

Preschool Booklist

This is a list of the books that correspond to the lessons that The Food Trust taught during the 2009-2010 school year. The Show Me Nutrition Curriculum has a more extensive list of children's books with healthy messages. This list is included in the Let's Read about Healthy Eating Pre-Kindergarten curriculum at <http://extension.missouri.edu/fnep/teaching.htm>

Month	Theme	Book	Author
October			
We All Grow	<ul style="list-style-type: none"> ▪ G is for Grow 	Growing Vegetable Soup	Lois Ehlert
	<ul style="list-style-type: none"> ▪ F is for Farmer 	Our Community Garden	Barbara Pollack
	<ul style="list-style-type: none"> ▪ H is for Healthy 	We Eat Food That's Fresh	Angela Russ Ayon
	<ul style="list-style-type: none"> ▪ P is for Pumpkin 	Pumpkin, Pumpkin	Jeanne Titherinton
		Pumpkin Soup	Helen Cooper
November			
Fun with Fruit	<ul style="list-style-type: none"> ▪ B is for Berries 	Strawberries are Red	Joseph Bruchak
	<ul style="list-style-type: none"> ▪ A is for Apple 	Handa's Surprise	Eileen Browne
	<ul style="list-style-type: none"> ▪ A is for Apple 	I Am an Apple	Jean Marzollo
	<ul style="list-style-type: none"> ▪ M is for Mango 	Tingo Tango Mango Tree	Marcia Vaughan
	<ul style="list-style-type: none"> ▪ D is for Detective 	Oliver's Fruit Salad	Vivian French
		Feast for 10	Cathryn Falwell
December			
Veggies are Yummy	<ul style="list-style-type: none"> ▪ V is for Vegetable 	Oliver's Vegetables	Vivian French
	<ul style="list-style-type: none"> ▪ O is for Orange 	Tops and Bottoms	Janet Stevens
	<ul style="list-style-type: none"> ▪ 	Carrot Soup	John Segal
	<ul style="list-style-type: none"> ▪ 	D.W. The Picky Eater	Marc Brown
		A Very Purple Pepper	Peggy Sissel-Phelan
January			
Choosing Healthy Snacks is Fun!	<ul style="list-style-type: none"> ▪ S is for Snacks 	Cat and Dog Super Snack	Kimberlee Graves
	<ul style="list-style-type: none"> ▪ F is for Fun 	Rabbit Food	Susanna Gretz
	<ul style="list-style-type: none"> ▪ L is for Lots 	Eating the Alphabet	Lois Ehlert
	<ul style="list-style-type: none"> ▪ Q is for Quick 	Chicks and Salsa	Aaron Reynolds
		The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear	Don Wood

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February			
Grains Give Us Energy	<ul style="list-style-type: none"> ▪ W is for Whole 	From Wheat to Pasta	Robert Egan
	<ul style="list-style-type: none"> ▪ E is for Energy 	Let's Be Fit	P.K. Hallinan
	<ul style="list-style-type: none"> ▪ I is for Insides 	Where Does Your Food Go	Wiley Blevins
	<ul style="list-style-type: none"> ▪ J is for Just Eat It 	Bread and Jam for Frances	Russell Hoban
		The Wheat We Eat	Allan Fowler
March			
Milk Makes Strong Bodies	<ul style="list-style-type: none"> ▪ M is for Milk 	From Grass to Milk	Stacy Taus-Bolstad
	<ul style="list-style-type: none"> ▪ C is for Cow 	Milk: From Cow to Carton	Aliki
	<ul style="list-style-type: none"> ▪ Y is for Yogurt 		
	<ul style="list-style-type: none"> ▪ T is for Teeth 	Little Rabbit's Loose Tooth	Lucy Bate
		Snacks for Healthy Teeth	Mari Schuh
April			
Healthy Food in the Neighborhood	<ul style="list-style-type: none"> ▪ N is for Neighborhood 	Good Food	DeMar Reggier
	<ul style="list-style-type: none"> ▪ X marks the Spot 	Farmers' Market	Carmen Parks
	<ul style="list-style-type: none"> ▪ F is for Farm 	Carlos and the Squash	Jan Romero Stevens
	<ul style="list-style-type: none"> ▪ T is for Travel 	The World in a Supermarket	Rozanne Lanczak Williams
		Count on Pablo	Barbara deRubertis
May			
	<ul style="list-style-type: none"> ▪ R is for Root 	One Bean	Anne Rockwell
	<ul style="list-style-type: none"> ▪ U is for Ugly Vegetables 	Ugly Vegetables	Grace Lin
	<ul style="list-style-type: none"> ▪ Z is for Zucchini 	The Surprise Garden	Zoe Hall
	<ul style="list-style-type: none"> ▪ K is for Kind 	And the Good Brown Earth	Kathy Henderson
		The Tortilla Factory	Gary Paulsen
June			
	<ul style="list-style-type: none"> ▪ P is for Picky 	I Will Never Not Ever Eat a Tomato	Lauren Child
	<ul style="list-style-type: none"> ▪ C is for Cabbage 	Cabbage Moon	Tim Chadwick
July			
	<ul style="list-style-type: none"> ▪ T is for Turnip 	Grandma Lena's Big Ol' Turnip	Denia Hester
	<ul style="list-style-type: none"> ▪ H is for Hungry 	The Hungry Farmer	Michelle Nechaev

	▪ M is for My Pyramid	Duck on a Bike	David Shannon
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