

Good Reads & Good Eats

Food Literacy for Children

Gardening

BOARD BOOKS (PRE K-K)

Eating the Alphabet by Lois Ehlert

Foods from around the world teach upper and lowercase letters.

The Tiny Seed by Eric Carle

A simple description of a flowering plant's life cycle through the seasons.

PICTURE BOOKS (K-GR 4)

Bring Me Some Apples and I'll Make You a Pie by Robbin Gourley

Childhood story of chef Edna Lewis, who foraged, planted, harvested and canned on her family farm in Virginia.

Farmer Will Allen and the Growing Table by Jacqueline Briggs Martin, illustrated by Eric-Shabazz Larkin

Biography of Will Allen, basketball star, urban farmer, and MacArthur "genius," who grows a community through food with innovative methods at Growing Power in Milwaukee.

Our School Garden! by Rick Swann, illustrated by Christy Hale

A boy at a new school learns to grow food in the school garden and discovers how it can also grow a community. [Note: [Seattle author](#)]

Secrets of the Garden by Kathleen Zoehfeld, illustrated by Priscilla Lamont

A family turns their garden into a summer home as they prepare the soil, plant seeds, water the garden, and watch their vegetables grow.

Sylvia's Spinach by Katherine Pryor, illustrated by Anna Raff

Sylvia Spivens hates spinach...so what will she do when the teacher hands her spinach seeds to plant in the school garden? A story about the joy of growing—and tasting—a new food. [Note: [Seattle author](#)]

Tops and Bottoms by Janet Stevens

Hare solves his family's problems by tricking rich and lazy Bear in this funny, energetic version of the trickster tale.

CHAPTER BOOKS (GR 3-5)

Seedfolks by Paul Fleischman

A multicultural and multigenerational neighborhood transforms their trash-filled inner-city lot into a productive and beautiful garden, and, in doing so, the gardeners are themselves transformed.

Food

BOARD BOOKS (PRE K-K)

My Very First Book of Food by Eric Carle

In this split-page board book, children can match each animal with the food it eats.

The Vegetables We Eat by Gail Gibbons

An introduction to many vegetables, how they are grown, and why they are so good to eat.

PICTURE BOOKS (K-4)

Alice Waters and the Trip to Delicious by Jacqueline Briggs Martin, Illustrated by Hayelin Choi
Biography about the Berkeley chef who created Chez Panisse restaurant and The Edible Schoolyard Project, which sparked a national movement in edible education. [\[Available September 2014\]](#)

How Did That Get in My Lunchbox? by Chris Butterworth

A look at how food that ends up in a child's lunchbox are made, with health tips and a peek at basic food groups.

Food For Thought: The Stories Behind the Things We Eat by Ken Robbins

A history of how commonly consumed foods were introduced to the human diet, including apples, oranges, corn, bananas, tomatoes, potatoes, pomegranates, grapes, and mushrooms.

What's for Lunch?: How Schoolchildren Eat Around the World by Andrea Curtis

Photographs of what children eat for school lunch in 13 countries, including Japan, Kenya, Russia, United States, Canada, Mexico, Brazil and Afghanistan.

Yum! MmMm! Que Rico! America's Sproutings by Pat Mora

Haikus that celebrate indigenous foods of the Americas, such as blueberries and vanilla, and information about their origins.

CHAPTER BOOKS (GR 4+)

A Moose Boosh: A Few Choice Words on Food by Eric-Shabazz Larkin

A collection of poems about how children experience the adult world of food. [\[Available September 2014\]](#)

Chew On This by Eric Schlosser and Charles Wilson

A behind-the-scene look at the fast food industry.

Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents and Coaches by Cynthia Lair

Simple nutritional lessons are organized into 10 essential eating guidelines with recipes.

Food Rules by Michael Pollan

Sensible and memorable rules for the whole family on eating wisely, one per page, accompanied by a concise explanation.

Omnivore's Dilemma, Young Readers Edition by Michael Pollan

Examines the origins of the different food supply chains that have sustained humans throughout history, discussing how certain foods and cuisines have become a popular part of people's daily diets.

Relish: My Life in the Kitchen by Lucy Knisley

Graphic novel told by a daughter of a chef who shares her life lesson about food, cooking, and family, with recipes.

Cookbooks

Eat Fresh Food: Awesome Recipes for Teen Chefs by Rozanne Gold

Over eighty fresh recipes from teen chefs, including snacks, smoothies, burgers, pizzas, and more.

Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents and Coaches by Cynthia Lair.

Simple nutritional lessons are organized into 10 essential eating guidelines with recipes.

Grow It, Cook It by DK Publishing

Instructions on growing different fruits and vegetables, harvesting techniques and garden recipes.

Pretend Soup and Other Real Recipes by Mollie Katzen and Ann Henderson

Step-by-step pictorial recipes to inspire appreciation of creative, wholesome food by the youngest of cooks. Also, the sequel: *Salad People and More Real Recipes*.

EDUCATOR RESOURCES

Edible Schoolyard: A Universal Idea by Alice Waters.

History of the gardening and cooking program in Berkeley, CA, founded by chef Alice Waters of Chez Panisse.

How To Grow a School Garden: A Complete Guide for Parents and Teachers by Arden Bucklin-Sporer and Rachel Kathleen Pringle.

A wonderful reference book for parents and teachers interested in starting a school garden.

In Defense of Food: An Eater's Manifesto by Michael Pollan

Explanation of the industrial food system and a simple exhortation: Eat food. Not too much. Mostly plants.”

The Book of Gardening Projects for Kids by Whitney Cohen and John Fisher

How to integrate the garden into family life, no matter the scope or scale.