A selection of resources available in the Curriculum Materials Center to help teach students about the foods they eat and how it may affect their bodies.

**Juvenile Books**

Reflections on the poet’s love of food and eating.
**Call Number:** j811.54 Ado

An introduction to foods included in the fruit food group and why they are important to eat.
**Call Number:** j641.34 Kli

When snack foods take over the food pyramid and make it collapse, members of the various food groups have to work together using the Great Food Guide to rebuild it.
**Call Number:** P J Bar

Bellenir, Karen. (2001). *Diet information for teens: Health tips about diet and nutrition, including facts about nutrients, dietary guidelines, breakfasts, school lunches, snacks, party food, weight control, eating disorders, and more*. Detroit, MI: Omnigraphics. (Grades 8-12).
Teen Health Series helping young adults understand, manage, and avoid serious illness.
**Call Number:** j613.2 Die

Peanuts are good. But peanut butter is better! Simple text and full color photographs. Comes with teacher’s guide.
**Call Number:** [Big Book] j641.3 Ber

Simple text and illustrations, advice on nutrition, exercise, relationships with friends and family, and ways of dealing with stress.
**Call Number:** j613 Bro

Kids count along as Nothando plants a yellow pumpkin seed, watches it grow, and shares its flavorful bounty with friends. Inviting photos and captions show the girl and the activities of her day-to-day life. Traditional Zulu recipe is included.
**Call Number:** j513.2 Cav
Discusses the parts of the human body and what to eat to keep them healthy. Includes recipes that contain nutrients important for the heart, muscles, teeth, skin, nerves, and other parts of the body.
*Call Number: j641.512 Dam*

Using simple texts and photographs, children learn about milk, how it can be made into other foods, and how eating milk and dairy foods can help us stay healthy.
*Call Number: j613.2 Dic*

Using simple texts and photographs, children learn what fruits are and how eating fruits can help us stay healthy.
*Call Number: j613.2 Dic*

Using simple texts and photographs, children learn what grains are, about different types of grains, and how eating grains can help up stay healthy.
*Call Number: j613.2 Dic*

Using simple texts and photographs, children learn about meat, fish, eggs, beans, and nuts and where these foods come from. They find out how eating meat and other protein-rich foods can help us stay healthy.
*Call Number: j613.2 Dic*

Using simple texts and photographs, children learn what vegetables are and how eating vegetables can help us stay healthy.
*Call Number: j613.2 Dic*

A rainy-day errand introduces Carrie to many different kinds of bread, including chapatis, challah, and papusaa. Includes recipes.
*Call Number: P J Doo*

A child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at the different households visited.
*Call Number: P J Doo*

A father and child watch the cherry tree in their back yard, waiting until there are ripe cherries to bake in a pie. Includes a recipe for cherry pie.
*Call Number: P J Ehl*
Discusses basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.
**Call Number:** j613.2 Gor

The most common food allergies are discussed in detail, as are the physical effects of food allergies (including mild and severe reactions), how people with food allergies stay safe and avoid ingredients they are allergic to, how food allergies are treated and how people, especially kids and teenagers, cope with the social complications that come with having a food allergy.
**Call Number:** j616.97 Hil

Explores what five children living in South Africa, Mexico, Thailand, France, and India eat at mealtime with their families, how their families obtain and prepare food, what kinds of food may be eaten at celebrations, and what their favorite food is. Includes recipes.
**Call Number:** j641.4 Hol

Provides basic information about food allergies and their prevention.
**Call Number:** j616.97 Lan

Rhyming text and photographs follow a pumpkin patch as it grows and changes, from seeds to plants to pumpkins ready to harvest, to jack-o-lanterns and then to seeds again.
**Call Number:** P J Lev

Determined to make smart food choices, a rotund green monster gets the skinny on nutrition, the food pyramid, the importance of physical fitness, and other essential health issues. Illustrations include fun facts, charts, helpful tips, and jokes.
**Call Number:** j617.1 Rau

Describes how cheese is made, from a sample’s beginnings on a Wisconsin dairy farm until a cheese factory ships the final product across America.
**Call Number:** j637.3 Pet

Provides an introduction to basic nutrition and the relationship between food and health.
**Call Number:** j613.2 Pow

Provides teen athletes with tips and recipes to improve their diets.
**Call Number:** j617.1 Rau
Simple text and photographs present the foods that are part of the MyPlate balanced diet and their nutritional importance.
**Call Number:** j613.2 Ris

