



Continuing Education and Local Support for Schools (CELSS) Resource Manual

Reading Classroom Activities

(Adapted from Michigan Team Nutrition at Michigan State University Extension at www.tn.fcs.msue.msu.edu)

Infant-Preschool

Big Red Barn by Margaret Wise Brown

A charming story about a day in the barnyard.

Blueberries for Sal by Robert McCloskey

Sal and her mother set off in search of blueberries for the winter at the same time as a mother bear and her cub.

I Eat Fruit! by Hannah Tofts

Using bright, colorful illustrations and fold-out pages, this simple picture book teaches basic vocabulary about fruits. Designed for young children or second language learners, the back cover provides brief information for adults in English and 4 other languages.

The Carrot Seed by Ruth Krauss

Everyone is certain it won't grow, but a little boy remains confident in his carrot seeds potential.

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Instructors and Parents

A Healthy Head Start: A Worry-free Guide to Feeding Young Children by Motenko Stowe

She teaches the ground rules for happy, healthy feeding which build on trusting the natural instinct of the child.

Child of Mine: Feeding With Love and Good Sense by Ellen Sattler, R.D.

In addition to the basics breast feeding vs. bottle feeding: introduction of solid foods to the infant diet; and feeding the toddler.

Meals Without Squeals: Child Care Feeding Guide & Cookbook by Christine Berman and Jacki Fromer

Provides solutions to common feeding problems and shows ways to offer children positive learning experiences with food.

Teaching Children About Food: A Teaching and Activities Guide by Christine Berman and Jacki Fromer

Includes cooking and gardening activities for children.

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Pre-K to 3

Alphabet Soup: A Feast of Letters by Scott Gustafson 1990

Theme: ABC's, Potluck, Making Soup

When Otter moves to a new house, he discovers a big soup pot and invites 26 of his closest friends to a potluck party. From A to Z, armadillo-to-zebra, each one brings food to add to the pot. Using alliterative language and detailed illustrations, this alphabet book is also good for children who can read. It could be used as a model to create their own books using a food, nutrition, or physical activity theme.

The Animal Boogie by Debbie Harter

Theme: Physical Activity, Read and Move

Want to learn how to do the animal boogie? Come to the jungle and join the elephant, snake, monkey, and other animals as they shake, stomp, slither and boogie, woogie, oogie! This lively picture book with its bright, amusing illustrations will have your students moving, rhyming, reading, and singing. It concludes with the music for "The Animal Boogie". This could serve as an excellent model for writing additional verses in class.

The Biggest Sandwich Ever by Rita Golden Gelman

Theme: Bread, Fun with Food, Grains, Sandwiches

A man who is building the biggest sandwich imaginable joins two children on a picnic. The rhythmic text and whimsical illustrations will make children laugh as they listen to or read this fanciful book. It can be used for creative drama as children retell the story. It can also be a springboard to creative writing and art activities as children design their own "biggest food ever".

Bones by Stephen Krensky

Theme: Body Parts

Using simple vocabulary and colorful illustrations, this easy, informational book introduces young children to how bones help us move. The book describes basic concepts such as the skeleton, muscles, and joints. This can be used as a read-aloud or read independently by children reading at a first grade level.

Bread and Jam for Frances by Russell Hoban

Frances decides she wants to eat only bread and jam at every meal. “Makes its point for fussy eaters...gently amusingly, and most effectively.”

Chicken Soup With Rice by Maurice Sendak

It's nice in January, April, June and December- here's the every-month dish for everyone to remember.

Clap to the Music by Nancy Horn

Theme: Physical Activity

Each page has simple four-word sentence with an accompanying illustration related to music and movement theme. Using patterns and repetition, beginning readers could read this book independently.

Cloudy with a Chance of Meatballs by Judi Barrett

Life is delicious in the town of Chewandswallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers.

Corn-On and Off the Cob by Allan Fowler

This book begins with a question and then provides interesting and historical information about corn, how it is grown, and the various ways it is used. It also describes different types of corn. Using appealing color photos and clearly written text, the book concludes with 2 pages of key vocabulary and an index.

