

A World of Food / Carl Warner

Photographs of twelve miniature landscapes made entirely from edible ingredients accompanied by rhyming verses introduce a variety of foods and colors.

Yoko / Rosemary Wells

When Yoko brings sushi to school for lunch, her classmates make fun of what she eats—until one of them tries it for himself.

Jake Goes Peanuts / Michael Wright

In an effort to get Jake to eat something other than peanut butter, his parents declare it "Peanut Butter Week" and create such dishes as peanut butter soup, peanut butter pot roast, and even peanut butter dog food for their pet.

How Do Dinosaurs Eat Their Food? / Jane Yolen (*dinosaur section*)

Describes how a dinosaur eats, with no rude noises and while sitting very still.

Secrets of the Garden / Kathleen Zoehfeld

Depicts a family of four who make their garden their summer home as they prepare the soil, plant seeds, water the garden, and watch for a harvest of vegetables.

FOOD ALLERGIES & SENSITIVITIES

The Princess and the Peanut Allergy / Wendy McClure

Regina must find a solution when she learns her best friend has peanut allergy and cannot eat Regina's fabulous planned birthday cake.

Nutley the Nut-Free Squirrel / Stephanie Sorkin

Meet Nutley, an adorable squirrel who doesn't let his nut allergy slow him down. Join him on his journey to stay healthy with the help of his friends.

A Gluten-Free Birthday for Me! / Sue Fliess

Simple, rhyming text describes a birthday celebration that starts with finding the perfect recipe for a gluten-free cake.

The Peanut-Free Café / Gloria Koster

When a new classmate has a peanut allergy and has to sit in a special area of the lunchroom, Simon reconsiders his love for peanut butter.

Mt. Lebanon Public Library

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food & eating

*Suggestions from the Mt. Lebanon Public Library
for children in preschool through second grade*

*Unless otherwise noted, all books may be found in
the picture book section under the author's last name.*

Monster Chefs / Brian and Liam Anderson

Tired of eating only eyeballs and ketchup, a horrible king sends his four monster chefs out to find something different for him to eat, with surprising results.

Tiny Pie / Mark Bailey

Ellie the elephant is the only kid at a party, where the food meant for the grown-ups is out of reach—but she spies a tiny chef in his mouse hole baking a small apple pie that is just the right size for her.

You Are What You Eat: And Other Mealtime Hazards / Serge Bloch

A boy who does not like trying new foods receives many confusing words of advice in the form of such phrases as "people need three square meals a day" and "I knew you were a tough cookie."

The Very Hungry Caterpillar / Eric Carle

A hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep.

I Will Never Not Ever Eat a Tomato / Lauren Child

A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter.

I'd Really Like to Eat a Child / Sylviane Donnio

One morning Achilles, a young crocodile, insists that he will eat a child that day and refuses all other food, but when he actually finds a little girl, she puts him in his place.

The Luck of the Loch Ness Monster / A.W. Flaherty

A young American girl's picky eating habits transform a small worm into the famous Loch Ness monster. Includes facts about the biology of pickiness.

How Are You Peeling?: Foods with Moods / Saxton Freymann

Photographs of carvings made from vegetables introduce the world of emotions by presenting leading questions such as "Are you feeling angry?"

Eat Your Peas / Kes Gray

This is the epic struggle between parent and child over eating your vegetables.

Monsters Don't Eat Broccoli / Barbara Jean Hicks

Illustrations and rhyming text reveal how imagination can spice up even the healthiest meal.

Bread and Jam for Frances / Russell Hoban

Frances decides she likes to eat only bread and jam at every meal—until to her surprise, her parents grant her wish.

The Seven Silly Eaters / Mary Ann Hoberman

Seven fussy eaters find a way to surprise their mother.

Dinner with the Highbrows / Kimberly Willis Holt

The first time a friend invites Bernard to dinner, his mother gives him a long list of rules to follow, such as keeping his elbows off the table and not speaking with his mouth full, but he soon sees that being well-to-do does not mean one has the best manners.

Monsters Eat Whiny Children / Bruce Eric Kaplan

Henry and Eve, having ignored their father's warning, are kidnapped by monsters who eat whiny children, but while increasing numbers of monsters argue over how to prepare them, the siblings begin to play nicely.

Badger's Fancy Meal / Keiko Kasza

Badger is bored with the same old meals, but his search for more exciting food only leads to trouble.

The Wolf's Chicken Stew / Keiko Kasza

A hungry wolf's attempts to fatten a chicken for his stewpot have unexpected results.

Eat Up, Little Donkey / Rindert Kromhout

It is lunchtime but Little Donkey does not want to eat, so Mama shares his food with the ducks in the park.

No Slurping, No Burping! / Kara LaReau

Evie and Simon always mind their manners, but their father has a lot to learn before a surprise dinner guest arrives.

How Martha Saved Her Parents from Green Beans / David LaRochelle

A young girl must face her least favorite food when a mean gang of green beans kidnaps her parents.

"Eat!" Cried Little Pig / Jonathan London

"Eat!" was Little Pig's first word. He loves food. He loves to squish it and squash it and wear it in his hair. He slurps it and slops it and gets it everywhere.

Spoonful! / Benoit Marchon (toddler book - j T MARCHON)

A child is encouraged to eat all of his meal by offering spoonfuls to others, including his parents, the cat, a dinosaur, a witch, and a superhero.

Pete Won't Eat / Emily Arnold McCully (easy reader - j Er MCCULLY)

Pete the pig does not want to eat his slop, but cannot go out to play with his brother and sisters until he does.

If You Give a Mouse a Cookie / Laura Numeroff

Relating the cycle of requests a mouse is likely to make after you give him a cookie takes the reader through a young child's day.

The Prince's Breakfast / Joanne Oppenheim (CD kit - j CD KIT OPPENHEIM)

A very stubborn Prince learns how to expand his diet and try new foods.

Table Manners / Vladimir Radunsky

Chester teaches his good friend Dudunya about napkins, "full-mouthed speaking accidents," and other important aspects of proper mealtime behavior.

Too Pickley / Jean Reidy

A child rejects a number of foods before settling on one that is just right.

Dragons Love Tacos / Adam Rubin

Explores the love dragons have for tacos, and the dangers of feeding them anything with spicy salsa.

Gregory, the Terrible Eater / Mitchell Sharmat

A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice.

Pete's a Pizza / William Steig

When Pete feels miserable because rain makes it impossible to play ball outdoors, his father finds a fun indoor game to play with his son.

Mealtime / Elizabeth Verdick (toddler book - j T VERDICK)

Simple text and illustrations explain how to behave during mealtime.