



# Nutrition

## Teaching Resources Center, Joyner Library A Selective Annotated Bibliography

Titles in the Teaching Resources Center are cataloged with Dewey call numbers and are preceded by Curric. Please ask someone at the Teaching Resources Service Desk if you need any assistance.

Lexile Score	Title Information	Call Number
<b>EASY</b>		
AD630L	Berenstain, Stan. <i>The Berenstain Bears and Too Much Junk Food</i> . New York: Random House, 1985.  Mama Bear starts a campaign to convince her family that they are eating too much junk food.	E B4522BATOJ
250L	Blackaby, Susan. <i>Shopping for Lunch</i> . Minneapolis, MN: Picture Window Books, 2006.  Joe and his mother go to the grocery store and buy everything they need for lunch.	E B561SH
N/A	Campbell, Bebe Moore. <i>I Get So Hungry</i> . New York: G.P. Putnam's Sons, 2008.  When her teacher suffers health problems because of her weight, Nikki, who is always getting teased about her size, decides she wants to live a healthier lifestyle.	E C1522I
AD370L	Child, Lauren. <i>I Will Never Not Ever Eat a Tomato</i> . Cambridge, MA: Candlewick Press, 2000.  A fussy eater decides to sample the carrots after her brother convinces her that	E C4371IWI

they are really orange twiglets from Jupiter.

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|--------|---|--------------|
| N/A    | Cope, Jane. <b><i>The Lunchbox</i></b> . Mankato, MN: Sea-To-Sea: Distributed by Black Rabbit Books, 2010.  | E<br>C7903L  |
|        | Tired of his mother's homemade lunches but wary of buying school dinners, George is thrilled to have his aunt fill his new lunchbox with treats for a week, but on Friday he learns that what tastes good sometimes leads to trouble. |              |
| N/A    | Corpi, Lucha. <b><i>The Triple Banana Split Boy</i></b> . Houston, TX: Piñata Books/Arte Publico Press, 2009.   | E<br>C8171T  |
|        | Young Enrique, who loves to eat desserts, learns how to control-- and appreciate-- his sweet tooth, with the help of his mother and El Coco, a fearsome creature with a huge mouth and sticky hair.                                   |              |
| AD170L | Dahl, Michael. <b><i>Bunny Eats Lunch</i></b> . Mankato, MN: Picture Window Books, 2010.  | E<br>D1375B  |
|        | Bunny eats some crunchy carrots and celery, and some not-so-crunchy mashed potatoes for lunch.  |              |
| N/A    | Durant, Alan. <b><i>Burger Boy</i></b> . New York: Clarion Books, 2006.   | E<br>D932B   |
|        | Benny hates vegetables and eats nothing but hamburgers, until the day his mother's prediction proves true and he turns into a walking, talking--and running--burger.  |              |
| NP     | Ehlert, Lois. <b><i>Eating the Alphabet: Fruits and Vegetables From A to Z</i></b> . San Diego, CA: Harcourt, 2006.   | E<br>EH56E.B |
|        | An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.   |              |
| N/A    | Marlowe, Sara. <b><i>No Ordinary Apple: A Story About Eating Mindfully</i></b> . Somerville, MA: Wisdom Publications, 2013.   | E<br>M344N   |
|        | Elliot stays with his neighbor, Carmen, after school every day and one afternoon she offers an apple as a snack, guiding him to experience it in a new way that makes it "the most appley-apple ever".                                |              |
| NP     | Medina, Juana. <b><i>1 Big Salad</i></b> . New York: Viking, 2016.  | E<br>M46889O |
|        | Count from 1 avocado deer to 2 radish mice and all the way up to 10 clementine kitties - which all add up to one big, delicious salad!  |              |

