



# The Booklist Project

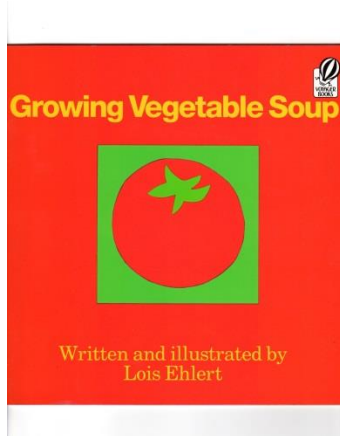
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Focus: Themed Science Topic  
Booklist "Nutrition"

Developed by: Michelle Johnson  
SU I 2012

**Grade Span: K-5**



1. Ehlert, L. (1987). *Growing vegetable soup*. Orlando: FL: Harcourt, Inc.

[ISBN-10: 0-15-232580-8]

Available in: Hardcover, paperback, oversized paperback, and board book

Reading Level: 2.0, Lexile 140, DRA Z

Interest Level: Preschool-2

Proficiency Level: Emerging and up

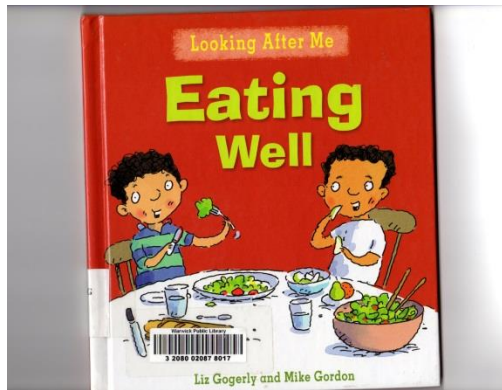
This book is available in both English and Spanish.

**Summary:** This book is about a boy and his father making vegetable soup from vegetables grown in their garden. The steps for gardening are discussed (from seed to plant). This book also provides a recipe for homemade, nutritious vegetable soup. The illustrations are vibrant and eye-catching and would be helpful to an EL reading the story.

**Websites:**

<http://www.brighthubeducation.com/preschool-lesson-plans/64549-growing-vegetable-soup-with-soup-making-activity-lesson/>

[http://www.kilgore.edu/pdf/earlychildhood\\_Growing\\_Vegetable\\_Soup.pdf](http://www.kilgore.edu/pdf/earlychildhood_Growing_Vegetable_Soup.pdf)



2. Gogerly, L. (2009). *Looking after me: Eating well*. New York: Crabtree Publishing Co.

[ISBN-13: 978-0-7787-4110-7]

Available in: Hardcover and paperback

Reading Level: 2.3, Lexile 450

Interest Level: K-3

Proficiency Level: Late Emerging/Early Developing

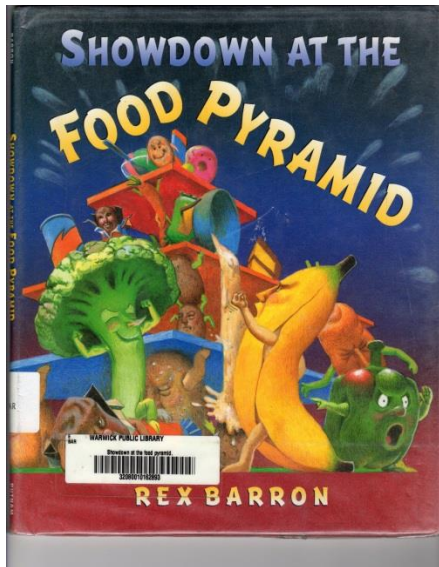
**Summary:** This book talks about the importance of healthy eating habits and some of the consequences when too much junk food is consumed. The emphasis of being healthy is conveyed throughout the story. This book is pertinent to a nutrition curriculum because it relates healthy eating to feeling healthy. ELs would find this book helpful because they can talk about the types of things they do to get exercise and the kinds of healthy foods they eat. They can create a healthy eating chart and extend this to their families.

