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**Title: Everybody Bakes Bread**

**Author:** Norah Dooley

**Illustrations:** Peter J. Thornton

**First Line:** “It was another rainy Saturday.”

**Last Line:** “Practically everybody was baking brad this morning!”

**Vocabulary:** kneaded, squawked, scolded, errands, whined, loaned, clomped, hollered, ladle, hummus, basin, babbles

**Hyphenated Words:** three-handled, good-bye, three-legged, balloon-shaped, second-floor, one-eyebrow-up

**Types of Bread:** chapatis (Italian Bread), corn bread, Barbadian coconut bread, pastries, pocket bread, challah (braided), pupusa

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**Title: Everybody Cooks Rice**

**Author:** Norah Dooley

**Illustrator:** Peter J. Thornton

**First Line:** “My stomach was grumbling.”

**Last Line:** “Anthony said he wanted to eat his dinner, even though he was full, because he loves rice, and that afternoon he found out that *everybody* cooks rice.”

**Vocabulary:** moocher, hopscotch, Barbados, Puerto Rico, turmeric, delicious, Vietnam, nuoc cham, tiffin carrier, biryani, cashews, basmati rice, tofu, wok, China, chopsticks, Haiti, Creole, chives, gulped, au revoir (good bye in French), Italy, risi e bisi (rice with green peas), nutmeg

**Hyphenated Words:** next-door, black-eyed peas, bye-bye, after-school

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**Title: What Happens to a Hamburger?**

**By:** Paul Showers

**Illustrated by:** Edward Miller

**First Line:** “I like to eat.”

**Last Line:** “Then your blood begins to carry the tiny food molecules – to your muscles to make them stronger…to your bones and teeth to make them harder…to every part of your body to give you energy and help you grow.”

**Vocabulary:** energy, digesting, disappeared, spit/saliva, glands, tongue, salivary glands, epiglottis, trachea (windpipe), gullet, esophagus, intestines, pancreas, molecules, cholesterol, lymph vessels

**Back cover of book:** What happens to food when you eat it? Read and find out about your digestive system and how it turns food into energy your body can use. Introduce basic science concepts to young children and help satisfy their curiosity about how the world works.

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**Title: The Skeleton Inside You**

**By:** Philip Balestrino

**Illustrated by:** True Kelley

**First Line:** “On Halloween I wore a skeleton costume.”

**Last Line:** “You would not be able to run or jump or ring doorbells on Halloween if you did not have a skeleton inside you.”

**Vocabulary:** skull, jaw, upper arm, lower arm, shoulder blade, backbone (spinal column), upper leg, neck, collarbone, ribs, thumb, breastbone, pelvis, tailbone, wrist, hand, fingers, foot, toes, knee bone, lower leg, heel bone, marionette, cartilage, plaster cast, sling, calcium, mineral, bone marrow, ligaments

**Fast Facts:**

* Your skeleton is made up of 206 bones.
* There are 64 bones just in your two hands and arms (upper arm 1, lower arm 2, wrist 8, hand 5, fingers and thumb 16 for a total of 32 times 2 = 64).
* Some of your bones are big, others are small.
* Some bones are flat, others are round.

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**Title: The Sweetest Fig**

**By: Chris Van Allsburg**

**First Line:** “Monsieur Bibot, the dentist, was a very fussy man.”

**Last Line:** “Bibot tried to yell, but all he could do was bark.”

**Vocabulary:** Bastille Day, toothache, appointment, moaned, francs, grateful, figs, steep, reflection, alley, sacre bleu, hypnotism, gazed, steering, aeroplane, luxury, Riviera

**Hyphenated Words:** short-legged

**Book Jacket:** “These figs are very special,” the woman whispered. “They can make your dreams come true.”

 Thus Monsieur Bibot, the cold-hearted dentist, was given two ordinary-looking figs as payment for extracting a tooth from an old woman’s mouth.

