



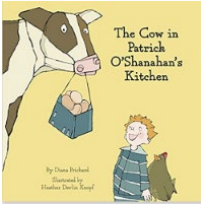
Sprouts

Growing Healthy Habits



Recommended Books

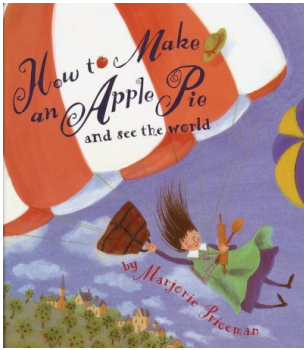
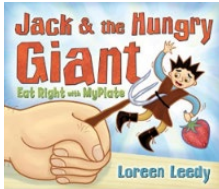
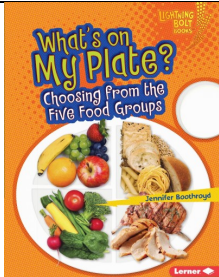
This is a list of all the books that can be used as part of the Sprouts curriculum, divided by lesson topic. Books currently included in each lesson (along with discussion questions) are marked with an ***asterisk**, but may be substituted based on your needs. For each book, we provide a description along with an estimated cost (based on Amazon search). These books may also be available at your local library.

Lesson	Book cover	Book Title	Author	Year	Description	Est. Cost
Farm to Table		*Max Goes To The Farmer's Market	Adria F. Klein	2009	Max and his mom go to the local farmer's market to buy some food. There are fresh fruits and vegetables everywhere! How will they decide what to buy? They look over various options and try to make the best decision.	\$17.60
Farm to Table		The Cow In Patrick O'Shanahan's Kitchen	Diana Prichard	2013	A boy with a very unusual guest for breakfast, a milking cow, learns all about where the food for his next meal just might come from. With a cow being the one to explain all of this, you can imagine that it may be pretty entertaining and humorous!	\$14.47

<p>Farm to Table</p>		<p>To Market, To Market</p>	<p>Nikki McClure</p>	<p>2011</p>	<p>This book includes not only a story about going to the farmer's market, but also many facts to help the readers learn about where food comes from. A boy and his mother go to the farmer's market to get some groceries. While they are there, they learn about how each food they get was grown or produced.</p>	<p>\$2.48</p>
<p>Farm to Table</p>		<p>Before We Eat: from farm to table</p>	<p>Pat Brisson</p>	<p>2014</p>	<p>Milk doesn't just appear in your refrigerator, or apples on your kitchen counter. Before we eat, many people must work very hard planting grain, catching fish, tending animals, and filling crates.</p>	<p>\$16.95</p>
<p>Farm to Table</p>		<p>Curious George Farm to Table</p>	<p>H.A. Rey</p>	<p>2016</p>	<p>George's friend Marco wants to make his famous tortillas for his abuela's birthday, and George is happy to help! But when George knocks over the bag of masa and the grocery store is all out, George and Marco are worried the birthday surprise will be ruined. Luckily, Uncle Enrique is there to take them on a new adventure to find out where masa comes from, how it's made, and how it gets from the farm to Marco's table.</p>	<p>\$3.99</p>

