



Food and Nutrition Fun for Preschoolers March 2013

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.

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_preschool.pdf. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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1. Books, Audiovisual Materials, and Lesson Plans

A. All About Food

Eating the Alphabet: Fruits and Vegetables from A-Z

Lois Ehlert

Sandpiper, 1994, 40 pp.

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

Beach Lane Books, 2012, 32 pp.

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

Beach Lane Books, 2011, 32 pp.

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

Holiday House, 2008, 32 pp.

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

Clarion Books, 2005, 32 pp.

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

Morrow, William and Company, 1993, 29 pp.

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

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. Suitable for ages: 4-8 years

Eating

Gwenyth Swain

Red Leaf Press, 1999, 24 pp.

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

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.



Feast for Ten

Cathryn Falwell

Clarion Books, 1993, 32 pp.

ISBN: 0-39-562037-6

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

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: 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.

Chaat and Sweets- 2008, 20 pp. ISBN: 1582461937

First Book of Sushi- 2001, 20 pp. ISBN: 1582460507

Hola! Jalapeno- 2002, 20 pp. ISBN: 1582460728

Let's Nosh- 2002, 20 pp. ISBN: 1582460817

A Little Bit of Soul Food- 2004, 20 pp. ISBN: 1582461090

Mangia! Mangia!- 2005, 20 pp. ISBN: 1582461449

Yum Yum Dim Sum- 2003, 20 pp. ISBN: 1582461082



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

Gryphon House, 1997, 192 pp.

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.

More than Mud Pies: A Nutrition Curriculum Guide for Preschool Children, 6th edition

National Food Service Management Institute, 2012, 212 pp.

Full Text: <http://nfsmi.org/ResourceOverview.aspx?ID=247>

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.



D. Kids in the Kitchen

C is for Cooking: Recipes from the Street

Susan McQuillan, MS, RD

John Wiley and Sons, 2007, 127 pp.

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

John Wiley and Sons, 2010, 128 pp.

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

RedLeaf Press, 2012, 187 pp.

ISBN: 978-1-60554-042-9

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

Tricycle Press, 1994, 95 pp.

ISBN: 1-88-367206-6

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

Tricycle Press, 2005, 96 pp.

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

DK Publishing, 2008, 47 pp.

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

Random House, 1995, 30 pp.

ISBN: 0-39-487217-7

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

Blue Apple Books, 2010, 5 pp.

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

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.. 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

DK Publishing, 2009, 18 pp.

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.

F. Physical Activity

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: 3-8 years.

Dance with Me

Charles R. Smith, Jr.

Candlewick, 2008, 24 pp.

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

Harper Trophy, 2007, 32 pp.

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

Candlewick, 2012, 16 pp.

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

Henry Holt and Co., 2005, 28 pp.

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

Active Spud Press, 2011, 32 pp.

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

RedLeaf Press, 2009, 208 pp.

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

Econo-Clad Books, 1999, 32 pp.

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!

USDA Team Nutrition, 2010, 354 pp.

Full Text: <http://teamnutrition.usda.gov/Resources/growit.html>

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

Holiday House, 1988, 32 pp.

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

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.

2. Online Booklists and Websites

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 (SNA)

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 Preschool Booklist

Michigan: Michigan Team Nutrition

Web site: http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf

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

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