food, nutrition and physical activity messages for young children.

This resource list was compiled by:
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