D.W. the Picky Eater by Marc Brown

Theme: Taste Something New

D.W. has a long list of foods she won't eat. When she throws a tantrum in a restaurant, her family decides to leave her home with the babysitter next time. But when her family tells her they are going to eat out for Grandma Thora's birthday, D.W. decides to change her ways.

Farmers Market by Carmen Parks

A girl helps her parents take their vegetables to the farm market and spends the day selling them.

Food is Fun! by Marcia Leonard

This simple, but colorful, book is designed for preschool or kindergarten children. Each 2-page spread features a short rhyme about some aspect of food accompanied by a photograph of a child with that food on the opposite page. The photographs reflect a multicultural community.

Get in Shape, Jonas! by Wolfgang D. Hoelscher

Being out of shape keeps Jonas from playing and having fun with his friends. He can't even lift his favorite bucket of special dirt and loses at arm wrestling. His friends finally convince him to exercise with them, but they all learn that it takes more than one time to get in shape. Jonas sticks with it, however, and eventually is able to do all the things his friends can do. Along the way he learns how much more fun he can have when he is healthy and fit again.

Growing Colors by Bruce McMillan

This appealing picture book uses color photos and 1-word captions to introduce 14 fruits and vegetables and their colors. Each two-page spread has a large, close-up photo of a single fruit or vegetable, the color word to describe it, and a smaller photo of the plant.

A Harvest of Color by Melanie Eclare

Sophie, her little brother Freddie, and 4 of her friends decide to make a neighborhood vegetable garden, keeping garden diaries and taking photographs as they go along. Each child selects a different vegetable and shares information about it and tips on gardening. At the end of the summer they harvest the garden and share their recipes for making a vegetable salad.

I Will Never Not Ever Eat a Tomato by Lauren Child

Charlie is supposed to give his little sister, Lola, her dinner, but Lola is a very fussy eater. How Charlie uses his imagination to get Lola to eat makes this a funny and delightful book. Big, bold illustrations accompanied by colorful photos of food add to the appeal.

Let's Eat! by True Kelley

Using simple headings and cartoon-style illustrations, this picture book shows aspects of eating from how people eat to where food comes from, to eating equipment and etiquette. Described as a "buffet-style" book, each page provides detailed illustrations.

Muncha! Muncha! Muncha! by Candace Fleming

After years of dreaming, Mr. McGreely plants a garden full of yummy vegetables. But, three hungry bunnies are determined to keep them out.

Never Take a Pig Out to Lunch and Other Poems about the Fun of Eating by Nadine Bernard Westcott

This book of humorous poetry is divided into 4 sections: poems about eating silly things; poems about eating foods we like; poems about eating too much; and poems about manners at the table.

Oh, the Things You Can Do That Are Good for You! by Tish Rabe

Part of the Cat in the Hat's Learning Library, this book is subtitled, All About Staying Healthy. It features the familiar Cat in the Hat and 2 children as they travel to the Feeling Great Clinic in far-off Fadoo. Children learn about exercise, germs, eating healthy, dental hygiene, the importance of sleep, and other aspects of being healthy.

Pigs in the Pantry: Fun with Math and Cooking by Amy Axelrod

Need to put some "spice" into teaching measurements to your class? This picture book with the misadventures of the Pig Family and its recipe for "Firehouse Chili" will have readers laughing while learning the practical application of correct measurements. When Mr. Pig misreads the directions, the result is a comic disaster. The book concludes with a page of measurement facts and some questions that children can answer from the story.

Potluck by Anne Shelby

Alpha and Betty have a potluck and all their friends bring appropriate alphabetical food.

Spaghetti and Meatballs for All! by Marilyn Burns

This delightful picture book is an excellent teaching tool to help children understand the concepts of area and perimeter. It also helps children understand mathematical concepts.

The Vegetable Group by Helen Frost

Explains the Food Guide Pyramid and the foods that are part of the vegetable group. It discusses why it is important to eat vegetables. Simple text and colorful photographs of children make this informational book accessible for beginning readers.