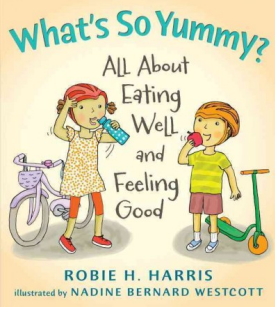
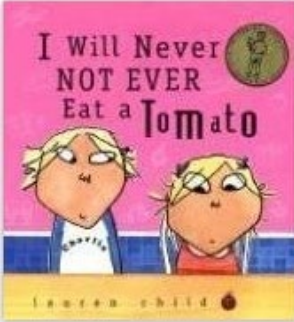
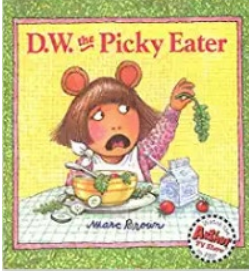
<p>Farm to Table</p>		<p>Summer Supper</p>	<p>Rubin Pfeffer</p>	<p>2018</p>	<p>From sowing seeds in spring to savoring succotash, follow the creation of a family meal from the farm to the picnic table on a warm summer evening. Told entirely in words beginning with the letter "s," this book will give children an appreciation for the process by which their food travels to the dinner table.</p>	<p>\$17.99</p>
<p>Farm to Table</p>		<p>Grow! Raise! Catch!</p>	<p>Shelley Rotner</p>	<p>2017</p>	<p>Who grows our juicy fruits and yummy vegetables? Who raises animals for our tasty eggs, milk and meat? Who catches fresh fish for our table? Farmers and fishermen show off their bounty in this lively look at the people who produce the food on which we all rely. In a book filled with bright and enticing photographs and an accessible text, Shelley Rotner's latest book offers a breakdown of the farm-to-table process that is perfect for preschoolers and kindergarten students. A glossary is included.</p>	<p>\$7.99</p>
<p>Farm to Table</p>		<p>How Food Gets From Farms to Store Shelves</p>	<p>Erika Shores</p>	<p>2016</p>	<p>How did the bananas on your breakfast cereal get to your local grocery store? Easy-to-understand text explains how food gets from farms to stores and describes the role of the community workers who make it all possible.</p>	<p>\$5.51</p>

<p>Farm to Table</p>		<p>Where Does Our Food Come From?</p>	<p>Debra Stilwell</p>	<p>2012</p>	<p>Most of the time we buy food from stores, but stores get the food from somewhere too. With the help of easy-to-follow text and detailed diagrams, readers will visit farms and follow food on its journey to farmers markets, factories, and stores. Readers learn how fresh foods are sold in markets and are also used to make the processed foods we buy in stores. Vibrant photographs make this book a visual feast.</p>	<p>\$8.15</p>
<p>Farm to Table</p>		<p>Growing Vegetable Soup</p>	<p>Lois Ehlert</p>	<p>1987</p>	<p>Dad says we are going to grow vegetable soup." So begins Lois Ehlert's bright, bold picture book about vegetable gardening for the very young. The necessary tools are pictured and labeled, as are the seeds (green bean, pea, corn, zucchini squash, and carrot). Then the real gardening happens . . . planting, weeding, harvesting, washing, chopping, and cooking! In the end? "It was the best soup ever." Ehlert's simple, colorful cut-paper-style illustrations are child-friendly, as is the big black type. A recipe for vegetable soup tops it all off!</p>	<p>\$6.39</p>
<p>Farm to Table</p>		<p>Tyler Makes Pancakes!</p>	<p>Tyler Florence</p>	<p>2012</p>	<p>Do you think pancakes come from a box? Not really! So let Food Network star Tyler Florence and Craig Frazier take you on an adventure from farm to mouth. You'll learn how we get the best ingredients and discover that the most important one of all comes from the heart.</p>	<p>\$9.34</p>

<p>Farm to Table</p>		<p>How to Make an Apple Pie and See the World</p>	<p>Majorie Priceman</p>	<p>1994</p>	<p>An apple pie is easy to make...if the market is open. But if the market is closed, the world becomes your grocery store. This deliciously silly recipe for apple pie takes readers around the globe to gather ingredients. First hop a steamboat to Italy for the finest semolina wheat. Then hitch a ride to England and hijack a cow for the freshest possible milk. And, oh yes! Don't forget to go apple picking in Vermont! A simple recipe for apple pie is included.</p>	<p>\$6.39</p>
<p>Food Groups & Shopping</p>		<p>*Jack & The Hungry Giant: Eat Right With MyPlate</p>	<p>Loreen Leedy</p>	<p>2013</p>	<p>A take-off on the children's story "Jack and the Beanstalk." This story follows Jack up the beanstalk, but lucky for him the giant isn't interested in devouring him, rather he wants to make Jack a nice meal and teach him all about nutrition and the differnt foods that should be on his plate at every meal.</p>	<p>\$7.99</p>
<p>Food Groups & Shopping</p>		<p>What's on My Plate?</p>	<p>Jennifer Boothroyd</p>	<p>2016</p>	<p>Eating a balanced diet is important. Healthy foods give you energy to learn and play. Do you know what the five food groups are? Or how much food from each group you need to stay healthy? Read this book to find out!</p>	<p>\$8.54</p>

