

100 Books to Read Over Breakfast

can be used to supplement instruction, motivate students to learn about a topic, or just to provide and model a positive experience with enjoying books (i.e., reading for pleasure). Providing learning experiences with the books on this list can reinforce your state's curriculum standards as well as voluntary national academic standards such as the National Health Education Standards and Common Core State Standards. By providing students with a variety of experiences with literature during breakfast time, you can also improve listening comprehension and increase familiarity with informational text. The possibilities are exciting and endless.

Preschool to Age 8

[A Visit to the Farmers' Market \(NF\)](#)

by Peggy Sissel-Phelan

A lively depiction of the sights and tastes experienced during a visit to the farmer's market. This bilingual book features large, colorful photos and simple text so that students can learn the importance of variety, color, and freshness of foods.

[Alexander and the Great Berry Patch \(NF\)](#)

by Linda J. Hawkins

When Alexander gets a job at Mr. Ray's Berry Patch for the summer, the very knowledgeable berries help him learn some "juicy" facts. A hands-on recipe and information follow this story.

[Alice in Pastaland: A Math Adventure \(F\)](#)

by Wright, Alexandra

What if at the bottom of the rabbit hole there was a bowl full of pasta? In this book, Alice's adventures are all about mathematical problem solving pastabilities are endless.

[Aliens for Breakfast \(F\)](#)

by Stephanie Spinner and Jonathan Etra

In this humorous story, a young boy named Richard hates cereal until he discovers an intergalactic special agent in his cereal box. The special agent joins Richard to save the Earth from an alien takeover.

[Alligator Arrived with Apples: A Potluck Alphabet Feast \(NF\)](#)

by Crescent Dragonwagon

In this endearing story with brilliant illustrations, the author uses rhymes and alliteration to engage young readers. A Thanksgiving Feast is being served-up and the animals have all of the ingredients covered -- from A-to-Z.

[The Beastly Feast \(F\)](#)

by Bruce Goldstone

The beasts are having a feast and animals from everywhere are bringing their favorite foods to a picnic. This book provides an excellent opportunity for young learners to make predictions as your read aloud. Students will have a blast identifying each creature and guessing what tasty treat they have to share.

[Belly Laughs \(F\)](#)

by Charles Keller

Great for modeling the importance of reading for enjoyment, these 75 food jokes and illustrations are written especially for children.

[The Berenstain Bears and Too Much Junk Food \(F\)](#)

by Stan and Jan Berenstain

When Mama Bear notices her two cubs getting a little chubby, she decides to curtail their junk-food habits. The story covers basic nutrition principles, the importance of a healthy lifestyle, and the role exercise plays in good health.

[Blueberries for Sal \(F\)](#)

by Robert McCloskey

Little Sal gets so involved picking and eating blueberries on Blueberry Hill that she loses her mother. Meanwhile, a baby bear cub does the same – and soon the baby bear and Little Sal have swapped moms.

[A Book of Fruit \(NF\)](#)

by Barbara Hirsch Lember

This book illustrates the connection between fruits and where and how they grow through the use of beautiful photography.

Bread and Jam for Frances (F)

by *Russell Hoban*

Tired of battling with their daughter Frances' limited food choices, her parents decide to serve Frances bread and jam for every meal and snack. She soon discovers that mealtime food variety is, in fact, a good thing!

The Carrot Seed (F)

by *Ruth Krauss*

A little boy plants a carrot seed and waits patiently, tending to it carefully, while everyone around him insists that "it won't come up." His conviction is steadfast, however, and sure enough, a carrot worthy of first prize at any state fair springs forth from the earth.

Chicken Soup With Rice (F)

by *Maurice Sendak*

A short book of poems written in the first person by a little boy who really likes chicken soup with rice! Each page includes an illustration and a soup-themed poem relating to the month of the year displayed.

Cloudy With a Chance of Meatballs (F)

by *Judi Barrett*

In the land of Chewandswallow, meals – rather than rain or snow – fall from the sky. But something goes awry: The food falling from the sky gets larger and larger, causing the residents to make an escape before being squashed by giant pancakes or rolls.

Corn Is Maize: The Gift of the Indians (NF)

by *Aliki*

The story includes information about the best ways to grow, store and use corn, and how Native Americans shared their knowledge with the new settlers of America.

Dinner at the Panda Palace (F)

by *Stephanie Calmenson*

A bunch of playful and hungry animals dine together at the Panda Palace restaurant on a very busy night.

Dinosaurs Alive and Well; A Guide to Good Health (NF)

by *Laurie Krasny Brown and Marc Brown*

Dinosaurs give awesome advice about nutrition, exercise and fitness.

Dumpling Soup (F)

by *Jama Kim Rattigan*

A young Hawaiian girl attempts to make dumplings for her family's New Year celebration.

Eating Fractions (NF)

by *Bruce McMillan*

This book introduces the concepts of whole, halves, thirds, and fourths through photos of two children and a dog sharing a meal.