**Websites:**

<http://prezi.com/ttztuuukcbav/healthy-eating-and-living-for-children/>

[http://www.engageny.org/sites/default/files/resource/attachments/ckla\\_g1\\_d2\\_anth.pdf](http://www.engageny.org/sites/default/files/resource/attachments/ckla_g1_d2_anth.pdf)

[http://hzsd.ca/curriculum\\_Instruction/By%20Grade/009C00B9-011EDEB3.24/](http://hzsd.ca/curriculum_Instruction/By%20Grade/009C00B9-011EDEB3.24/)



3. Barron, R. (2004). *Showdown at the food pyramid*. New York: G. P. Putnam's Sons.

[ISBN-10: 0-399-23715-1]

Available in: Hardcover

Reading Level: 3.1, Lexile 310

Interest Level: Preschool-2

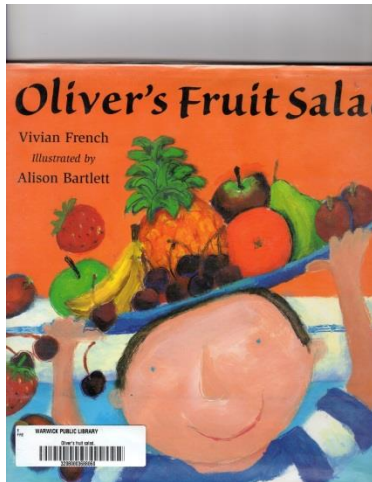
Proficiency Level: Developing and up

**Summary:** This is a fun nutrition story. The junk food is trying to kick the healthy food out of the food pyramid. However, the nutritious food fights back and takes back control of the food pyramid. The illustrations are wonderful in this book as the food “comes to life.” This book would be useful for ELs as it reinforces the message of healthy eating habits in an entertaining way accompanied by fun illustrations. The pictures capture the essence of the story and would generate a good discussion for ELs.

**Websites:**

<http://www.clocc.net/partners/group/school/FoodNutritionActivities.pdf>

[http://www.teach-nology.com/lessons/lisn\\_pln\\_view\\_lessons.php?action=view&cat\\_id=8&lisn\\_id=13371](http://www.teach-nology.com/lessons/lisn_pln_view_lessons.php?action=view&cat_id=8&lisn_id=13371)



4. French, V. (1998). *Oliver's fruit salad*. New York: Orchard Books.

[ISBN-10: 0-531-30087-0]

Available in: Hardcover and Paperback

Reading Level: 2.0

Interest Level: PreK-2

Proficiency Level: Early Developing and up

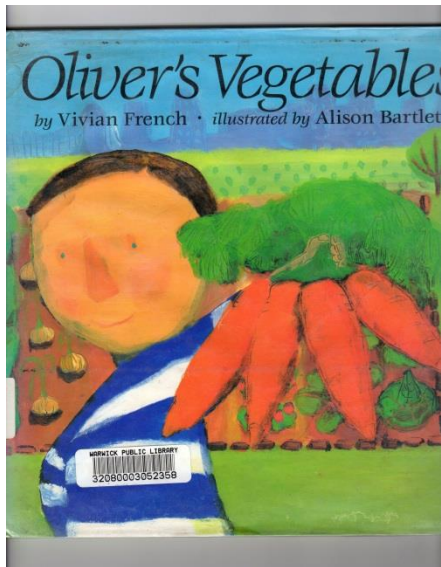
**Summary:** This book focuses around a little boy named Oliver. He helps his grandpa pick fruit from his garden. However, he does not like fruit, or so he thinks. When his grandpa brings fresh fruit salad over to Oliver's house, Oliver's views quickly change. This book is good because it talks about the importance to try new things, even when you think you may not like it. This story is relatable for all children and would generate a good class discussion. ELs could talk about a garden they have or choose something to plant and watch it grow over time.

**Websites:**

<http://depts.washington.edu/pku/management/curriculum/preschool/oliversfruit.html>

<http://www.healthpromotionagency.org.uk/Resources/nutrition/pdfs/fresh%20fruit%20support%208-05.pdf>

<http://www.pbs.org/teachers/mathline/lessonplans/pdf/atmp/MixItUp.pdf>



5. French, V. (1995). *Oliver's vegetables*. New York: Orchard Books.

[ISBN-10: 0-531-09462-6]