<p>Food Groups & Shopping</p>		<p>Healthy Eating with MyPlate Vegetables</p>	<p>Nancy Dickmann</p>	<p>2012</p>	<p>Make a place for vegetables in your diet. From leafy greens to roots, vegetables provide a variety of nutrition in all forms. Read this book to learn about how to eat well and use MyPlate.</p>	<p>\$6.29</p>
<p>Food Groups & Shopping</p>		<p>Why Can't I Have Cake for Dinner?</p>	<p>Sid the Science Kid</p>	<p>2010</p>	<p>Have you ever wondered what would happen if you ate cake all the time? Why do you need to eat a lot of different kinds of food? Read and find out all about nutrition with Sid the Science Kid!</p>	
<p>Family Mealtimes & Cooking</p>		<p>*Cook-A-Doodle-Do!</p>	<p>Janel Stevens & Susan Stevens Crummel</p>	<p>2005</p>	<p>Big Brown Rooster bakes a strawberry shortcake with the help of his barnyard friends. A fun and laughter filled story about working together.</p>	<p>\$6.39</p>
<p>Family Mealtimes & Cooking</p>		<p>Feast For 10</p>	<p>Cathryn Falwell</p>	<p>2008</p>	<p>Go along with an African-American family as they go grocery shopping, prepare dinner, and sit down to eat together all while learning to count to ten!</p>	<p>\$4.95</p>

<p>Family Mealtimes & Cooking</p>		<p>Fandango Stew</p>	<p>David Davis</p>	<p>2011</p>	<p>No money? No problem! In this sunny, funny western-style take on the famous folktale "Stone Soup," two penniless but wily <i>vaqueros</i> (cowboys) trick a whole town into cooking a giant pot of stew for everyone to share.</p>	<p>\$6.95</p>
<p>Family Mealtimes & Cooking</p>		<p>Growing Up with Tamales</p>	<p>Gwendolyn Zepeda</p>	<p>2008</p>	<p>My name is Ana. Every year, my family makes tamales for Christmas. This year, I am six, so I get to mix the dough, which is made of cornmeal. My sister Lidia is eight, so she gets to spread the dough on the corn husk leaves. I wish I was eight, so that my hands would be big enough to spread the dough just right--not too thick and not too thin.</p>	<p>\$13.27</p>
<p>Family Mealtimes & Cooking</p>		<p>My Food, Your Food</p>	<p>Lisa Bullard</p>	<p>2015</p>	<p>It's food week in Manuel's class. Each student tells about something special his or her family eats. Manuel learns that families have different food traditions. Some eat noodles with chopsticks. Others use a fork. Some families eat flat bread. Others eat puffy bread. What kind of food will Manuel share with his class? Join him to find out how deliciously different and alike food can be.</p>	<p>\$6.99</p>

<p>Family Mealtimes & Cooking</p>		<p>What's So Yummy? All About Eating Well and Feeling Good</p>	<p>Robie Harris</p>	<p>2014</p>	<p>Gus, Nellie, and baby Jake can't wait to go on a picnic! In the morning the family heads to their community garden, then to the farmer's market and the grocery store to gather vegetables, fruit, meat, and other fresh and delicious foods. Readers follow them through the day as they go home to prepare, cook, and pack up the goodies, then cap their day by eating a yummy meal in the park and flying a kite together. Funny, accessible, family-filled illustrations; conversations between Gus and Nellie;</p>	<p>\$12.79</p>
<p>Eat a Rainbow</p>		<p>*I Will Never Not Eat A Tomato</p>	<p>Lauren Child</p>	<p>2003</p>	<p>Lola is a fussy eater. A VERY fussy eater. She won't eat her carrots (until big brother Charlie reveals that they are really orange twiglets from Jupiter). She won't eat her mashed potatoes (until Charlie explains they are cloud fluff from the pointiest peak of Mount Fuji). There are many, many things Lola absolutely will not eat, including—and especially—tomatoes. Or will she?</p>	<p>\$7.19</p>
<p>Eat a Rainbow</p>		<p>D.W. The Picky Eater</p>	<p>Marc Brown</p>	<p>1997</p>	<p>D.W. is a very picky eater and doesn't seem to like anything. Will she be able to improve her table manners and picky eating habits in time for her Grandma Thora's birthday party at a fancy restaurant?</p>	<p>\$5.59</p>