 Monsieur Bibot refused to believe such nonsense and proceeded to eat one of the figs for a bedtime snack. Although it was possibly the finest, sweetest fig he had ever tasted, it wasn’t until the next morning that Monsieur Bibot realized it indeed had the power to make his dreams come true. While dragging his poor dog, Marcel, out for his walk, he discovered that his strange dream from the night before was becoming all too real.

 Determined to make good use of the second fig, Monsieur Bibot learns to control his dreams. But can he control Marcel?

 Once again Chris Van Allsburg explores the mysterious territory between fantasy and reality in an uncanny tale that will intrigue readers of all ages.

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**Title:** Gregory, the Terrible Eater

**By:** Mitchell Sharmat

**Illustrated by:** Jose Aruego and Ariane Dewey

**First Line:** “Once there was a goat named Gregory.”

**Last Line:** “And it was.”

**Vocabulary:** revolting, silence, ram, spaghetti, rubbery, striped, clothes hamper, barber pole, violin, stomachache, junk, twisted, moaned, groaned

**Back of Book:** A story so delicious you’ll want to eat the book! Gregory isn’t like most goats. Instead of eating regular foods like old shoes and bottle caps, he prefers fruits, vegetables, eggs, and fish. Mother Goat and Father Goat are worried, so they take Gregory to see Dr. Ram. But when Gregory finally starts eating the way his parents want him to, he’s not just eating like a goat – he’s eating like a pig! Will Gregory be able to find a healthy balance before he eats everything in the house?

****

**Title: Yoko**

**By:** Rosemary Wells

**First Line:** “What would you like for lunch today, my little cherry blossom?” asked Yoko’s mother.

**Last Line:** “And they couldn’t have asked for anything more.”

**Vocabulary:** bamboo mat, treasure, pumpernickel, meatball grinder, sushi, seaweed, thermos, fretted, foreign, enchiladas, Caribbean, Nigerian nut soup, Brazil nuts, Irish stew, potato knishes, mango smoothies, spaghetti, Boston franks and beans, International Food Day, nibble, chopsticks, restaurant, dragon rolls, brownies, green tea ice cream

**Hyphenated Words:** willow-covered, Yuck-o-rama, clickety-click

**Back of Book:** What a great day it’s going to be! Yoko’s mother has made her favorite sushi for lunch. The bus whisks Yoko to school, where she greets all her friends. But when lunchtime arrives, suddenly everyone notices Yoko’s sushi. The teasing starts and her happy day evaporates.

 With an uncanny understanding of the pleasures and pains of an ordinary school day, Rosemary Wells has created a tender irresistible story, true to the heart of childhood.

**Publishers Weekly –** “Wells demonstrates a remarkable feel for children’s small but important difficulties…A perfect book for American-melting pot kindergartners.”

**School Library Journal –** “Wells has tucked a real treasure in this tasty morsel of a tale.”

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**Title:** How My Parents Learned to Eat

**By:** Ina R. Friedman

**Illustrated by:** Allen Say

**First Line:** “In our house, some days we eat with chopsticks and some days we eat with knives and forks.”

**Last Line:** “That’s why at our house some days we eat with chopsticks and some days we eat with knives and forks.”

**Vocabulary:** Yokohama, restaurant, Japan, cushions, bowing, sukiyaki, tofu, delicious, England, British Museum, foreign, blushed, utensils, sip, kimono

**Hyphenated Words:** chop-sticks

**School Library Journal:** “Friedman has created a delightful, original and very funny book that goes far beyond simple table manners. Say’s realistic yet slightly stylized illustrations are done in muted watercolors that catch the nuances of Japanese culture. The book is wonderfully thought-provoking in its portrayal of the subtle similarities and differences among cultures.”

