

Children's Books About Food

Author	Title	Plot
Adams, Ruth	Mr. PicklePaw's Popcorn	A man stores popcorn kernels in a shed, it gets hot and all the popcorn pops in the shed.
Aliki	Corn is Maize	A book about the history of corn and the products it makes.
Aliki	Green Grass and White Milk	Through a tour of a barn and dairy, the book shows how milk products are made.
Aliki	Milk from Cow to Carton	This book describes the steps in making milk with pictures and text.
Aliki	My Five Senses	With simple words and sparkling pictures the book develops the child's understanding of his or her senses, what they are, and what he or she learns through them about the world.
Aliki	Story of Johnny Appleseed, The	Johnny Appleseed plants seeds that grow into trees.
Armitage, Ronda, and David	Lighthouse Keeper's Lunch, The	
Armour, Peter	Stop That Pickle	A pickle tries to escape being eaten y flying through the city streets persued by a variety of food items
Baer, Edith	This Is they Way We Eat our Lunch	Take a trip across the USA and around the world to find out what different children eat for lunch.
Barrett, Judi	Cloudy With a Chance of Meatballs	
Barrett, Judith	Old MacDonald had an Apartment House	A story about an apartment building that turns into a farm with animals and crops.
Berenstain, Stan and Jan	Berenstain Bears and Too Much Junk Food, The	Mama Bear starts a campaign to show her family that they are eating too much junk food.
Berenstain, Stan and Jan	Big Honey Hunt, The	Father Bear decides that rather than buying honey, he'll show his son how to find it. They find it, but don't get it home.
Black, I.	Is This My Dinner?	The story differentiates food for people from food for animals, such as dogs, cats, and horses.
Brown, M.	Stone Soup	When soldiers enter a village, the peasants all hide their food. The soldiers persuade the peasants to contribute the ingredients to make delicious "stone" soup.
Caldone, Paul	Little Red Hen, The	The hen does all the work, but when the food is made the other animals want to eat it.
Carle, E.	Very Hungry Caterpillar, The	A hungry caterpillar eats many nutritious and less nutritious foods as it prepares for the day when it will become a butterfly.
Carle, Eric	Pancakes, Pancakes	Hungry Jack has to run an errand for his mother before he eats breakfast. One errand leads to another, Hungry Jack ends up working hard for his breakfast.

Carle, Eric	Today is Monday	Each day of the week brings a new food until Sunday when children around the world "come and eat it up."
Carle, Eric	Walter the Baker	Walter is known for the bread and rolls he makes for royalty. He accidentally, makes a pretzel one-day.
Christensen, Bonnie	An Edible Alphabet	Artistic feasts of multicultural foods are pictured for each letter of the alphabet.
Clyme, E.	Hamburgers and Ice Cream for Dessert	A family lives in a make-believe land where there is a limited number of foods. When the family is stranded on an island, they are forced to eat a greater variety of foods.
Collier, Ethel	Who goes there in my garden?	A little boy buys stuff to plant a garden, plants a garden and learns. At the end he is able to eat the beans he grows.
Daly, K. N.	My Lunch Box	On his way to school David wishes that he could have different foods in his lunch box. When he compares his lunch with the lunches' of different animals, he decides he likes his the best.
Davies, Kay and Wendy Oldfield	My Apple	Describes apples and explains their growth.
Day, Jennifer W.	What is a Fruit?	A discussion and presentation of many fruits.
Disney, W.	Happy Healthy Pooh Book	A child goes through a day with Winnie the Pooh learning ways to achieve good health. Includes wonderful illustrations by Richard Scary.
Domanska, J.	Turnip, The	Grandfather plants a turnip and Grandmother waters it every day. The turnip starts to grow and keeps on growing. By the time it is ready to be harvested, Grandfather and Grandmother need help.
Dooley, Norah	Everybody Bakes Bread	
Dooley, Norah	Everybody Cooks Rice (641.6318)	
Dr. Seuss	Green Eggs and Ham	Sam-I-Am persuades a resistant cat to try green eggs and ham.
Dr. Seuss	Scrambled Eggs Super!	Peter T. Hooper is sick of normal hen's eggs. He searches the world for eggs from all kinds of strange birds and makes himself "Scrambled Eggs Super".
Ehlert, Lois	Eating the Alphabet: Fruits and Vegetables from A to Z	This book features fruits and vegetables that start with each letter of the alphabet.
Ehlert, Lois	Nuts to You!	A squirrel persuades a child to offer him some nuts.
Fowler, Allan	The Wheat We Eat – Rookie Read-about Science (641.3311)	
Fowler, Allan	Thanks to Cows	A simple description of how a cow produces milk and how milk is processed.