Available in: Hardcover and paperback

Reading Level: 3.2

Interest Level: PreK-2

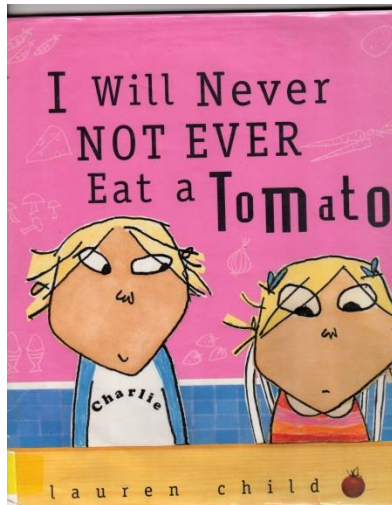
Proficiency Level: Developing and up

**Summary:** This is a great book to use for students who are hesitant to try healthy food. Oliver knows his grandpa grows vegetables in his garden but is unwilling to eat any of it. The only thing he will eat is French fries. When his grandpa tells Oliver to look for potatoes to make French fries, he is exposed to a world filled with nutritious vegetables. This book reinforces the message that it is ok to try something new. In Oliver's case, he enjoyed being a healthy eater. ELs could talk about some vegetables they don't like and have an in class taste test. They too may find out they like something they thought they did not.

**Websites:**

<http://teachershare.scholastic.com/resources/1050?id=1050>

[http://www.sparklebox.co.uk/literacy/stories/olivers-vegetables.html#.UbeyGyDD\\_nI](http://www.sparklebox.co.uk/literacy/stories/olivers-vegetables.html#.UbeyGyDD_nI)



6. Child, L. (2000). *I will never not ever eat a tomato*. Massachusetts: Candlewick Press.

[ISBN-10: 0-7636-1188-3]

Available in: Hardcover, paperback, and board book

Reading Level: 2.7, Lexile 370, DRA M

Interest Level: K-3

Proficiency Level: Developing and up

Available in both English and Spanish

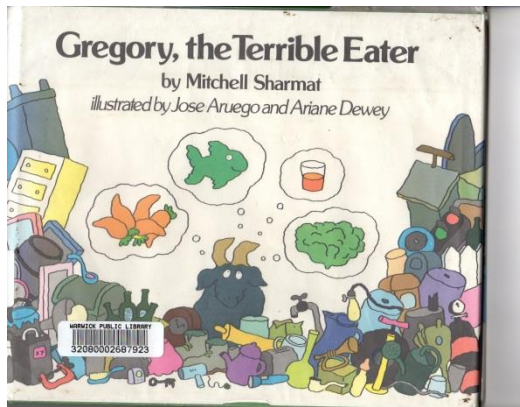
Summary: This is a great story for those who have a great imagination. Charlie is given the task of feeding his extremely picky sister Lola. She refuses to eat anything good for her, especially tomatoes. This causes Charlie to become creative and think of crazy names for the vegetables (peas: green drops from Greenland). Lola listens to her brother and eats what she thinks are orange twiglets from Jupiter (carrots). ELs could talk about a food they don't like and come up with a silly name for it. They could take a survey of a particular vegetable someone in their family does not like and do the same.

**Websites:**

[http://doh.state.fl.us/family/wic/Documents/nutritious\\_story\\_time/07\\_Never\\_Eat\\_A\\_Tomato\\_Lesson\\_Plan.pdf](http://doh.state.fl.us/family/wic/Documents/nutritious_story_time/07_Never_Eat_A_Tomato_Lesson_Plan.pdf)

<http://www.readworks.org/lessons/grade1/drawing-conclusions/lesson-2>





7. Sharmat, M. (1980). *Gregory, the terrible eater*. New York: Macmillan Publishing Co.

[ISBN-10: 0-02-782250-8]

Available in: Hardcover, paperback, audio cassette

Reading Level: 2.8, Lexile 490, GRA L

Interest Level: K-3

Proficiency Level: Developing and up

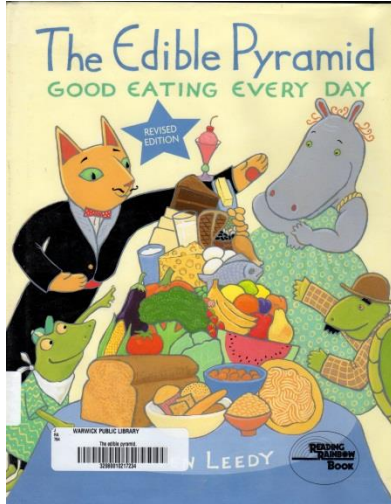
Summary: This is a very funny story for young children. When Gregory the goat does not want to eat the diet of a goat (tin cans, shoes) and prefers healthy things, his parents think he is sick and take him to the doctor. Kids find it amusing to talk about the differences between what we eat and what goats eat. The illustrations are plentiful and age-appropriate. This book could generate a good class discussion about food we eat and foods we do not eat. This could take on a multi-cultural component as students could talk about foods they eat in their culture. They could find that some foods they eat in their cultures we may not eat.

