

BOOK LIST

The following Book List includes a section on fun-filled fiction storybooks and fact-based informational books. Reading and sharing books is a joyful activity that stimulates your child's imagination; enhances your child's language development; improves your child's ability to empathize; and increases their knowledge, reasoning and memory.

When you enjoy cooking together and then read a fun book about a boy who eats books or giggle about a piranha who doesn't eat bananas, you are linking the joy of cooking and the joy of reading. Looking at a cookbook with recipes that share breakfasts from around the world or learning about how to plant and grow fruits and vegetables is not only engaging but worthwhile science-based learning.

A special thank you to Phyllis Simon and the staff from Vancouver Kidsbooks who have assisted us in putting together the following book list. All of these books are available on line at kidsbooks.ca or at your local school or public library.

FICTION (ALPHABETICAL BY AUTHOR LAST NAME)

THE SANDWICH SWAP

Her Majesty Queen Rania of Jordan Al Abdullah | Kelly DiPucchio | Tricia Tusa
Disney-Hyperion | Disney-Hyperion
Ages 3-7

Lily and Salma are best friends. They like doing all the same things, and they always eat lunch together. Lily eats peanut butter and Salma eats hummus-but what's that between friends? It turns out, a lot. Before they know it, a food fight breaks out. Can Lily and Salma put aside their differences? Or will a sandwich come between them?

CLOUDY WITH A CHANCE OF MEATBALLS

Judi Barrett | Ron Barrett
Atheneum Books for Young Readers | Atheneum Books for Young Readers
Ages 4-8

If food dropped like rain from the sky, wouldn't it be marvelous! Or would it? It could, after all, be messy. And you'd have no choice. What if you didn't like what fell? Or what if too much came? Have you ever thought of what it might be like to be squashed flat by a pancake?

PIRANHAS DON'T EAT BANANAS

Aaron Blabey

Scholastic Canada Ltd | Scholastic Canada

Ages 4-8

Brian's a piranha who loves bananas. What's so wrong with that? Brian the piranha is an enthusiastic fan of peas and loves a good fruit tray. But he simply cannot get his friends to give them a taste - they like knees and feet. Finally after much convincing, the piranhas give in and give fruit a chance . . . but find they still prefer bums over plums in this "cheeky" and hilarious rhyming story.

A DAY WITH YAYAH

Nicola Campbell | Julie Flett

Tradewind Books | Tradewind Books

Ages 4-7

Set in Okanagan, BC, a First Nations family goes on an outing to forage for herbs and mushrooms. Grandmother passes down her knowledge of plant life to her young grandchildren.

STREGA NONA

Tomie dePaola

A Strega Nona Book (series)

Simon & Schuster Books for Young Readers | Simon & Schuster Books for Young Readers

Ages 4-8

Strega Nona—"Grandma Witch"—is the source for potions, cures, magic, and comfort in her Calabrian town. Her magical ever full pasta pot is especially intriguing to hungry Big Anthony. He is supposed to look after her house and tend her garden but one day, when she goes over the mountain to visit Strega Amelia, Big Anthony recites the magic verse over the pasta pot, with disastrous results.

AWASIS AND THE WORLD-FAMOUS BANNOCK

Dallas Hunt | Amanda Strong

Debwe # 1 (series)

Portage & Main Press | HighWater Press

Juvenile Fiction / Social Themes - Friendship / Animals / Girls & Women

Ages 4-8

During an unfortunate mishap, young Awâsis loses Kôhkum's freshly baked world-famous bannock. Not knowing what to do, Awâsis seeks out a variety of other-than-human relatives willing to help. What adventures are in store for Awâsis?

INCREDIBLE BOOK EATING BOY

Oliver Jeffers

Harper Collins Canada | HarperCollinsChildren'sBooks

Juvenile Fiction / Humorous Stories / Books & Libraries / Cooking & Food

Ages 4-6

Henry loves books... but not like you and I. He loves to EAT books! This exciting new story follows the trials and tribulations of a boy with a voracious appetite for books. Henry discovers his unusual taste by mistake one day, and is soon swept up in his new-found passion - gorging on every delicious book in sight! And better still, he realises that the more books he eats, the smarter he gets. Henry dreams of becoming the Incredible Book Eating Boy; the smartest boy in the world! But a book-eating diet isn't the healthiest of habits, as Henry soon finds out...