French, Vivian	Oliver's Fruit Salad	Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepares something very special in a big glass bowl.
French, Vivian	Oliver's Vegetables	
Gibbons, Gail	Farming	Season by season, farm activities are described.
Gibbons, Gail	The Milk Makers	Through a tour of a barn and dairy, the book shows how yogurt and cottage cheeses are made.
Graham-Barber, Lynda	Chartreuse Leotard in a Magenta Limousine, A	This book explains the etymology of many words, including many foods that are named for places (toponyms) or people (eponyms).
Green, Melinda	Bembelman's Bakery	Seven brothers and sisters decide to surprise their mother by baking bread for her. It overflows from the oven. They move to America and open a bakery.
Gross, R.	What Do Animals Eat?	This book offers information on the foods of mammals, fish, insects, reptiles, amphibians, and people.
Hall, Zoe	Surprise Garden	After sowing unmarked seeds, three youngsters wait expectantly for their garden to grow.
Hall, Zoe	Apple Pie Tree	Describes apple tree growth cycle, while in its branches robins make a nest, lay eggs and raise a family, includes recipe for apple pie.
Hall, Zoe	It's Pumpkin Time	A sister and brother plant and tend their own pumpkin patch so they will have jack-o-lanterns for Halloween.
Hausher, Rosemarie	What Food is This?	Photos of 18 foods are provided with information on where food comes from.
Hayes, Sarah	Eat Up Gemma	
Hitte, Kathryn and William Hayes	Mexacali Soup	Mama changes the recipe for her Mexacali Soup when the children don't like it.
Hoban, R	Bread and Jam for Frances	Frances wants to eat bread and jam for every meal. When her mother does give her bread and jam for every meal, she decides to try other things.
Hoban, R.	Egg Thoughts and Other Frances Songs	A collection of Frances songs.
Hoban, Tana	Round & Round & Round	Full – page photos feature a variety of round objects including some foods.
Hoban, Tana	Shapes, Shapes	The book of photos includes objects of several shapes. Some of the photos feature foods.
Hogrogian, Nonny	Apples	A story about an apple core dropped on a fertile ground eventually becomes a tree that bears apples.
Howard, K.	Little Bunny Follows His Nose	Each child can experience scents with little bunny by scratching and sniffing the plants and foods on each page.

Hughes, Shirley	Out and About	A collection of poems about the seasons.
Hutchins, Pat	Don't Forget the Bacon!	
Johnson, H.	From Apple Seed to Applesauce	This book shows how applesauce is made, beginning with the planting of apples trees.
Kent, Jack	Socks for Supper	An old man and his wife use a pair of socks in bargaining for different foods. This story stresses the importance of eating a variety of foods.
Krauss, R.	Carrot Seed, The	A story about a little boy and his carrot seed he planted.
Kunhardt, Edith	I Want to Be a Farmer	Using photos, this book shows how a boy who wants to be a farmer, helps his family on the farm.
Lansky, V.	Taming of the C.A.N.D.Y. Monster, The	An entertaining collection of recipes, general nutrition information, and a guide to food selection.
Llewellyn, Claire	What's for Lunch? Peanuts (641.6318)	
Lord, John Vernon	The Giant Jam Sandwich	
Marshall, J.	Yummers!	An overweight pig that is a compulsive eater gets stomachaches from eating so much. Instead of dieting she walks and blames her stomachache on walking.
McCloskey, R	Lentil	When the town band members see someone sucking on a lemon, their mouths pucker and they are unable to play their instruments for the big parade. A boy named Lentil saves the day by playing his harmonica.
McCloskey, R.	Blueberries for Sal	Sal eats more blueberries than she picked.
McCloskey, Robert	Blueberries for Sal	Sal and her mother pick blueberries on one side of the mountain while Mama Bear and her little ones pick blueberries on the other side of the mountain. They get all mixed up on Blueberry Hill.
McKie, R.	Sniff and Tell Riddle Book, The	Children can use their noses to sniff various animal, flower, and food smells.
McNamara, L. G.	Your Living Bones	A clear concise text and interesting illustrations help children learn about their bones.
McPhail, D.	Bear's Toothache, The	A boy can not sleep, because there is a bear with a toothache outside his window. The story is not directly related to nutrition although it does have potential if interpreted by the teacher.
Morris, Ann	Bread, Bread, Bread	Baguettes, tortillas, chapatis, and pita are shown in this bread-around-the-world book.
Morton, Lois	Pickles Don't Grow on Trees	Hidden flaps disclose where many foods originate.