**Websites:**

<http://teacherlink.ed.usu.edu/tlresources/units/MonsonUnits/AmyHal/Nutrition.html>

[http://www.ideastream.org/common/worksheets/Gregory\\_the\\_Terrible\\_Eater.pdf](http://www.ideastream.org/common/worksheets/Gregory_the_Terrible_Eater.pdf)





8. Leedy, L. (2007). *The edible pyramid: good eating every day*. New York: Holiday House.

[ISBN-10: 0-8234-2074-2]

Available in: Hardcover and paperback

Reading Level: 3.4, Lexile 490

Interest Level: K-3

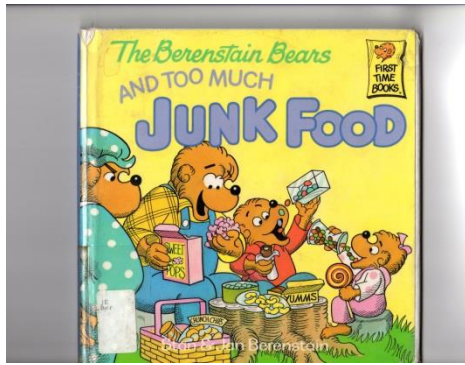
Proficiency Level: Developing and up

**Summary:** This is a great educational book for children. In this book, a cat is the waiter in the Edible Pyramid restaurant. He shows his guests the healthy choices on the restaurant menu and states the importance of each item. It is written in a kid-friendly way that emphasizes the importance of making healthy choices. Emerging and ELs could create their own menu based on the food pyramid and match the picture of food to the correct spot on the pyramid. Beginning ELs could create a menu by filling in a cloze activity. Developing ELs and up could create their own menus in small heterogeneous groups and act them out in their own restaurant.

**Websites:**

<http://www.uen.org/Lessonplan/preview.cgi?LPid=578>

[http://www.he.k-state.edu/fnp/BIB/BIB\\_pdfs/pyramid\\_pdfs/ldrseidiblepyramid.pdf](http://www.he.k-state.edu/fnp/BIB/BIB_pdfs/pyramid_pdfs/ldrseidiblepyramid.pdf)



9. Berenstain, S&J (1985). *The Berenstain bears and too much junk food*. New York: Random House

[ISBN-10: 0-394-87217-7]

Available in: Hardcover, paperback, audio cassette

Reading Level: 4.0, Lexile 690

Interest Level: Preschool-2

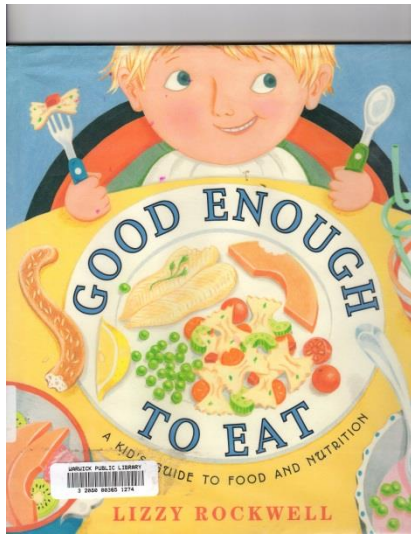
Proficiency Level: Expanding and up

**Summary:** This book talks about the negative effects of too much junk food on the body. Sister, Brother and Papa Bear are eating a lot of junk food. Mama Bear tries to teach the rest of her family the importance of making healthy decisions and eating healthy food instead of junk food. In the end, the family learns that eating healthy is the smarter choice. In the classroom, ELs could create their own “healthy plan.” They would be responsible to log in what they eat and what they did for physical activity for the day. They could also extend it to their own families. Together, they could create a healthy plan or an exercise log with their family.