NO KIMCHI FOR ME!

Aram Kim

Holiday House Inc | Holiday House

Ages 3-7

Yoomi hates stinky, spicy kimchi—the pickled cabbage condiment served at Korean meals. So her brothers call her a baby and refuse to play with her.

Yoomi is determined to eat kimchi. She tries to disguise it by eating it on a cookie, on pizza, and in ice cream. But that doesn't work. Then Grandma shows Yoomi how to make kimchi pancakes. This story about family, food, and a six-year-old "coming of age" has universal themes, and at the same time celebrates Korean culture. A kimchi pancake recipe and other back matter are included.

INCH BY INCH: THE GARDEN SONG

David Mallett | Ora Eitan

Trophy Picture Books (series)

HarperCollins | HarperCollins

Ages 4-8

Inch by inch, row by row, gonna make this garden grow!

Celebrate Earth Day with this sweet and lively picture book version of the popular song. Includes the musical notations on the final spread, so you can play along on guitar or piano if you'd like. A young gardener and a playful dog plant the seeds and weed, water, and protect their plants—until finally, they get to enjoy their harvest! Children will enjoy singing along while they're introduced to the basics of gardening and where fruit and vegetables come from.

LESSONS FROM MOTHER EARTH

Elaine McLeod | Colleen Wood

Groundwood Books | Groundwood

Juvenile Fiction / Family - Multigenerational / Science & Nature - Environment / People & Places - Canada - Native Canadian

Ages 2-5

Tess has visited her grandmother many times without really being aware of the garden. But today they step outside the door and Tess learns that all of nature can be a garden. And if you take care of the plants that are growing, if you learn about them -- understanding when they flower, when they give fruit, and when to leave them alone -- you will always find something to nourish you. This gentle story demonstrates the First Nations' tradition of taking care of Mother Earth.

THANK YOU, OMU!

Oge Mora

Little, Brown Books for Young Readers | Little, Brown Books for Young Readers

Ages 4-8

Everyone in the neighborhood dreams of a taste of Omu's delicious stew! One by one, they follow their noses toward the scrumptious scent. And one by one, Omu offers a portion of her meal. Soon the pot is empty. Has she been so generous that she has nothing left for herself?

STONE SOUP

Jon J Muth

Scholastic Canada Ltd. | Scholastic Press

Ages 4-8

Three strangers, hungry and tired, pass through a war-torn village. Embittered and suspicious from the war, the people hide their food and close their windows tight. That is, until the clever strangers suggest making a soup from stones. Intrigued by the idea, everyone brings what they have until-together, they have made a feast fit for a king! In this inspiring story about the strength people possess when they work together, Muth takes a simple, beloved tale and adds his own fresh twist.

DRAGONS LOVE TACOS

Adam Rubin | Daniel Salmieri

Penguin Young Readers Group | Dial Books

Ages 3-7

Dragons love tacos. They love chicken tacos, beef tacos, great big tacos, and teeny tiny tacos. So if you want to lure a bunch of dragons to your party, you should definitely serve tacos. Buckets and buckets of tacos. Unfortunately, where there are tacos, there is also salsa. And if a dragon accidentally eats spicy salsa . . . oh, boy. You're in red-hot trouble.

BILAL COOKS DAAL

Aisha Saeed | Anoosha Syed

Salaam Reads / Simon & Schuster Books for Young Readers | Salaam Reads / Simon & Schuster Books for Young Readers

Ages 4-8

Six-year-old Bilal is excited to help his dad make his favorite food of all-time: daal! The slow-cooked lentil dish from South Asia requires lots of ingredients and a whole lot of waiting. Bilal wants to introduce his friends to daal. They've never tried it! As the day goes on, the daal continues to simmer, and more kids join Bilal and his family, waiting to try the tasty dish. And as time passes, Bilal begins to wonder: Will his friends like it as much as he does?