Orbach, Ruth	Apple Pigs	When a family has a bumper crop of apples, they find all kinds of ways to use them.
Overbeck, C.	Fruit Book, The	Bright illustrations and simple language help children learn about many fruits.
Overbeck, Cynthia	Vegetable Book, The	A book about 12 different vegetables.
Palacios, Argentina	Peanut Butter, Apple Butter, Cinnamon Toast	Book of food riddles for young children.
Paulson, Solveig	About Cheese	This book tells about making cheese.
Politi, L.	Three Stalks of Corn	Angelica learns about corn while helping her grandma make corn tortillas and other corn products.
Poskanzer, Susan Cornell	What It's Like to be a Chef	Describes the work of a chef as he goes about his job of cooking a variety of meals in a big restaurant.
Rattigan, Jama Kim	Dumpling Soup	A Hawaiian girl tries to make dumplings for her family's New Year Celebration.
Rayner, Mary	Mrs. Pig's Bulk Buy	The piglets are delighted when Mrs. Pig stocks up on ketchup, their favorite food, until they realize it's all they will be eating.
French, Vivian	Oliver's Vegetables	While visiting his grandfather, who has a wonderful garden, Oliver learns to eat vegetables other than potatoes.
Rockwell, Anne	Apples and Pumpkins	A family visits a farm in the autumn.
Rockwell, Anne	First Comes Spring	A young bear does activities with his bear family during each of the four seasons.
Rockwell, Harlow	My Kitchen	Large illustrations show the appliances, utensils, and foods found in the kitchen
Rothschild, Alice	Fruit is Ripe for Timothy	Timothy learns that animals in the garden like to eat fruit, like he does.
Sánchez, Isidro and Carme Peris	Farm, The	Explains how vegetables are grown.
Selsam, M. E.	More Potatoes	A class of students visits a potato farm and a warehouse to learn how potatoes are grown and processed.
Selsam, Millicent E.	Carrot and Other Root Vegetables, The	This book illustrates the growth of carrots and other root vegetables from seed to maturity.
Selsam, M. E.	Seeds and More Seeds	A young boy named Benny enthusiastically plants all kinds of seeds and watches them grow.
Sendak, Maurice	Chicken Soup with Rice	A young boy tells why each month of the year is good for eating chicken soup with rice.
Sharmat, Mitchell	Gregory, the Terrible Eater	
Shaw, Nancy	Sheep Out to Eat	
Shelby, Anne	Potluck	Set the table for a crowd, as everyone brings a food starting with a different letter of the alphabet.
Showers, Paul	What Happens to a Hamburger?	A story about the digestion of a hamburger, from the first bite to the end of the digestive process.

Snow, Pegeen	Eat Your Peas Louise (Come los guisantes, cuanto antes!)	Louise is given all sorts of reasons for eating her peas.
Soto, Gary	Too Many Tamales	While helping make tamales for the Christmas dinner, Maria tries on her mother's ring. When she realizes the ring is missing, her cousins come to the rescue.
Stevens, L & G, and Stoner, R.	How to Feed your Hyperactive Child	A well-written unbiased book that relates the practical experience of the authors with their hyperactive children.
Stock, Catherine	Alexander's Midnight Snack	A little elephant's midnight snack grows into a feast composed of a different food for each letter of the alphabet.
Tolstoy, A.	Great Big Enormous Turnip, The	A turnip is too big for the farmer to pull out by himself. He ends up having people and even animals help him pull it out.
Towle, F. M.	Magic Cooking Pot, The	A story about the familiar bountiful pot that serves an unending quantity of rice to the fortunate man who finds it.
Tresset, Alvin	Wake Up, Farm!	Explains what different farm animals eat for breakfast.
Watson, A.	My Garden Grows	A child's view of growing a garden.
Westcott, Nadine Bernard	Never Take a Pig to Lunch and Other Poems about the Fun of Eating	A collection of 50 poems and traditional rhymes about food and eating.
Yezback, S.	Pumpkinseeds	A boy buys pumpkin seeds and no one wants any when he wants to share them, so he feeds them to the birds.
Young, M.	Please Don't Feed Horace	Horace is a hippopotamus that lives at the zoo. Horace eats all kinds of things that are thrown into his cage. He gets sick one day from eating cigarettes, and other food animals, shouldn't eat.
Zolatow, Charlotte	Mr. Rabbit and the Lovely Present	A little girl gives her mother a special present of several kinds of fruit. The fruit comes in her mothers' favorite colors.



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