

Food Hero Storybook Ideas



www.foodhero.org

Kids may be excited to try a food if they hear or read about it in a story. All books are published in English and Spanish. Those with an asterisk (*) contain English and Spanish in one book.

Storybook Title	Author	About the story...
A Taste of the Mexican Market*	Nancy Maria Grande Tabor	Build a bilingual vocabulary while shopping at a Mexican market – compare, weigh, and count. Then eat together.
Bend and Stretch	Pamela Hill Nettleton	Find out how bones and muscles work together in the body.
Carla's Sandwich	Debbie Herman	Carla's lunchbox is filled with unusual sandwiches. Her classmates learn that "unusual" can be good.
Carlos AND Clarice Mooove to Lowfat Milk!	Kathy Reeves, Mary Stickney, and Diane Bowden	A mom and son cow stress the importance of low fat milk, and get the reader active at the same time.
Carrot Soup	John Segal	A rabbit patiently grows carrots and his friends get together to surprise him.
Count on Pablo	Barbara DeRubertis	Beginning math. Pablo helps Grandma prep produce to sell at the Farmer's Market - he has a great idea!
Feast for 10	Cathryn Falwell	Counting book. Family plans and cooks dinner from grocery shopping to serving the meal.
Fruits and Vegetables*	Rosa-Mendoza Gladys	Beautiful, real looking graphics of fresh fruits and veggies with bilingual text.
Growing Vegetable Soup	Lois Ehlert	Plant growing process featured from seeds to cooking veggies in the soup pot.
Gurgles and Growls	Pamela Hill Nettleton	Learn about the stomachs role in turning food into energy.
Handa's Surprise	Eileen Browne	Learn about different fruits in Kenya while practicing counting. Also a great way to promote activity (walking). Available in many languages.
Harvey the Gardener	Lars Klinting	Harvey the Beaver and his friend grow beans on the windowsill and then eat them for dinner. Available in Spanish and German too.
I Will Never Not Ever Eat A Tomato	Lauren Child	Picky eater Lola is enticed to eat veggies when her brother renames them.
Killing Germs	Melanie Mitchell	Real life photos help explain where germs live and how to prevent them.

Storybook Title	Author	What it's about
Let's Eat!*	Pat Mora	Kids are outside playing in the yard. Then family sits down for a healthy family meal.
Magda's Tortillas*	Becky Chavarria-Chairez	Magda's grandmother teaches her how to make tortillas. She makes them in many shapes to her families delight.
Milk From Cow to Carton	Aliki	Milk's trip from green grass, to cow, to a glass on the table.
Pizza Party!	Grace Maccarone	A father has a pizza party for his son and Son's friends. The children work together to make the crust and add the ingredients.
Potatoes on Tuesday	Dee Lillegard	A raccoon family has a different veggies for each day of the week ending in a pot of stew
Sip, Slurp, Soup Soup*	Diane Gonzales Bertrand	Mom and kids cook vegetable soup together. Papa takes kids to buy tortillas.
The Parrot Tico Tango	Anna Witte	Parrot collects many different fruits in the forest for fruit salad. Lesson of sharing.
The Very Hungry Caterpillar	Eric Carle	Caterpillar eats fruit everyday of the week. One day he eats less healthy treats and gets a stomach ache. Lesson of healthy eating.
The Whole Grain Choo Choo Train	Kathy Reeves	Free downloadable book. Choo Choo train finds different whole grains for kids to eat.
Vicky's Vegetables	Diane Stango	Vicky plants a garden because she loves to eat veggies! Vicky and her father enjoy the veggies at dinner.
We Like to Eat Well	Elyse April	Multi-cultural mix of kids enjoy healthy foods and healthy habits. Rhymes included.
We Like to Help Cook	Marcus Allsop	Multi-cultural mix of kids, as well as some handicapped kids perform age-related cooking tasks. Rhymes included.
What's In Grandma's Grocery Bag?	Hui-Mei Pan	Pull up tab on each page so kids guess and pull out items from Grandma's grocery bag.
What's For Supper?*	Mary Risk	Kids put together ingredients to make pizza for dinner. Then eat a family meal.

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