****

**Title:** In the Night Kitchen

**By:** Maurice Sendak

**Caldecott Honor Book**

**First Line:** “Did you ever hear of Mickey, how he heard a racket in the night and shouted QUIET DOWN THERE!

**Last Line:** “And that’s why, thanks to Mickey we have cake every morning.”

**Vocabulary:** bakers, dawn, batter, delicious, steaming, poked, dough, kneaded, measuring, howling, fuss, pilot, grabbed, Milky Way, dived, batter

**Onomatopoeia:** Cock-a-Doodle-Doo, Thump, Dump/Clump/Lump, Bump

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**Title:** Strega Nona

**Written & Illustrated by:** Tomie dePaola

**A Caldecott Honor Book**

**First Line:** “In a town in Calabria, a long time ago, there lived an old lady everyone called Strega Nona, which meant “Grandma Witch.”

**Last Line:** “And he did – poor Big Anthony.”

**Vocabulary:** priest, convent, cure, hairpin, potions, warts, grazie, si, pasta, bubbled, boiled, steaming, simmer, town square, fetch, confess, cupboard, applause, compliments, protect, mattresses, barricade, sputter, halt, grazia

****

**Title:** Too Many Tamales

**Author:** Gary Soto

**Illustrator:** Ed Martinez

**First Line:** “Snow drifted through the streets and now that is was dusk, Christmas trees glittered in the windows.”

**Last Line:** “And when Maria put her hands back into the bowl of *masa*, the leftover tear was gone.”

**Vocabulary:** dusk, glittered, drifted, tamales, *masa,* kneaded, apron, lipstick, perfume, sparkled, corn husks, plopping, skidded, ripped, scolded, littered, chattered, interrupt, tugged, sobbed, confess, scraped, winked, nudged, nina

**Hyphenated Words:** grown-up, twenty-four, delicious-smelling, grown-ups

****

**Title:** Cloudy With a Chance of Meatballs

**Written by:** Judi Barrett

**Drawn by:** Ron Barrett

**First Line:** “We were all sitting around the big kitchen table.”

**Last Line:** “It’s funny, but even as we were sliding down the hill we thought we saw a giant pat of butter at the top, and we could almost smell mashed potatoes.”

**Vocabulary:** flipping, ceiling, uneventfully, incident, prediction, refrigerators, menu, varied, brief, frankfurters, drizzle, gradual, sanitation, delicious, Gorgonzola cheese, brussel sprouts, mayonnaise, portions, staler, downpour, accompanied, pulp, survival, necessities, rafts, coastal, temporary, refrigerators

**Hyphenated Words:** tall-tale, left-overs, sunny-side, fifteen-inch, sandwich-style

**Back Cover:** 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?

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**Title:** My Mom Loves Me More Than Sushi

**By:** Filomena Gomes

**Illustrated by:** Ashley Spires

**First Line:** “My mom loves me more than sushi.”

**Last Line:** “And I love my mom more than anything, too, because we learn about these fabulous foods from around the world – together!”

**Vocabulary:** squirt, squish, chopsticks, Japan, Korea, biscotti, dunk, Italy, houska bread, Czech Republic, mash, braid, bare, sculpture, nibble, canja, slurp, earlobes, Portugal, couscous, Morocco, rosewater, steaming, grains, tickle, megadarra, Egypt, lentils, scoop, yogurt, peppermint, smorgastarta, Sweden, mayonnaise, cucumber, crepes, France, jambalaya, garlic, USA, samosas, India, Pakistan, chutney

**Recurring Line (first line on each page):**

My mom loves me more than:

Sushi

Biscotti

Houska

Canja

Couscous

Megadarra

Smorgastarta

Crepes

Jambalaya

Samosas

**Back of Book**: In this utterly delicious book, a little girl and her mom learn about – and eat! – fabulous foods from around the world. Sushi, biscotti, houska, canja, couscous, megadarra, smorgastarta, crepes, jambalaya and samosas all star alongside a hilarious Siamese and a beagle who join in the family’s culinary adventure. Watch out for the dancing crayfish!

****

**Title:** Chato’s Kitchen

**Author:** Gary Soto

**Illustrator:** Susan Guevara

**First Line:** “Chato, a low-riding cat with six stripes, was slinking toward a sparrow when he heard the scrape of tiny feet coming from the yard next door.”