Eating Pairs: Counting Fruits and Vegetables by Twos (NF)

by *Sarah L Schuette*

This book helps children learn to count by twos, while providing them with basic facts about fruits and vegetables.

Everybody Cooks Rice (F)

by *Norah Dooley*

This multicultural story tells the tale of a sister who goes from house to house looking for her brother who is late for dinner.

Experiments with Foods (NF)

by *Salvatore Tocci*

This clearly written informational text takes students on a journey of cooking and experimenting in the kitchen.

Extra Cheese, Please! Mozzarella's Journey from Cow to Pizza (NF)

by *Cris Peterson*

This book tells the story of how cheese is made from start to finish.

Family Pictures: Cuadros de Familia (NF)

by *Carmen Lomas Garza*

In this bilingual text, the author describes growing up in a Hispanic community in Texas, making tamales, eating tacos, and picking oranges.

Feast for 10 (NF)

by Cathryn Falwell

A counting book featuring a family shopping for food, preparing dinner, and sitting down to eat. The story includes lively, read-aloud text and promotes family participation in meal preparation.

Frannie's Fruits (F)

by Leslie Kimmelman

A little girl operates a fruit and vegetable stand with the help of her family their dog Frannie. This book will help students learn about a variety of fruits and vegetables.

Grandpa's Garden Lunch (F)

by Judith Caseley

Students will learn the basics of gardening and how various foods grow with Sarah and her Grandpa.

Green Eggs and Ham (F)

by Dr. Seuss

This timeless favorite makes an important point about food – you will never know if you like a new food until you try it.

Gregory, the Terrible Eater (F)

by Mitchell Sharmat

Gregory isn't like most goats. Instead of indulging in old shoes, boxes, and bottle caps, he prefers fruits, veggies, eggs, and fish. When Gregory finally develops a taste for flat tires and broken violins, he's not just eating like a goat – he's eating like a pig!

Group Soup (F)

by Barbara Brenner

A rabbit learns an important lesson about sharing – it is the only way to make Group Soup.

Harvest Year (NF)

by Cris Peterson

Harvest Year is a month-by-month introduction to foods that are harvested throughout the United States. Stunning photographs and a map make this book a perfect opportunity for students to learn about geography and nutrition.

How are you Peeling: Foods with Moods (F)

by Saxton Freymann and Joost Elffers

Common fruits and vegetables are posed and photographed as characters expressing various moods and feelings. This book can serve as a jumping of point for several conversations with students about emotional health and wellness and good nutrition as the connections between the two.

How Did That Get in My Lunchbox (NF)

by Chris Butterworth

How do delicious foods make it to ones lunch box? From planting to picking – this engaging informational text tells us how.

How My Parents Learned to Eat (F)

by Ina R. Friedman

In this multicultural picture book, a little girl tells a story of how her parents met in Japan and learned to eat using the tools they each grew up with, chopsticks and a fork, knife, and spoon.

How Pizza Came to Queens (F)

by Dayal Kaur Khalsa

An Italian visitor comes to Queens and is wishing for pizza. Her helpful and kind neighbors overcome their language barrier and go to the library to learn about pizza.

How to Make an Apple Pie and See the World (F)

by Marjorie Priceman

If the market is closed, how do you get ingredients for an apple pie? Travel the world to collect ingredients of course. This book provides and excellent link between geography, nutrition, and literacy.

Ice Cream: Including Great Moments in Ice Cream History (NF)

by Jules Older

This book is a fascinating resource about a much loved dessert, ice cream! Information is including about how to make ice cream and its history.

I Know an Old Lady Who Swallowed a Pie (F)

by Alison Jackson

A takeoff on the old folk-song, "I Know an Old Lady Who Swallowed a Fly," in this book a woman eats everything at a Thanksgiving feast.

I Will Never Not Ever Eat a Tomato (F)

by Lauren Child

With a little imagination and creativity, Lola's brother Charlie motivates her to eat fruits and vegetables in a fun way.

If You Give a Mouse a Cookie (F)

by Laura Numeroff

The consequences of giving a cookie to this energetic mouse run the young host ragged, but young readers will come away smiling at the antics that tumble like dominoes through the pages of this delightful picture book.

If You Give a Moose a Muffin (F)

by Laura Numeroff

In this sequel to *If You Give a Mouse a Cookie*, the young host is again run ragged by a surprise guest. Young readers will delight in the comic complications that follow when a little boy entertains a gregarious moose.

In My Momma's Kitchen (F)

by Jeraldine Nolen

A celebration of African-American families and mommas everywhere, *In My Momma's Kitchen* tells the story of a year's events in everybody's favorite room.

It's a Spoon, Not a Shovel (NF)

by Mark and Caralyn Buehner

Humorous animal friends demonstrate proper etiquette in this book about manners for young children.

