Books about Food

food smart kids!
NINA AYD JOHANSON

Birth To Preschool (and up)

- Pancakes, Pancakes by Eric Carle
- The Very Hungry Caterpillar by Eric Carle
- The Very Hungry Caterpillar Eats Series
- Can You Guess? Food with The Very Hungry Caterpillar
- Today is Monday by Eric Carle
- Eating the Alphabet by Lois Ehlert
- Jamberry by Bruce Degen
- I Eat Fruit! (and other books in the Things I Eat Series) by Hannah Tofts
- Baby Goes to Market by Atinuke
- Good Enough to Eat by Lizzy Rockwell
- The Little Red Hen (Makes a Pizza) by Philomen Sturges
- Pizza Day by Melissa Iwai
- Panda Loves series by Liz Lynch
- Yoko by Rosemary Wells
- Food Truck Fest by Alexandra Penfold
- Yum Yum Dim Sum (and other books in the World Snacks series) by Amy Wilson Sanger
- Little Pea by Amy Krouse Rosenthal
- The Carrot Seed by Ruth Krauss
- You Are Not An Otter by Melanie Potock
- Bee-bim Bop! by Linda Sue Park
- Pretend Soup and Other Real Recipes by Mollie Katzen
- An Egg is Quiet and A Seed is Sleepy by Dianna Hutts Aston
- How My Parents Learned to Eat by Ina Friedman
- Pete's A Pizza by William Steig
- Stir Crack Whisk Bake: An Interactive Board Book about Baking for Toddlers and Kids by Maddie Frost
- Blueberries for Sal by Robert McCloskey
- Feast for 10 by Cathryn Falwell
- Pop Pop and Me and a Recipe by Irene Smalls

School-Age

- Who Eats What? by Patricia Lauber
- Lift and Flap Questions and Answers about Food by Katie Daynes
- Auntie Yang's Great Soybean Picnic by Ginnie Lo
- The Cow Who Didn't Eat Grass by Nye Fareed
- Stone Soup by Marcia Brown
- In the Night Kitchen by Maurice Sendak
- Everybody Bakes Bread by Norah Dooley
- Where Does Food Come From? by Gary Goss
- What's On Your Plate? Exploring the World of Food by Whitney Stewart
- Rutabaga: The Adventure Chef by Eric Colossal
- How to Make an Apple Pie and See the World by Marjorie Priceman
- How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth
- I Will Not Ever Never Eat a Tomato by Lauren Child
- The Tortilla Factory by Gary Paulsen
- Let's Eat: What Children Eat Around the World by Beatrice Hollyer

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Recipe and Activity Books

- ChopChop Family Eatable Alphabet Board Book - First ABCs Cookbook for Toddlers & Kids; Easy & Healthy Recipes for Young Children & Families to Cook Together, From A to Z! by Sally Sampson & Cottage Door Press
- Look and Cook Snacks: A First Book of Recipes in Pictures by Valorie Fisher
- ChopChop I Made This! Snacks Board Book - First Cookbook for Toddlers; Healthy, Easy Snacks for Young Children Learning About Cooking and Healthy Habits and other Chop Chop Series books by Sally Sampson
- Panda Loves PIckles: Let's Eat by Liz Lynch and Katie Blauser
- Eat The Rainbow Foods: Exploring Colors on your Plate, A Kid's Guide to Healthy Eating, includes Fun Kids Friendly Recipes by Sara Kale
- Kids Smoothie Recipe Book: A-Z Guide to Healthy, Yummy, Nutritious Blends They'll Love Making in Just 5 Minutes by Chu Soomin
- Little Helpers Toddler Cookbook: Healthy, Kid-Friendly Recipes to Cook Together by Heather Wish Staller
- Little Helpers Toddler Baking Cookbook: Sweet and Savory Recipes to Make, Bake, and Share by Barbara Lamperti
- My First Book of Growing Food: Create Nature Lovers with this Earth-Friendly Book for Babies and Toddlers by Asa Gilland
- Super Food Power coloring book with recipes: Fun activities to help kids learn about rainbow foods and nutrition by Maya Green
- Build Your Own Breakfast Sticker Activity Book by Susan Shaw-Russell
- Food Anatomy Activities for Kids: Fun, Hands-On Learning by Amber K. Stott
- Food Anatomy: The Curious Parts & Pieces of Our Edible World by Julia Rothman
- Food, fruits, Vegetables, snacks, drinks & sweets: Coloring Book for Kids and Adults by Roly Studio
- Snacks, Treats and Food Coloring Books for Kids and Adults by Callie and Lilly
- Food and Drink Dot Marker Coloring Book for Kids Ages 1-5 by Polymath Panda

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