**Last Line:** “After all, it came from Chato’s kitchen.”

**Hyphenated Words:** low-riding, click-clicked, paw-nails

**Vocabulary:** slinking, sparrow, perked, rhythm, twinge, mambo, slats, spied, vibrated, shiver, orale, de versa, hombres, suppressed, barrio, error, spiraled, prarchute, muy simpatico, hijole, mil gracias, que no, frijoles (beans), guacamole (avocados), arroz (rice), barrio, sleek, las tortillas, salsa, tamarindo, fajitas, enchiladas, carne asada, chiles rellenos, flan, quesadillas, ratoncitos, fiesta, clung, limousine, cruised, picket fence, swooped, chorizo con, salud, forlornly

**Similes:** “They began to shiver like leaves in the wind.”

**Back Cover:** When Chato, the hippest cat in East L.A., invites a family of mice to dinner, he and his friend Novio Boy expect a wonderful meal of chiles rellenos, enchiladas and chorizo con mice. But when the mice arrive, they bring a surprise that changes the course of the whole meal.

**Publishers Weekly: “**Wickedly funny…Guevara’s cats are delicious send-ups of barrio characters, and Soto’s words glisten with wit. Salud to this magical pairing of talents.”

**Booklist:** “Kids will get a lot of fun out of the sweet reversal and the comic storytelling.”

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**Title:** Chicken Soup with Rice – A Book of Months

**By:** Maurice Sendak

**First Line:** “In January it’s so nice while slipping on the sliding ice to sip hot chicken soup with rice.”

**Last Line:** “I told you once I told you twice all seasons of the year are nice for eating chicken soup with rice!”

**Recurring Lines:**

“Sipping once sipping twice sipping chicken soup with rice.”

“Happy once happy twice happy chicken soup with rice.”

“Blowing once blowing twice blowing chicken soup with rice.”

“Oh my oh once oh my oh twice oh my oh chicken soup with rice.”

“Mix it once mix it twice mix that chicken soup with rice.”

“Sprinkle once sprinkle twice sprinkle chicken soup with rice.”

“Selling once selling twice selling chicken soup with rice.”

“Cooking once cooking twice cooking chicken soup with rice.”

“Paddle once paddle twice paddle chicken soup with rice.”

“Whoopy once whoopy twice whoopy chicken soup with rice.”

“Spouting once spouting twice spouting chicken soup with rice.”

“Merry once merry twice merry chicken soup with rice.”

**Voculary:** slipping, sliding, sipping, anniversary, laps, Spain, Bombay, concocting, charming, droop, pepped, gusty, gale, spout, baubled, bangled, draped

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**Title:** Thunder Cake

**By:** Patricia Polacco

**First Line:** “On sultry summer days at my grandma’s farm in Michigan, the air gets damp and heavy.”

**Last Line:** “From that time on, I never feared the voice of thunder again.”

**Vocabulary:** sultry, drift, crackling, shudder, panes, Babushka, Russia, horizon, steady, cooed, stammered, surveyed, strode, crowed, creased, penned, exclaimed, scurried, JAGGED, bellowed, ingredient, whispered, squinted, trellis, luscious, growled, rumbled, brave, beamed, cooed, glistening, wedge, samovar

**Hyphenated Words:** grease-stained, careful-like

**Onomatopoeia:** BAROOOOOOOOM, CRACKLE, CRACKLE BOOOOOOM KA-BOOOOOM, RRRRUMBLED, CRASHED, ROARED

**Back of Book:** “Making a Thunder Cake with Grandma could drive the fear of thunderstorms from anyone!”

**The Bulletin of the Center for Children’s Books:** “This will appeal mightily to any child who has quaked at the sounds of a thunderstorm.”

**Booklist (starred review):** “A resplendent story…Children who are in the process of conquering their own fears will certainly find hope and confirmation in the narrator’s success.”

**School Library Journal (starred review):** “Delightful…These pictures are a feast for the eyes, and *Thunder Cake* is a feast for the spirit.”

