

# Book Guide



## *Once Upon a Vegetable*

Books with fruit and vegetable themes

## TO IDENTIFY FRUITS AND VEGETABLES

### *Potluck*

BY ANNE SHELBY

From Acton to Zelda, all the kids bring delicious alphabetical appropriate foods to the potluck, beginning with asparagus soup and ending with zucchini casserole.

### *The Hungry Caterpillar*

BY ERIC CARLE

Follows the progress of a hungry little caterpillar as he eats his way through a varied and large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days.

### *Eating the Alphabet*

BY LOIS EHLERT

This appetizing alphabet book shows bright drawings of fruits and vegetables. You'll wish they could jump off the page and into your mouth.

### *I Eat Vegetables*

BY HANNAH TOFTS

By lifting the flaps on the photographs in this book, the reader sees the insides of various vegetables.

### *Strawberries are Red*

BY PETR HORACEK

A simple board book in which the colors of various fruits make a beautiful fruit salad.

## TO LEARN HOW VEGETABLES AND FRUITS GROW

### *Farmers' Market*

BY PAUL BRETT JOHNSON

In the story, a girl helps her parents take their vegetables to the farmers' market and spends the day selling them. The short text is enhanced by richly colored paintings depicting the story.

### *The Carrot Seed*

BY RUTH KRAUSE

Even though people tell him it won't grow, a boy remains confident in this carrot seed's potential. This old story with simple drawings has remained popular for years.

### *The Garden In Our Yard*

BY GREG QUINN

The cycle of a garden from season to season is described with large detailed drawings.

### *One Bean*

BY ANNE ROCKWELL

In a childlike text, a young narrator describes what happens as a bean sprouts on a wet paper towel and grows in a paper cup until it is transplanted into a large flower pot. Completing the life cycle, the child picks the bean and eats it.

## TO ENCOURAGE CHILDREN TO TRY A FRUIT OR VEGETABLE (OR ANY NEW FOOD)

### ***Little Pea***

BY AMY ROSENTHAL

If Little Pea doesn't eat all of his sweets, there will be no vegetables for dessert! What's a young pea to do? Children who have trouble swallowing their veggies will love the way this pea-size picture book serves up a playful story they can relate to.

### ***Seven Silly Eaters***

BY MARY ANN HOBERMAN

Poor Mrs. Peters is the mother of seven very picky eaters. There's the oldest, Peter, who will only drink warm milk, Lucy who drinks only homemade pink lemonade, and little Jack who eats only bowls and bowls of applesauce. A very tired and frazzled Mrs. Peters can barely keep up until her children come up with a solution to all their future eating problems.

### ***I Will Never Not Ever Eat a Tomato***

BY LAUREN CHILD

Lola is a very fussy eater. One day, after rattling off her long list of despised foods, she ends with, "And I absolutely will never not ever eat a tomato." Not convinced, Lola's older sister tells Lola that the orange things on the table are not carrots, but "orange twiglets from Jupiter" and peas are in fact "green drops from Greenland." Other vegetables with silly names suddenly seem appealing to Lola.

### ***Rabbit Food***

BY SUSANNA GRETZ

In this entertaining twist on the fussy-eater theme, children will discover that adults can also be picky about food. It encourages all to try a taste of a vegetable before you say you don't care for it.

### ***Oliver's Vegetables***

BY VIVIAN FRENCH

French fries fan Oliver is spending a week with his grandparents. After declaring, "I don't eat vegetables," he strikes a bargain with Grandpa. If he finds the potatoes in Grandpa's vegetable garden, he can have fries. But if he finds something else, he must eat it with no complaints. The streamlined text has an appealing rhythm.

### ***Eat Your Peas, Louise***

BY PEGEEN SNOW

The rhyming text of this book describes what it takes to get Louise to eat her peas. This book would be an excellent springboard to a discussion about tasting new foods – including peas.

### ***D.W. the Picky Eater***

BY MARC BROWN

In another funny picture book about Arthur the aardvark's little sister, D. W., is a fussy eater. She won't touch vegetables. More than anything else in the world, she hates spinach, or so she thinks. Like the badger in Russell Hoban's classic "Bread and Jam for Frances", the picky eater has to discover for herself what she's missing.

### ***Bread and Jam for Frances***

BY RUSSELL HOBAN

Frances loves nothing better than jam and bread, and turns up her nose at other kinds of food. Then her mother starts giving Frances jam and bread for breakfast, lunch and dinner. Frances becomes sick of jam-only days and discovers that variety at mealtime really is good.

## TO MAKE A VEGETABLE OR FRUIT RECIPE TOGETHER

### ***Growing Vegetable Soup***

BY LOIS EHLERT

Vivid colors and large, bold print are key to this simple picture book that takes children through the steps of growing, harvesting, and preparing vegetables for soup.

### ***Stone Soup***

BY MARCIA BOWN

(VARIOUS VERSIONS BY OTHER AUTHORS)

A classic tale of three hungry soldiers who come into a town where all the food has been hidden. They set out to make soup of water and stones, only to have the curious town's people contribute various "hidden" vegetables to the soup.

### ***The Little Red Hen Makes Soup***

BY ROZANNE WILLIAMS

In this twist on the traditional story, the Little Red Hen gets her friends to help her make vegetable soup instead of bread.

### ***Oliver's Fruit Salad***

BY VIVIAN FRENCH

Oliver enjoys helping his grandfather grow and pick fruit from the garden, but even though he sings the praises of the bountiful produce, he won't eat any of it. That is until Grandpa comes to visit and enlists Oliver's aid in making a big, colorful fruit salad. It is so irresistible that the boy consumes three bowls full.

## TO EXPLORE SEASONAL PRODUCE

### ***Picking Apples and Pumpkins***

BY AMY HUTCHINS

Spend the day with Kristy and friends as they pick apples and pumpkins at Battleview Orchards in New Jersey.

### ***Pumpkin, Pumpkin***

BY JEANNE TITHERINGTON

Softly colored pencil illustrations in a realistic style effectively communicate Jamie's pride as a very young gardener. He plants a seed, then grows and harvests a pumpkin from which he saves seeds for next year.

### ***The Apple Pie Tree***

BY ZOE HALL

Follow the apple tree from winter to fall with two sisters. It teaches about the seasons as well as the process of growing something and the pride in having a hand in creating something.

### ***Autumn is for Apples***

BY MICHELLE KNUDSON

*Apples are my favorite snack—all juicy, red, and round.*

*I love how every tasty bite comes with a crunchy sound.*

Sparse rhyming text details a child's impressions of a trip to go apple-picking, from the morning flapjacks to the last juicy bite of apple.

### ***The Seasons of Arnold's Apple Tree***

BY GAIL GIBBONS

As the seasons pass, Arnold enjoys a variety of activities as a result of his apple tree. Includes a recipe for apple pie and a description of how an apple cider press works.

### ***The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear***

BY AUDREY WOOD

What's a little, strawberry loving mouse going to do to keep a big, hungry, strawberry loving bear from eating his fruit? Especially when the bear can smell a red, ripe strawberry a mile away. The problem is solved with a little clever help from the reader.

### ***Corn is Maize: The Gift of the Indians***

BY ALIKI

The story is told of how corn was discovered and used by the Indians, and how it came to be an important food throughout the world.

*(For older preschoolers)*