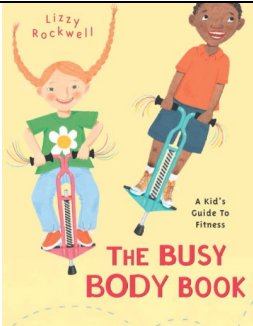
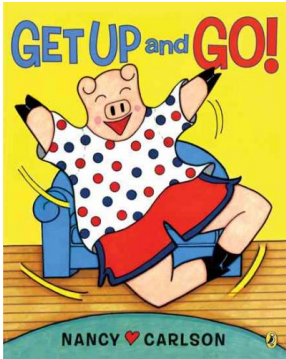
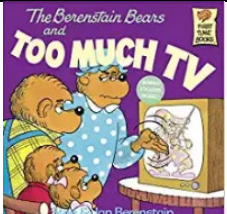
<p>Eat a Rainbow</p>		<p>Mmm...Let's Eat</p>	<p>Libby Koponen</p>	<p>2013</p>	<p>Here's a book that helps younger kids make a connection between great food and the colors they see in their everyday lives. Red trucks and toys at playtime? How about strawberries and squirty cherry tomatoes for a snack? An orange sunset leads into sweet potatoes for dinner and a tangy mango for dessert. With gatefolds that provide a guessing-game mode, it's a fun gateway to better eating. Offering a non-didactic way to open a conversation about good nutrition with a young child - with art that looks good enough to eat! -the book also includes a note by a leading nutritionist about helping kids choose and enjoy great, fresh foods. Mm-mm, good reading and good eating!</p>	<p>\$5.00</p>
<p>Eat a Rainbow</p>		<p>Sylvia's Spinach</p>	<p>Katherine Pryor</p>	<p>2012</p>	<p>Sylvia Spivens always says no to spinach. But one day Sylvia's teacher gives her a packet of spinach seeds to plant for the school garden. Overcoming her initial reluctance and giving the seeds a little love and patience, Sylvia discovers the joy of growing food and the pleasure of tasting something new.</p>	<p>\$8.95</p>
<p>Eat a Rainbow</p>		<p>Rah, Rah, Radishes!</p>	<p>April Sayre</p>	<p>2011</p>	<p>Know anyone who doesn't like veggies? Here is a book that's sure to change their hungry minds! With raucous, rhyming text, Rah, Rah, Radishes! celebrates fresh vegetables, nature's bright colors, and the joy of healthy eating. The book's interactive spirit encourages kids to join in on the read-aloud fun, and little ones won't be able to resist the book's vibrant photographs!</p>	<p>\$6.39</p>