820L	Milway, Katie Smith. <i>The Good Garden: How One Family Went from Hunger to Having Enough</i> . Toronto: Kids Can Press, 2010.	E M648G
	Eleven-year-old Maria Luz and her family have a small farm in Honduras but may not have enough food to sustain them for the year, so Maria's father must leave home to find work, leaving her in charge of the garden.	
500L	Murphy, Stuart J. <i>Happy, Healthy Ajay!</i> Watertown, MA: Charlesbridge, 2012.	E M957H
	Ajay learns what he needs to do so he can become healthier and play with his friends.	
AD460L	Najjār, Taghrīd Ārif. <i>Watermelon Madness</i> . Montreal, QC: CrackBook! Books, 2018.	E N14519W
	Noura loves watermelon truly, madly, deeply. Can there ever be too much of a good thing?	
AD520L	Palatini, Margie. <i>Sweet Tooth</i> . New York: Simon & Schuster Books for Young Readers, 2004.	E P172S
	Stewart's loud, obnoxious sweet tooth constantly gets him into trouble, until Stewart uses a healthy diet to take control of the situation.	
N/A	Pittar, Gill. <i>Milly, Molly and the Runaway Green Bean</i> . Gisborne, NZ: MM House Publishing, 2004.	E P686MR
	Milly and Molly see first-hand how a diet of fresh green beans can contribute to good health. Good nutrition helps make us grow fit and healthy.	
N/A	Regier, DeMar. <i>Good Food</i> . New York: Children's Press, 2005.	E R2631G
	A boy grocery shops for nutritious food with his father, and together they cook dinner for the family.	
150L	Snow, Pegeen. <i>Eat Your Peas, Louise!</i> New York: Scholastic/Children's Press, 2011.	E SN616EA
	Louise is given all sorts of reasons for eating her peas. Includes suggested learning activities.	
N/A	Snyder, Laurel. <i>Baxter, the Pig Who Wanted to be Kosher</i> . Berkeley, CA: Tricycle Press, 2001.	E SN926B
	When Baxter the pig hears about the joys of Shabbat dinner he tries to become kosher so that he can participate.	

N/A	Thompson, Lauren. <i>Chew, Chew, Gulp!</i> New York: Margaret K. McElderry Books, 2011.	E T3751C
	Illustrations and simple, rhyming text demonstrate a variety of ways to eat different foods.	
190L	Willems, Mo. <i>I Really Like Slop!</i> New York: Hyperion Books for Children, 2015.	E W667IR
	Piggie really likes slop. She likes it so much, she wants Gerald to try some! But can Gerald find the courage to do it? Or will the smell alone be too much to handle?	
AD610L	Zoehfeld, Kathleen Weidner. <i>Secrets of the Garden: Food Chains and the Food Web in our Backyard.</i> New York: Alfred A. Knopf, 2012.	E Z72S
	Depicts a family of four who make their garden their summer home as they prepare the soil, plant seeds, water the garden, and watch for a harvest of vegetables.	

## FICTION

660L	Charlton-Trujillo, e. E. <i>Fat Angie.</i> Somerville, MA: Candlewick Press, 2013.	F C3819F
	Fat Angie's sister was captured in Iraq, she's the resident laughingstock at school, and her therapist tells her to count instead of eat. Can a daring new girl in her life really change anything?	
1060L	George, Madeleine. <i>Looks.</i> New York: Viking, 2008.	F G2936L
	Two high school girls, one an anorexic poet and the other an obese loner, form an unlikely friendship.	
HL550L	Johnson, J.J. <i>Believarexic.</i> Atlanta: Peachtree Publishers, 2015.	F J6331B
	An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.	
HL550L	Metzger, Lois. <i>A Trick of the Light.</i> New York: Balzer + Bray, 2013.	F M568T
	Fifteen-year-old Mike desperately attempts to take control as his parents	

separate and his life falls apart.

AD500L Schneider, Josh. *Tales for Very Picky Eaters*. New York: Clarion Books, 2011. F SCH581T

A father tells outlandish stories while trying to get his young son, who is a very picky eater, to eat foods he thinks he will not like.

810L Vrettos, Adrienne Maria. *Skin*. New York: Margaret K. McElderry Books, 2006. F V958S

When his parents decide to separate, eighth-grader Donnie watches with horror as the physical condition of his sixteen-year old sister, Karen, deteriorates due to an eating disorder.

## NONFICTION

N/A Rotner, Shelley. *Yummy! Good Food Makes Me Strong*. New York: Holiday House, 2013. 612.3 R7468Y

Depicts children eating and preparing healthy food and provides tips for parents on choosing healthier options.

460L Bellisario, Gina. *Choose Good Food! My Eating Tips*. Minneapolis, MN: Millbrook Press, 2014. 613.2 B4173C

A picky eater learns about healthy food choices, visits the supermarket, and prepares a delicious snack.

510L Boothroyd, Jennifer. *What's on My Plate? Choosing from the Five Food Groups*. Minneapolis, MN: Lerner Publications Company, 2016. 613.2 B64462W

This title provides an educational introduction to the five food groups, appropriate serving sizes, and how to eat a balanced and nutritious diet.