The Very Hungry Caterpillar by Eric Carle

A very hungry caterpillar munches his way through too much food and then has a stomach ache. The next day he eats a green leaf and feels much better. Eventually he's transformed into a butterfly. Eric Carle's vividly illustrated picture book is a favorite of many and can be used to help young children learn the names of foods.

We're Going on a Picnic! by Pat Hutchins

Hen, Duck, and Goose decide to go on a picnic because it is such a lovely day. They pick apples, berries, and pears, put them in a basket, and set out to find a picnic spot. But, they can't agree upon it and, as they travel along, the illustrations reveal a surprise to the young readers.

Yummy! Eating Through a Day by Lee Bennett Hopkins

Selected by noted poet and author Lee Bennett Hopkins, this collection provides poems for every meal of the day, including snack and dessert. Bold, fanciful illustrations add to its appeal. The table of contents is listed as "Today's Menu".

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Grades 3 to 5

Blue Potatoes, Orange Tomatoes by Rosalind Creasy

Theme: Books with Recipes, Gardening, Vegetables

Written by a leading authority on edible landscaping, this book is useful as a classroom reference on growing a rainbow garden. Written for middle-or upper-elementary children, it can also be used with younger children because of Ruth Heller's brightly colored illustrations.

Eat, Think and Be Healthy! by Paula K. Zeller and Michael F. Jacobson

Geared to third-to-sixth graders, this book has 56 fun-filled nutrition learning activities.

Eat Your Vegetables! Drink Your Milk! by Dr. Alvin Silverstein and Virginia Silverstein

Theme: Body Parts, Dairy, Food Guide Pyramid

As a teacher resource for more advanced students, this book explores all the components of healthy nutrition for today's children.

Eating Fractions by Bruce McMillan

Theme: Books with Recipes, Counting and Math

This book uses appealing, full-page photos of 2 children and a dog sharing a meal to introduce the concepts of whole, halves, thirds, and fourths. It has a minimum of text, but lively photography serves as a springboard for discussion.

From Wheat to Pasta by Robert Egan

Large, color photos accompany simple text that describes the steps in making pasta, from growing and harvesting the wheat to making the dough, and packing and shipping the final product. The book shows ideas for alternative ways to use the pasta other than eating it and concludes with a page about 6 different kinds of pasta.

Kitchen Fun for Kids: Healthy Recipes and Nutrition Facts for 7 to 12 Year-Old Cooks by Michael Jacobson and Laura Hill

Easy to read and follow cookbook for 7-12 year olds. Appealing to the rising concern about obesity, the recipes are low in fat; sugar and salt are kept to a minimum.

Little House Cookbook: Frontier Foods from Laura Ingalls Wilder's Classic Stories by Suzanne I. Barchers and Peter J. Rauen

Fifty featured books, each with a summary, related activity, experiment or art project. Activities involve art, math, science, gardening, language arts, and music.

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All Ages

American Grub, Eats for Kids From All Fifty States by Lynn Kuntz and Jan Fleming

This children's recipe book contains recipes that can connect to curriculum throughout the year.

Cooking with Children: 15 Lessons for Children, Who Really Want to Learn to Cook by Marion Cunningham

A practical guide for parents explains how to teach young children the art of cookery.

Funtastic Recipes by Linda Roberson

This pictorial cookbook for those with limited reading skills is excellent for use with children.

Healthy Snacks for Kids by Penny Warner

Offers new ideas for meals and snacks for children. More than 200 recipes by a child development expert, includes snacks, meals, desserts, drinks, lunch box fillers and freezer treats.

Just for Kids by Jen Bays Avis and Kathy F. Ward

Offers quick recipes that can work good nutrition into any busy schedule. The authors share their ideas for crafts and delicious foods.

Off to a Good Start: Practical Nutrition for Children by Catherine Romaniello and Nancy Van Domelen

A practical child-oriented nutrition resource book. Included are basic nutrition guidelines, menu planning and food shopping, recipes, plus songs and activities for children of all ages.