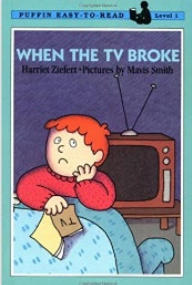
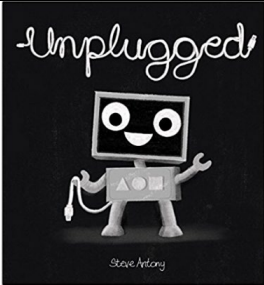
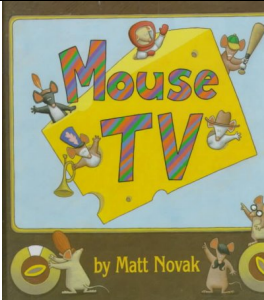
Snacks		*No Ordinary Apple: A Story About Eating Mindfully	Sara Marlowe	2013	On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all	\$16.70
Snacks		Blue's Snack Party: A Lift-The-Flap Story	Kevin Cardinali	2000	Blue, Steve, and all their friends are making treats for a special snack party, and there is a lot to do! Preschoolers can help count ingredients, follow recipes, and play a delicious round of Blue's Clues.	\$1.98
Snacks		The Berenstain Bears And Too Much Junk Food	Stan Berenstain	1985	When Papa Bear and Brother and Sister Bear all begin to get a little chubby from eating too much junk food, Mama bear decides to do something about it. The Bear family learns about how the body works find that some changes in their lifestyle definitely need to be made so they can live a happy and healthy life!	\$3.99

<p>Snacks</p>		<p>Go, Go Grapes</p>	<p>Emily K. Green</p>	<p>2007</p>	<p>Get ready to go bananas at the market, where the aisles are filled with eye-popping displays of delicious and nutritious fruits. Ripe with a raucous rhyming text and bushels of eye-popping farmer's market photos, this picture book celebrates the joys of healthy eating. Children will be chanting along in no time—and trying to snatch fruity snacks right off the pages!</p>	<p>\$6.39</p>
<p>Beverages</p>		<p>*The Sugar Story</p>	<p>Emelie Kamp</p>	<p>2016</p>	<p>An easy-to-understand story about the purpose of sugar in nature and why too much sugar is bad for your body. The Sugar Story is a colorful and flavorful adventure that helps children understand what sugar is and learn about sugar's job in nature. Sugar loves telling about his good friends; the fruits and vegetables of every color. His sweet flavor tells us about all the good superpowers that these fruits and vegetables have. Superpowers that help keep us healthy, happy, and strong. But what happens when sugar is taken out of fruits and vegetables and all by himself turned into candies and sweets?</p>	<p>\$8.99</p>

<p>Beverages</p>		<p>A Cool Drink of Water</p>	<p>Barbara Kerley</p>	<p>2002</p>	<p>An Italian boy sips from a fountain in the town square. A hiker takes a refreshing drink from a mountain stream. Black-robed women in India stride gracefully through a field with brass water jugs balanced on their heads. Whether they squeeze it out of a burlap bag, haul it home from a communal tap, or get it out of their kitchen faucet, people all around the world are unified by their common need for water. Barbara Kerley brings home this point simply and eloquently in this beautiful and educational picture book that combines striking National Geographic photographs with a poetic text to show how people in various cultures use and conserve the world's most vital resource.</p>	<p>\$7.82</p>
<p>Energy Balance</p>		<p>*The Gulps</p>	<p>Rosemary Wells</p>	<p>2007</p>	<p>When a family of bunnies decide to go on vacation, they realize that when they have their car all packed up to go that it weighs too much to move! Part of the reason is because they packed so much stuff, but the main reason is because they are all overweight. They learn how important eating healthy and being physically active is to their overall health. Will they be able to go on vacation after all?</p>	<p>\$5.79</p>

<p>Energy Balance</p>		<p>I.Q. Gets Fit</p>	<p>Mary Ann Fraser</p>	<p>2007</p>	<p>It's health month and those who pass the fitness test get a gold ribbon! I.Q. wants to win a ribbon but doesn't think he has a chance because he doesn't eat the right foods and isn't physically active. Will I.Q. put in enough hard work to reach his goal?</p>	<p>\$1.38</p>
<p>Energy Balance</p>		<p>From Head to Toe</p>	<p>Eric Carle</p>	<p>1997</p>	<p>Giraffes can bend their necks, monkeys can wave their hands, and donkeys can kick their legs. And so can you! Throughout this interactive board book, the animals of <i>From Head to Toe</i> invite young readers to copy their antics as they play.</p>	<p>\$5.69</p>
<p>Energy Balance</p>		<p>See How We Move!</p>	<p>Scott Ritchie</p>	<p>2018</p>	<p>Pedro, Yulee, Nick, Sally and Martin are excited! Tomorrow their swim team, the Flying Sharks, will be competing in the school meet. They've been working hard to train their bodies and minds in order to swim their best. Readers follow along as the team has one last practice with their coach at the neighborhood pool. Then it's off to the races on the big day! Along the way, the friends discover the benefits of physical fitness and learn about many important aspects of active, healthy living,</p>	<p>\$13.59</p>