Overview of healthy eating and the nutrient groups that the “body uses to do its work” – carbohydrates, protein, fat, water, vitamins, and minerals. Six recipes are included.
**Call Number:** j613.2 Roc

Describes how raspberries, peanuts, corn, and other foods are produced as various plants flower, create seeds, and finally bear fruit.
**Call Number:** j571.8 Sch

Teens will find much encouragement in this guide to navigating the vegetarian lifestyle.
**Call Number:** j613.26 Sch

A collection of poems, facts, statistics, and stories about unusual foods and eating habits both contemporary and historical.
**Call Number:** j641.3 Sol

Explores why some people choose a vegetarian lifestyle, the different types of vegetarian diets, and vegetarianism around the world. Looks at the steps to becoming a vegetarian and discusses nutrition for vegetarians -- how this type of diet fits in the recommended food pyramid, and how a vegetarian can make good food selections.
**Call Number:** j641.5 Tra

Uses problems, experiments, and activities to present information on a variety of topics related to foods and nutrition.
**Call Number:** j612.3 Van

**Teacher Resources**

Reproducible activities designed to engage students’ minds as they observe, investigate & examine body functions & the importance of nutrition.
**Call Number:** Curr. Mats. TX364 .B455 1999

A school-based program that equips children with the knowledge, skills, and supportive environment they need in order to lead healthier lives by choosing nutritious diets and being physically active.

**Call Number:** Curr. Mats. TX364 .C44 2001


Provides an ongoing, everyday emphasis on good health and nutrition throughout the early childhood curriculum.

**Call Number:** Curr. Mats. TX364 .C79 1996


Packed with nutrition education activities and strategies that are kid-tested and teacher endorsed. Divided by subject, effectively integrates nutrition into the classroom, cafeteria, and home environments.

**Call Number:** Curr. Mats. TX364 .E95 2012


Full of worksheets, puzzles, and activities, the guide covers self-assessment, setting goals, and cooking. Students will learn essential information that should keep them thinking - and eating - healthy for years to come.

**Call Number:** Curr. Mats. TX364 .E9572 1998


Informative bilingual book familiarizes both non-Hispanic students and those of Latino heritage with the cultural basics of five Latin American countries

**Call Number:** Curr. Mats. TX716 .A1 K86 2005


Focusing on the 10 tips identified by the US Department of Agriculture, this resource suggests activities to help students understand the tips and incorporate them into their lives.

**Call Number:** Curr. Mats. TX355 .M97 2011


Engages students in taste-tempting, hands-on experiences through a multiple array of easy to use, integrated lessons, imaginative projects, and attractive reproducible worksheets and activities utilizing a food theme.

**Call Number:** Curr. Mats. TX652 .S5795 2004


Includes recipes for tasty snacks that are linked with children’s picture books. Enhances students’ ability to follow directions, reading skills, and helps to visualize concepts. Can be used in older grades as a tool for teaching nutrition and child-development.

**Call Number:** Curr. Mats. TX652 .S63 2001

Contains a wealth of fun, easy-to-implement activities that are specifically designed to teach 2-to 6-year-old children important health concepts.

**Call Number:** Curr. Mats. RJ133 .V54 2006

### Websites

**Kids Eat Right – Academy of Nutrition and Dietetics**  
[www.eatright.org/kids](http://www.eatright.org/kids)

Kids Eat Right supports nutritious, healthy eating among children and families. This website provides many resources to assist members working with schools and communities to help kids eat better and exercise more. There is also an abundance of nutritional information, videos, articles, recipes and tips for eating healthy from babies to teens.

**United States Department of Agriculture**  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

MyPlate is a new generation icon showing how to build a healthy plate at meal times. It provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. The website has a variety of online tools and resources to empower people to make healthier food choices for themselves and their families. Available in Spanish also.

**The Vegetarian Resource Group (VRG)**  
[http://vrg.org](http://vrg.org)

The VRG has recipes and articles especially for teens and a section for vegans. The group produces a journals and online brochures, which can be downloaded for free. The VRG offers scholarships to young vegetarians.

**KidsHealth**  
[www.kidshealth.org](http://www.kidshealth.org)

KidsHealth is the most-visited site on the Web for information about health, behavior, and development from before birth through the teen years. There is also KidsHealth in the Classroom that offers educators free health-related lesson plans for all grades and subject areas. Each Teacher’s Guide includes discussion questions, activities, and reproducible handouts and quizzes – all aligned to national health education standards.