**Websites:**

<http://www.learningtogive.org/lessons/unit140/lesson1.html>

<http://ww2.valdosta.edu/~lafreema/paintlesson.html>



10. Rockwell, L. (1999). *Good enough to eat: A kid's guide to food and nutrition*. New York: Harper Collins Publishers

[ISBN-10: 0-06-027434-4]

Available in: Hardcover and paperback

Reading Level: 4.2

Interest Level: 2-5

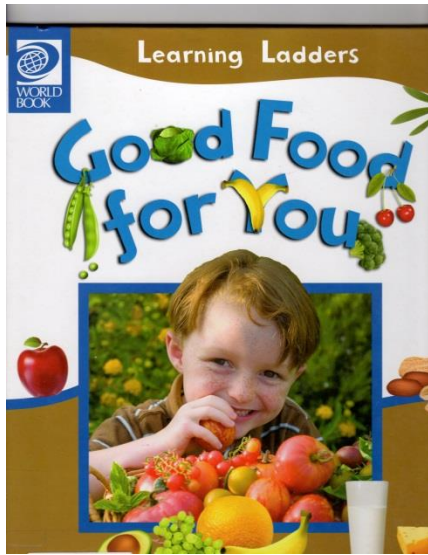
Proficiency Level: High Developing/ Expanding and up

**Summary:** This is a useful book for children learning about nutrition. The book breaks down the importance of eating healthy by the way food travels through the body. It talks about the food pyramid and how eating these foods can be fun to make and to eat. The pictures are kid-friendly and although the book is filled with a lot of information, it is done in a manageable way. I think this book would be great for ELs because the language in the book is amplified rather than simplified. ELs could make a healthy food collage as a way to talk about some of the foods they eat that are healthy. ELs could participate in cooking activities as a way to show that food can be fun to make.

**Websites:**

<http://www.fl DOE.org/earlylearning/pdf/HealthyFoodsCollageLessonPlan.pdf>

<http://www.franklincollege.edu/pwp/kroberts/Microsoft%20Word%20-%20Food%20Pyramid%20Lesson.pdf>



11. Ingebretsen, K (Ed). (2011). *Learning ladders: Good food for you*. Chicago: World Book Publications.

[ISBN-13: 978-0-7166-7746-8]

Available in: Hardcover

Reading Level: Not Available

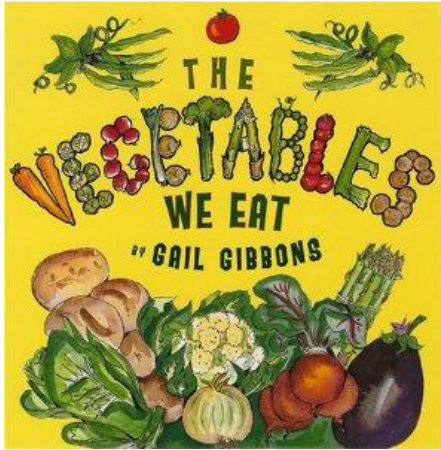
Interest Level: grades 2-5

Proficiency Level: Bridging and up

**Summary:** This is a beautifully designed book made to inform and educate students of the importance of the food pyramid. Each page has a wonderful illustration to accompany the text. This book offers resources at the end along with games for students to play as a way to reinforce learned information. These games are helpful to ELs as it is a fun way to learn useful materials. Each section is highlighted in bold print and the text throughout the book is a good size which I think is also helpful to ELs.

**Websites:**

<http://www.worldbook.com/all/item/27-learning-ladders-2?wbredirect=1&Itemid=112>



12. Gibbons, G. (2008). *The vegetables we eat*. New York: Holiday House.

[ISBN-10: 0823421538]

Available in: Hardcover and paperback

Reading Level: 3.4, Lexile 660

Interest level: K-3

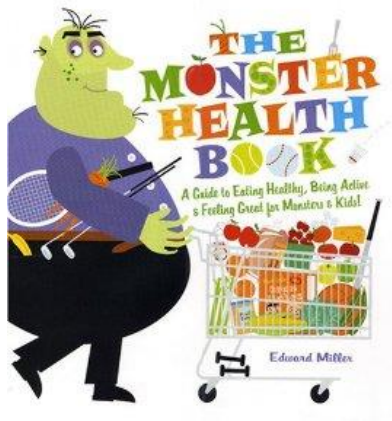
Proficiency Level: Developing and up

**Summary:** This book talks about the different types of vegetables, how they are grown, and why we should eat them. The illustrations are vibrant and eye-catching. This is a great picture book to use at any age. This book offers a variety of sentence types (from simple to complex). ELs could work on vocabulary strategies by using the four corners strategy. They could also be introduced into a graphic organizer as a way to practice finding the main idea of a piece of text.