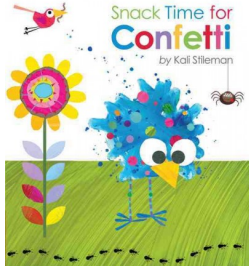
<p>Energy Balance</p>		<p>The Busy Body Book</p>	<p>Lizzy Rockwell</p>	<p>2004</p>	<p>Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that’s the ultimate goal.</p>	<p>\$7.92</p>
<p>Energy Balance</p>		<p>Get up and Go!</p>	<p>Nancy Carlson</p>	<p>2006</p>	<p>We all come in different shapes and sizes, and it doesn’t matter if you are tall, short, skinny, or round. Your body is your own, and you need to take care of it. Whether it’s a New Year’s resolution or simply time for a change, this book is the perfect catalyst to get readers moving. Vibrant, fun-filled illustrations and an encouraging text explain the many great reasons to exercise, from making new friends to going new places, or just because it’s good for your body.</p>	<p>\$5.93</p>
<p>Healthy Screen Time</p>		<p>*The Berenstain Bears And Too Much TV</p>	<p>Stan Berenstain</p>	<p>1984</p>	<p>Mama Bear bans the entire family from the TV for an entire week because she thinks they watch way too much! Soon, the Bear family realizes there are so many other fun things to do besides sit in front of the TV all day long.</p>	<p>\$3.99</p>

<p>Healthy Screen Time</p>		<p>When the TV Broke</p>	<p>Harriet Ziefert</p>	<p>1989</p>	<p>When the television breaks, Jeffrey is forced to find fun and imaginative ways to entertain himself.</p>	<p>\$2.97</p>
<p>Healthy Screen Time</p>		<p>Unplugged</p>	<p>Steve Antony</p>	<p>2018</p>	<p>Meet Blip. Blip loves being plugged into her computer. When a blackout occurs, Blip trips over her wire and tumbles outside. Suddenly, Blip's gray world is filled with color and excitement. She plays with her new friends and has adventures all day long. When Blip finally returns home, she realizes that the world can be even brighter once you unplug.</p>	<p>\$7.59</p>
<p>Healthy Screen Time</p>		<p>Mouse TV</p>	<p>Matt Novak</p>	<p>1994</p>	<p>In this updated version of the popular turn off TV book, the mouse family is up at night, glued to the TV. But there is many a squeaky squabble because all ten mice favor different channels. History, mystery, how-to, where-to, comedy, drama, sports ... This viewer-friendly romp shows how, one night, they all get happy with new favorites they'd hardly imagined.</p>	<p>\$10.95</p>

<p>Healthy Sleep Habits</p>		<p>*The Berenstain Bears Say Goodnight</p>	<p>Stan Berenstain</p>	<p>1996</p>	<p>"Comforting bedtime rituals of the Bear family in lulling rhyme prepare young children for bedtime."</p>	<p>\$1.76</p>
<p>Healthy Sleep Habits</p>		<p>The Prince Won't Go To Bed</p>	<p>Dayle Ann Dodds</p>	<p>2007</p>	<p>The teeny-tiny itty-bitty prince just won't go to bed. He could be pampered with the fluffies pillows and softest beds, but he still won't go to bed. Maybe his sister, Princess Kate, can figure our how to get the prince to bed.</p>	<p>\$19.99</p>
<p>Healthy Sleep Habits</p>		<p>Bedtime for Peppa</p>	<p>Scholastic</p>	<p>2015</p>	<p>It is bedtime for Peppa and George, but the little piggies are not sleepy! They must take their bath, brush their teeth, and listen to a story before they can have sweet dreams.</p>	<p>\$3.19</p>
<p>Healthy Sleep Habits</p>		<p>If Your Monster Won't Go To Bed</p>	<p>Denise Vega</p>	<p>2017</p>	<p>If you have a monster that won't go to bed, don't bother asking your parents to help. They know a lot about putting kids to bed, but nothing about putting monsters to bed. It's not their fault; they're just not good at it.</p>	<p>\$12.59</p>