DIPNETTING WITH DAD

Willie Sellars | Kevin Easthope

Caitlin Press | Caitlin Press

Ages 6-7

BUMP, BUMP - SLAP, river sockeye salmon are pulled onto shore! Set in the beautiful landscape of the Cariboo Chilcotin region, DIPNETTING WITH DAD is a delightful and colourful story of a father teaching his son the Secwepemc method of fishing known as dipnetting. Together they visit the sweat lodge, mend the nets, select the best fishing spot and catch and pack their fish through rugged bush back to the family home for traditional preparation. In his first book, Williams Lake Indian Band member Willie Sellars captures family values, the importance of storytelling, community living and coming of age in one of BC's oldest cultures.

COOK-A-DOODLE-DOO!

Janet Stevens | Susan Stevens Crummel

Houghton Mifflin Harcourt | HMH Books for Young Readers

Ages 4-7

Big Brown Rooster is sick of chicken feed. So along with his friends--Turtle, Iguana, and Potbellied Pig--he sets out to make the most magnificent strawberry shortcake in the whole wide world. But there's one problem: none of his friends knows how to cook! The team bravely forges ahead, and with Rooster's help, they learn how to measure flour (not with a ruler) and how to beat an egg (not with a baseball bat). But can they keep Pig from gobbling up all the ingredients? Take an old family recipe, add four funny friends, and mix in some hilarious cooking confusion.

INFORMATIONAL (ALPHABETICAL BY AUTHOR LAST NAME)

KIDS COOKING: STUDENTS PREPARE AND EAT FOODS FROM AROUND THE WORLD

George Ancona

Candlewick | Candlewick

Ages 4-6

Roll up your sleeves, wash your hands, and join four different groups of kids as they prepare recipes from all over the world, step by step. George Ancona's photographs record every crumb of effort as the children make their way around the kitchen, chopping, measuring, rolling, mixing, and learning about the food they're eager to eat. The end result? Roasted vegetables from Morocco, fried rice from China, minestrone from Italy, and salsa from Mexico, filling the kids' bowls and plates and tantalizing readers who may be inspired to cook up something savory of their own.

FOOD AROUND THE WORLD

Joanna Brundle

Around the World (series)

Booklife | Booklife

Juvenile Nonfiction / Cooking & Food / Travel

Ages 5-7

Learn about the different kinds of food people eat around the world. Read about traditional foods, like Russian borscht and Indian curry. Learn about food and religious festivals, fasting, where people get food, the different ways to eat food, and learn about hunger in the world. A map at the end shows the different countries discussed, from Borneo to USA.

HOW DID THAT GET IN MY LUNCHBOX?: THE STORY OF FOOD

Chris Butterworth | Lucia Gaggiotti

Exploring the Everyday (series)

Candlewick Press | Candlewick

Ages 5-8

The best part of a young child's day is often opening a lunchbox and diving in. But how did all that delicious food get there? Who made the bread for the sandwich? What about the cheese inside? Who plucked the fruit? And where did the chocolate in that cookie get its start? From planting wheat to mixing flour into dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Healthy tips and a peek at basic food groups complete the menu.

EAT YOUR GREENS, REDS, YELLOWS, AND PURPLES: CHILDREN'S COOKBOOK

Dk

Dk | DK Children

Ages 8-12

Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids with Eat Your Greens, Reds, Yellows, and Purples.

With 25 delicious and simple vegetarian recipes, this healthy cookbook makes fruits and vegetables fun and delicious while teaching kids the benefits of eating healthy. Teach your kids how carrots help their vision while baking carrot and orange muffins or why peppers boost their immune system while making a red pepper hummus.