**Websites:**

[http://www.gailgibbons.com/pdf/explore\\_1008.pdf](http://www.gailgibbons.com/pdf/explore_1008.pdf)

[http://ourgrowingplace.us/images/pdf/lesson\\_g12.pdf](http://ourgrowingplace.us/images/pdf/lesson_g12.pdf)



13. Miller, E. (2008). *The monster health book: A guide to eating healthy, being active, and feeling good for monsters and kids*. New York: Holiday House

[ISBN-10: 0823421392]

Available in: Hardcover and paperback

Reading Level: 4.0, Lexile 880, GRA V

Interest Level: grades 2-5

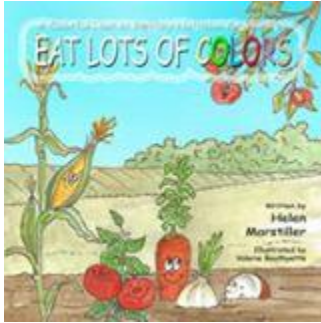
Proficiency Level: Expanding and up

**Summary:** This book is geared for older children. It offers important facts about nutrition in a fun way. The pages are filled with color and jokes are included on each page told by the monster. The resources provided in the back of the book are particularly useful for teachers. ELs could find this book helpful as it provides information in a funny and creative way. This book would generate some good class discussions.

**Websites:**

<http://www.teachingbooks.net/tb.cgi?tid=10243>

<http://newhavenscience.org/23nutritionOverview.pdf>



14. Marstiller, Helen. (2010). *Eat lots of colors: A colorful look at healthy nutrition for children*. Washington D.C.: CreateSpace Independent Publishing Platform

[ISBN-10: 1453696725]

Available in: Paperback

Reading Level: Not Available

Interest Level: K-2

Proficiency Level: Developing and up

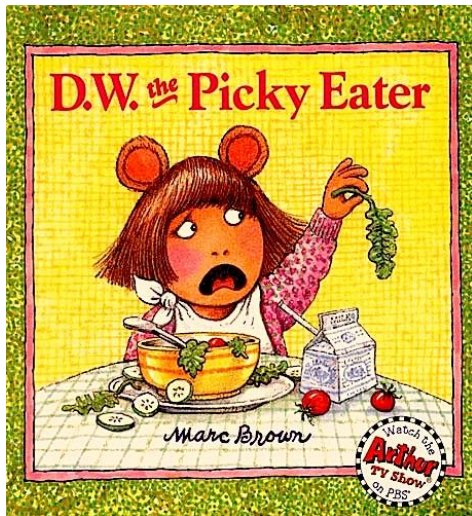
**Summary:** This book is good to have when teaching a nutrition unit as it encourages children to eat foods with all different colors. It is written in simple text and the bright colors are wonderful for ELs. The chart included in the back of the book is fun to use with children as they track their healthy eating habits. ELs could track their healthy habits on a classroom chart. This book would be a great resource in any classroom.

**Websites:**

<http://www.crayola.com/for-educators/lesson-plans/lesson-plan/food-for-thought-and-energy-too.aspx>

[http://www.he.k-state.edu/fnp/BIB/BIB\\_pdfs/howlunchbox\\_pdfs/how-lunchbox-ldrs-guide.pdf](http://www.he.k-state.edu/fnp/BIB/BIB_pdfs/howlunchbox_pdfs/how-lunchbox-ldrs-guide.pdf)





15. Brown, M. (1997) *D.W. the picky eater*. New York: Little, Brown Books for Young Readers.

[ISBN-10: 0316110485]

Available in: Paperback, audio cd, and multimedia cd

Reading Level: 2.9, Lexile 410, GRA L

Interest Level: Preschool-2

Proficiency Level: Developing and up

**Summary:** This book is a favorite among young children, especially those who are picky eaters. D.W. is up to her old ways. This time, she refuses to eat anything that is good for her. She causes a scene at a restaurant with her parents and so she is left with a sitter. When she hears that her family is going out to celebrate her grandmother's birthday, she eats something she never thought she would eat. Any child would see the humor in this story. The moral of this story is that you will never know if you like something until you try it. ELs could talk about a sibling or friend they have that is a picky eater and create some ways they could get his/her sibling to eat. This is a good conversation starter.

**Websites:**

<http://www.dshs.state.tx.us/kids/lessonplans/dweng.shtm>

<http://familyconsumersciences.com/2012/08/feeding-young-children-picky-eaters-lesson/>

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## The Booklist Project

A Project of the  
M.Ed. In TESL Program,



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