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**Title:** Tar Beach

**By:** Faith Ringgold

**A Caldecott Honor Book**

**Winner of the Coretta Scott King Award**

**Winner of the Parents’ Choice Gold Award**

**A New York Times Best Illustrated Book**

**First Line:** “I will always remember when the stars fell down around me and lifted me up above the George Washington Bridge.”

**Last Line:** “The next thing you know, you’re flying among the stars.”

**Vocabulary:** mattress, floodlights, skyscraper, possession, hoisting, cables, sparkling, union, steel girders, threatened

**Hyphenated Words:**  next-door, half-breed, 24-story-high

**Oakland Tribune:** “A book of joy and hope and beauty.”

**Atlanta Journal-Constitution:**  “Intense in color and feeling, this is an exultant tale of freedom and power.”

****

**Title:** Milk Butter and Cheese

**By:** Susan Martineau

**Designed and Illustrated by:** Helen James

**Words to remember (pages 30 & 31) and definitions:**

ageing, allergic, bacteria, calcium carbohydrates, chemicals, curds, dairy, fiber, low-fat milk, minerals, nutrients, organic, pasteurized, processed, rennet, saturated, skim milk, tanker, unsaturated, vitamins, whole milk

**Back of Book:**

What should we eat to stay healthy?

Are all drinks good for us?

Where does cheese come from?

How is bread made?

How do we make a balanced meal?

This series answers these questions and many more. It shows where our food comes from, how it is made, and suggests ideas for great meals and snacks. It explains what foods we need to make a healthy, balanced diet and shows how food is enjoyed in different ways around the world.

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**Title:** All Kinds of Drinks

**By:** Susan Martineau

**Designed and Illustrated by:** Helen James

**Words to remember (pages 30 & 31) and definitions:**

acid, caffeine, calcium, carbohydrates, colorings, dairy, dehydrate, fiber, flavorings, ingredients, minerals, nutrients, protein, reservoir, storage tank, sweeteners, vitamins, yeast

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**Title:** Sweets and Snacks

**By:** Susan Martineau

**Designed and Illustrated by:** Helen James

**Words to remember (pages 30 & 31) and definitions:**

acid, bacteria, calcium, carbohydrates, fiber, flavorings, ingredients, iron, lean, minerals, nutrients, processed, protein, salt, unsaturated, vitamins

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**Title:** Fruits and Vegetables

**By:** Susan Martineau

**Designed and Illustrated by:** Helen James

**Words to remember (pages 30 & 31) and definitions:**

B vitamins, calcium, carbohydrates, chemicals, citrus fruits, digestive system, environment, fiber, iron, minerals, nutrients, organic, protein, tofu, vines, vitamin A, vitamin C, vitamins

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**Title:** Good Enough To Eat – A Kid’s Guide to Food and Nutrition

**By:** Lizzie Rockwell

**Fast Facts:**

Nutrients are the parts of food that your body uses to do its work.

There are six different kinds of nutrients: (1) carbohydrates (2) protein (3) fat (4) water (5) vitamins (6) minerals.

**Carbohydrates** – supply main source of energy.

**Protein** – supplies energy and builds muscle, skin, and internal organs.

**Fat** – supplies energy and adds flavor to foods.

**Water** – is the main ingredient in your body. It cleans and cools you.

**Vitamins and Minerals** – make nutrients work together. Everything your body needs to do is helped by vitamins or minerals.

**Digestion** is the way food is broken down so that nutrients can be absorbed into your body.

When you digest food – **Mouth** – grinds food and mixes it with saliva. **Esophagus** – pushes food down to your stomach. **Stomach** – churns food and mixes it with acids. Turns food into a thick liquid. **Small Intestine** – absorbs nutrients through its spongy lining. Nutrients enter the bloodstream. **Large Intestine** – absorbs water and leads unused parts of food out of your body when you go to the toilet.