510L Borgert-Spaniol, Megan. *Healthy Eating*. Minneapolis, MN: Bellwether Media, 2012. 613.2 B64487H

Relevant images match informative text in this introduction to healthy eating. Intended for students in kindergarten through third grade.

AD860L Lin, Grace. *Our Food: A Healthy Serving of Science and Poems*. Watertown, MA: Charlesbridge, 2016. 613.2 L6303O

Introduces the five food groups and the benefits of nutritional eating.

- 750L Petrie, Kristin. ***Food and Energy: Striking a Healthy Balance***. Edina, MN: ABDO Pub. Co., 2012. (Other titles by author include *Food as Fuel: Nutrition for Athletes*, *Food Buzz: Nutrition in the News*, *Food Culture: Celebrating Diverse Traditions*, *Food Options: Following Special Diets*, and *Food Safety: Avoiding Hidden Dangers*) 613.2  
P4483FOA
- From breakfast to dinner and everything in between, this title offers eager readers a fun look at energy balance. Bright, colorful photos will entice readers as they learn how to read nutrition labels and use serving sizes. Readers will also gain an understanding of the Food Guide Pyramid and ways to balance their energy in and energy out.
- 940L Rau, Dana Meachen. ***Going Vegetarian: A Healthy Guide to Making the Switch***. North Mankato, MN: Compass Point Books, 2012. (Also by author: *Going Organic: A Healthy Guide to Making the Switch*) 613.2  
R19GOVE
- Describes the benefits, challenges, and steps to switching to a vegetarian diet.
- 830L Schrier, Allyson Valentine. ***Eat Right: Your Guide to Maintaining a Healthy Diet***. Mankato, MN: Capstone Press, 2012. 613.2  
SCH74E
- An introduction to healthy eating habits, including the food pyramid, basic nutrition, and tips on making healthy choices.
- N/A Rogers, Kara (Ed.) ***The Science of Nutrition***. New York: Britannica Educational Pub. in association with Rosen Educational Services, 2013. 613.2  
SCI271
- Provides an overview of nutrition, discussing the effects of nutrients on the human body, the prevention and treatment of diseases, and nutrition-related disorders.
- 740L Sohn, Emily. ***Food and Nutrition: Eating to Win***. Chicago, IL: Norwood House Press, 2011. 613.2  
SO26F
- Describes why, what, and how much we need to eat and the different ways it all affects the human body. As readers use scientific inquiry to learn what it is about different foods that influences your health, an activity based on real world situations challenges them to apply what they've learned in order to solve a puzzle.
- 1090L Thompson, Helen. ***Cookies or Carrots? You Are What You Eat***. Broomhall, PA: Mason Crest Publishers, 2011. 613.2  
T3737C
- Your diet is important for lots of reasons. A healthy diet helps your inside organs work better. It helps you think better. It even helps you feel happier. This book will tell how to eat a balanced diet--because you're worth it!

- AD520L Veitch, Catherine. *A Balanced Diet*. Chicago, IL: Heinemann Library, 2012. 613.2  
V537B
- Introduces readers to the food groups, how to maintain a healthy diet by eating the right mix of foods from them, and which foods to only eat sparingly.
- GN560L Lee, Sally. *Healthy Snacks, Healthy You!* Mankato, MN: Capstone Press, 2012. 641.5  
L5155H
- Simple text and illustrations present MyPlate and examples of healthy snack choices.

## PROFESSIONAL COLLECTION

- Patten, Elizabeth. *Healthy Foods from Healthy Soils: A Hands-On Resource for Educators*. Gardner, ME: Tilbury House Publishers, 2003. 372.37  
P277H
- Evans, Connie Liakos. *How to Teach Nutrition to Kids*. Portland, OR: 24 Carrot Press, 2006. 372.3704  
EV274H
- Smith, Connie Jo. *Growing, Growing, Strong: A Whole Health Curriculum for Young Children*. St. Paul, MN: Redleaf Press, 2014. 372.3707  
SM538G1
- Carter, Jill. *Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity*. Champaign, IL: Human Kinetics, 2007. 613.2  
C245P
- Fibkins, William, L. *Teen Obesity: How Schools Can be the Number One Solution to the Problem*. Lanham, MD: Rowman & Littlefield Education, 2006. 616.3  
F443T