<p>Healthy Sleep Habits</p>		<p>Pete the Cat and the Bedtime Blues</p>	<p>James Dean</p>	<p>2015</p>	<p>Pete the Cat and his friends are having so much fun playing and surfing in the sun, they don't want the day to end. Pete has an idea—how about a sleepover? Groovy! As the night gets later, it's time for bed. This cool cat needs to catch some ZZZs, but Pete's friends aren't ready to go to sleep just yet. Then Pete has another idea...but will it work?</p>	<p>\$11.98</p>
<p>Healthy Sleep Habits</p>		<p>Good Night, Sleep Tight</p>	<p>Judy Horacek</p>	<p>2012</p>	<p>In this sweet story that's just perfect for bedtime reading, Bonnie and Ben's favorite babysitter tells them nursery rhymes at bedtime—including "It's raining! It's pouring! The old man is snoring"; "This little piggy went to market"; and more. Bonnie and Ben enjoy the stories so much that they don't want to go to sleep; they want to hear each one again! Instead the babysitter tells them new nursery rhymes until, finally, all three of them fall fast sleep.</p>	<p>\$15.25</p>
<p>Healthy Sleep Habits</p>		<p>I Just Want to Say Goodnight</p>	<p>Rachel Isadora</p>	<p>2017</p>	<p>The sun has set and the moon is rising, and that means it's bedtime. But not if Lala has a say—because she's not ready to go to sleep! First she needs to say good night to the cat. And the goat. And the chickens. And, and, and . . . Lala's adorable stalling strategy will ring true for all parents whose little ones aren't ready to say goodbye to the day—and all will appreciate the wonderful culmination to the bedtime ritual.</p>	<p>\$9.95</p>

<p>Healthy Sleep Habits</p>		<p>Night Knight</p>	<p>Owen Davey</p>	<p>2011</p>	<p>Come on a bedtime adventure with one little knight as he rides through forests to reach his bedroom, battles crocodiles to brush his teeth and climbs the tallest tower to get into bed. This exciting and imaginative bedtime tale is told through Owen Davey's charming and witty words and illustrations — making this a perfect k-nightly read for every young adventurer.</p>	<p>\$13.71</p>
<p>Healthy Sleep Habits</p>		<p>Good Night, Baby Animals: You've Had a Busy Day</p>	<p>Karen B. Winnick</p>	<p>2017</p>	<p>Whether they're dashing, splashing, munching, or crunching, baby animals are ever-exploring! At home in their natural habitats, baby animals learn about the world that surrounds them. When the fun is done, it's time for baby animals to go to sleep. After all, every baby animal has to rest.</p>	<p>\$11.98</p>
<p>General</p>		<p>Good Enough to Eat</p>	<p>Lizzy Rockwell</p>	<p>2009</p>	<p><i>Good Enough to Eat</i> is one of a kind: the only guide to kids' nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies. In this book, you will learn: <i>all about the nutrient groups—carbohydrates, protein, fat, water, vitamins, and minerals, each nutrient's function, which foods contain which nutrients, how much of each nutrient a kid needs each day, how the body digests food, all about calories.</i></p>	<p>\$5.59</p>

General		Snack Time for Confetti	Kali Stileman	2012	<p><i>Confetti is a tiny polka-dotted bird who is very hungry. She asks her animal friends what they suggest she should eat. But it all sounds too yucky! This is the story of Confetti and her search for something yummy. Find Confetti's favorite snack time treats throughout this colorful and playful picture book!</i></p>	\$12.95