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**Title:** The Magic School Bus Inside the Human Body

**By:** Joanna Cole

**Illustrated by:** Bruce Degen

**First Line:** “It all began when Ms. Frizzle showed our class a filmstrip about the human body.”

**Last Line:** “At last, everything was quiet in Ms. Frizzle’s class – everything, of course, except her dress!”

**Vocabulary:** exhibit, energy, museum, taste buds, digestion, ignition key, esophagus, muscles, small intestine, molecules, cells, villi, blood vessels, oxygen, plasma, platelets, chambers, carbon dioxide, circulate, cerebral cortex, cerebellum, brain stem, spinal cord, nerve ending, contract, nasal cavity, kidneys, windpipe, liver, gall bladder, large intestine, stomach, heart,

**The New York Times:** “The freshest, most amusing approach to science for children.”

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**Title:** The Food Pyramid

**By:** Christine Taylor-Butler

**Vocabulary:** anemia, calcium, calorie, carbohydrate, cholesterol, diabetes, fiber, hormone, insulin, protein

**On the back cover:** The Food Pyramid – Why is the yellow stripe the thinnest? The yellow stripe is thin because the food pyramid suggests that people should go easy on the amount of oil they eat.

Inside, you’ll find:

\*The lowdown on orange foods

\*Diagrams, a time line, photos- and food guides from other parts of the world

\*Surprising, TRUE facts that will shock and amaze you

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**Title:** The Digestive System

**By:** Christine Taylor-Butler

**Table of Contents:**

It’s a Gas! – What makes you belch?

Your Food Processor – Why is chewing so important?

 The Big Truth! – Food’s Long Journey – What happens to a sandwich after you eat it?

Digestive Disorder – What makes your stomach ache?

Call the Experts – How do doctors examine your digestive system?

Fit for Life – What kind of exercise is good after a meal?

**Important Words:** antacid, antibiotic, bacteria, constipated, diarrhea, esophagus, feces, gastric, microbe, mucus, rectum, starch

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**Title:** The Shape of Good Nutrition – The Food Pyramid

Crabtree Publishing Company

**Table of Contents:**

Know Your Nutrients, The Food Pyramid: Building a Healthy Meal, Use Your Brain, Eat Whole Grain, The Value of Vegetables, Oils Can Spoil, Fruits Make You Feel Fantastic, What’s So Cool about Calcium?, Protein Power, How Much Is Enough?, Healthy Choices for a Healthy Life, Great Goals, Spread the Word: Be a Health Advocate, Simon Sums Up the Summer

**Glossary:** arteries, calories, cartilage, cholesterol, diabetes, digest, falafel, fiber, gender, high blood pressure, hummus, hydrogenated, infections, nutrients, nutrition, nutritious, refined, tissue, valid

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**Title:** The Digestive System

**By:** Kristin Petrie MS, RD

**Table of Contents:** Food is Energy, Your Hungry Brain, The Mouth, The Throat and the Epiglottis, The Esophagus, The Stomach, The Small Intestine, Food in My Blood?, The Large Intestine, Your Lunch’s Journey, Burps and Farts! Ouch!

**Glossary:** abdomen, automatic, constipation, diameter, elastic, enzyme, fecal, gastric, hormone, indigestion, ingest, nutrient, organ, sphincter

**Saying It:** amylase, carbohydrate, cecum, chime, duodenum, epiglottis, esophagus, ileum, jejunum, lipase, peristalsis, pharynx, sphincter

**Back Cover: Burp…Gurgle…Achoo!** Some funny sounds come out of our bodies. **Blink…Twitch…Rumble…**They make some strange movements, too! **Pop…Wheeze…Creak…**What’s going on in there? The Human Body series explains some of these mysterious noises and actions. In this series, readers will learn how the body works, what it needs to keep going, and ways to keep it healthy. What happens to the food we eat and the air we breathe? What changes will take place as our bodies grow? These questions and many more are answered in easy-to-read, engaging text. Simple diagrams and full-color photos make the body’s noises and movements much more friendly!

* Onomatopoeia

Y. Voss 2013