

## Gardening and Nutrition Children's Books

### Resource Sheet



The following is a list of garden and nutrition related children's books available for checkout at the DUG office. This list is not exhaustive, but rather the books we have found fun and useful. \*Books in Story Time in the Garden Kits.

- **Body Needs: Carbohydrates**, Hazel King, 2003. (Grades 4-8).
- **Body Needs: Fats**, Jillian Powell, 2003. (Grades 4-8).
- **Body Needs: Proteins**, Angela Royston, 2003. (Grades 4-8).
- **Body Needs: Vitamins and Minerals**, Angela Royston, 2003. (Grades 4-8).
- **Cloudy With a Chance of Meatballs**, Judi Barrett, 1978. (Grades K-3).
- **Compost Happens**, Mike Peters, 2000. (Grades K-12).
- **Cutting Thru the Nutritional Jungle**, Cathy Schmelter, R.D., 2006. (Grades K-8).
- **Experiment with Plants**, Salvatore Tocci, 2001. (Grades 4-7).
- **Food: Its Evolution Through the Ages**, Piero Ventura, 1994. (Grades K-3).
- **The Gardener**, Sarah Stewart, 2004. (Grades K-3). \*
- **A Gardener's Alphabet**, Mary Azarian, 2000. (Preschool and Kindergarten). \*
- **Good Enough to Eat**, Lizzy Rockwell, 1999. (Grades K-3).
- **Growing Vegetable Soup**, Lois Ehlert, 1987. (Preschool). \*
- **A Harvest of Color**, Melanie Eclare, 2002. (Grades K-3).
- **Holly Bloom's Garden**, Sarah Ashman and Nancy Parent, 2008. (Grades K-3). \*
- **In the Garden with Dr. Carver**, Susan Grigsby, 2010. (Grades 2-4).
- **Jody's Beans**, Malachy Doyle, 1999. (Preschool and Kindergarten).
- **The Monster Health Book**, Edward Miller, 2006. (Grades 4-8).
- **My Food Pyramid**, Alisha Niehaus, 2007. (Grades 3-6).
- **Nibbles: A Green Tale**, Charlotte Middleton, 2009. (Grades K-3).
- **Pass the Colors Please**, Helene Harris and Patrick W, 2011. (Grades K-3).
- **Planting a Rainbow**, Lois Ehlert, 1988. (Preschool). \*
- **Play With Your Food**, Joost Effers and Saxton Freyman, 2002. (Grades K-6).
- **Pumpkin Circle: The Story of a Garden**, George Levenson, 1999. (Preschool). \*
- **Rabbit and Squirrel**, Kara LaReau and Scott Magoon, 2008. (Grades K-3). \*
- **Rookie: Grains**, Carol Alexander, 2005. (Grades K-3).
- **Rookie: Fruits and Vegetables**, Susan DerKazarian, 2005. (Grades K-3).
- **Rookie: Dairy**, Susan DerKazarian, 2005. (Grades K-3).
- **Rookie: Proteins**, Justine and Ron Fontes, 2005. (Grades K-3).
- **Rookie: Fats, Oils and Sweets**, Carol Parenzan Smalley, 2005. (Grades K-3).
- **There's A Hair In My Dirt!**, Gary Larson, 1998. (Grades K-3).
- **The Vegetables We Eat**, Gail Gibbons, 2007. (Grades K-3). \*
- **Vegetal Como Eres**, Saxton Freymann and Joost Effers, 1999. (Preschool).
- **Water, Weed and Wait**, Edith Hope Fine and Angela Demos Halpin, 2010. (Grades K-3).
- **Wormology**, Michael Elsohn Ross, 1996. (Grades K-6).

**A RESOURCE OF DENVER URBAN GARDENS  
303.292.9900 | DIRT@DUG.ORG | WWW.DUG.ORG**