EATING THE ALPHABET: FRUITS & VEGETABLES FROM A TO Z

Lois Ehlert

Voyager Books (series)

Houghton Mifflin Harcourt | HMH Books for Young Readers

Ages 4-7

While teaching upper- and lowercase letters to preschoolers, Ehlert introduces beautifully illustrated fruits and vegetables from around the world. A glossary at the end provides interesting facts about each food.

THE VEGETABLES WE EAT

Gail Gibbons

Holiday House Inc | Holiday House

Juvenile Nonfiction / Health & Daily Living - Diet & Nutrition / Science & Nature - Flowers & Plants / Cooking & Food

Ages 4-8

Nonfiction pro Gail Gibbons responds to the need for books on good nutrition with this accessible exploration of vegetables. Glossy red peppers; lush, leafy greens; plump, orange pumpkins; and delectable little peas: vegetables come in many shapes, colours, and forms. Using her signature combination of a clear and informative text, with plenty of illustrations, diagrams, and cross sections, this book provides a wealth of information about produce.

PANCAKES TO PARATHAS: BREAKFAST AROUND THE WORLD

Alice B McGinty | Tomoko Suzuki

little bee books | little bee books

Ages 4-8

From Australia to India to the USA, come travel around the world at dawn. Children everywhere are waking up to breakfast. In Japan, students eat soured soybeans called natto. In Brazil, even kids drink coffee--with lots of milk! With rhythm and rhymes and bold, graphic art, Pancakes to Parathas invites young readers to explore the world through the most important meal of the day.

FOLLOW THAT BEE!: A FIRST BOOK OF BEES IN THE CITY

Scot Ritchie

Exploring Our Community (series)

Kids Can Press | Kids Can Press

Ages 4-7

Pedro, Nick, Yulee, Sally and Martin are buzzing with excitement today! The five friends are visiting Martin's neighbor, Mr. Cardinal. He keeps beehives in his backyard, and he's offered to show them how honeybees live. As the kids help Mr. Cardinal with his work, he explains how bees feed and pollinate, what happens inside their colony, how they build their hives and even why they like to dance! He also tells the friends why some bee populations are in trouble and what people can do to help. And the perfect sweet ending to the day? Honey, of course! These children are sure to remember: it's best to "bee a friend" to the bees of the world!

SEE WHAT WE EAT!: A FIRST BOOK OF HEALTHY EATING

Scot Ritchie

Exploring Our Community (series)

Kids Can Press | Kids Can Press

Ages 4-7

Yulee and her four friends --- Nick, Pedro, Sally and Martin --- are taking a trip to her aunt's farm to pick apples and make an apple crisp for a potluck harvest dinner. Yum! But first, Aunt Sara gives the friends a tour of the whole farm, where they learn what it means to eat balanced meals, why eating local food matters and all that goes into getting food from farm to table. Who knew there was so much to learn about what we eat? It makes everything taste better!

WHAT'S ON YOUR PLATE? EXPLORING THE WORLD OF FOOD

Whitney Stewart | Christiane Engel

Sterling Children's Books | Sterling Children's Books

Ages 5-9

What's on your plate? Chances are it's not quite the same as what's on other children's plates around the world. Come on a journey to see how people in different countries prepare, eat, and think about their food. Beautiful photographs and illustrations capture the food culture of 14 countries, from Brazil and Spain to Morocco, India, and China. Each spread includes an overview of the country and its native foods, photographs of the various dishes with pronunciations and descriptions, an easy recipe for kids to try, and an illustrated crop map of the country. With so many fun elements to intrigue them, young foodies will be excited to learn about how people eat across the globe!

GROWING FOOD FOR BEGINNERS

Abigail Wheatley

Usborne Books | Usborne Books

Children

By growing their own fruit and vegetables, children can discover how plants grow and where food comes from. This is an introduction for absolute beginners, covering all the basics plus lots of hints, tips and ideas. No garden is required as there are lots of ways to grow plants in pots inside, on windowsills or balconies. Includes detailed instructions on how to grow herbs, salad leaves, tomatoes, potatoes, beans, peas and lots more. Beautifully illustrated, this makes a perfect gift item as well as a very practical reference.