Make Me a Peanut Butter Sandwich and a Glass of Milk (NF)

by Ken Robbins

This book describes the process of how peanut butter, bread, and milk get from the farm to the manufacturing plant to the store to the home.

Make Way for Tooth Decay (NF)

by Bobbi Katz

Students learn how bacteria make teeth decay and how to care for their teeth through this catchy rhyming text.

MMM...Let's Eat! (NF)

by Libby Koponen

Colors seen throughout their days inspire kid animals to eat a rainbow of healthy foods and a balanced diet.

My Breakfast: A Book About a Great Morning Meal (NF)

by Heather Feldman

As a young boy describes what he is having for breakfast, students will hear a positive message about the importance of a good breakfast.

Monsters Don't Eat Broccoli (NF)

by Barbara Jean Hicks

Students can fantasize about what monsters eat in this fun rhyming book.

Nancy and the Nutrition Tree (NF)

by Bonnie Priest

This story teaches children the basics of good nutrition for healthy, strong bodies.

Never Take a Pig to Lunch and Other Poems about the Fun of Eating (F)

Selected and illustrated by Nadine Bernard Westcott

A collection of enjoyable poems and traditional rhymes about food and eating.

Pancakes for Breakfast (NF)

by *Tomie de Paola*

This beautifully illustrated picture book depicts all the necessary steps to gather the ingredients needed for pancakes. Sharing this story is an excellent example of both sequencing and problem solving for students.

Pass the Fritters, Critters (NF)

by *Cheryl Chapman*

Cheerful critters help students understand the importance of the magic word, “please.” They can practice this polite password while enjoying their breakfast in the classroom.

Peanut Butter, Apple Butter, Cinnamon Toast: Food Riddles for You to Guess (NF)

by *Argentina Palacios*

Featuring food riddles for children, this text provides an excellent segway to a fun writing assignment.

Pizza! (F)

by *Teresa Martino*

This informational text provides a brief history of pizza for young readers.

The Popcorn Book (NF)

by *Tomie dePaola*

A fun, multicultural story detailing many fascinating facts about popcorn; includes legends and stories about the food and two basic recipes.

The Race Against Junk Food (F)

by *Anthony Buono*

Tommy and the Snak Posse (which includes vegetable-people) win a footrace against junk food.

Stone Soup (F)

by *Marcia Brown*

The classic story of how three hungry soldiers convince the peasants of a small village that soup made of stones is indeed hearty and delicious.

The Seven Silly Eaters (F)

by *Mary Ann Hoberman*

This picture book, with rhyming text and detailed illustrations, tells the story of a family full of picky eaters.

The Story of Johnny Appleseed (F)

by *Aliki*

A historical story that retells the wandering of John Chapman, whose devotion to planting apple trees made him a legendary figure in American history.

Strega Nona (F)

by *Tomie dePaola*

Strega Nona – “Grandma Witch” – is the source for potions, cures, magic, and comfort in her Calabrian town. Her magical ever-full pasta pot is especially intriguing to hungry Big Anthony. He is supposed to look after her house and tend her garden but one day, Big Anthony recites the magic verse over the pasta pot, with disastrous results.

The Tawny, Scrawny Lion (F)

by *Kathryn Jackson*

A savvy rabbit avoids being eaten by a lion by serving him carrot stew.

This Is The Way We Eat Our Lunch (NF)

by *Edith Baer and Steve Björkman*

Kids learn about the lunch foods of children from different cultures.

Too Many Tamales (F)

by *Gary Soto*

Maria tries on her mother’s ring while helping make tamales for Christmas dinner, she then realizes the ring is missing and her cousins come to the rescue.

The Very Hungry Caterpillar (F)

by *Eric Carle*

A classic story following a baby caterpillar from his start as a tiny hatchling, his progress through an amazing variety and quantity of foods, and all the way to his transformation into a beautiful butterfly.

The Victory Garden Vegetable Alphabet Book (NF)

by *Jerry Pallotta and Bob Thomson*

This book depicts a vegetable for each letter of the alphabet.

What Food is This? (NF)

by *Rosmarie Hausherr*

An educational food trivia book for kids featuring questions and pictures.

Taking Food Allergies to School

by *Ellen Weiner*

Breakfast in the Classroom time provides an excellent opportunity to explain food allergies. Written by his mother, this book describes how Jeffrey copes with food allergies.

The Ugly Vegetables (F)

by *Grace Lin*

A neighborhood comes together to share flowers and ugly vegetables soup, and the young gardener learns that regardless of appearances, everything has its own beauty and purpose.

The Vegetables We Eat (NF)

by *Gail Gibbons*

Leaf . . . root . . . stem . . . These are three of the eight groups of vegetables. From how they are planted to how they get to stores, here is a wealth of information about them, including how to plant and tend your own vegetable garden

Why Should I Eat Well? (NF)

by *Clair Llewellyn*

Students learn that good eating habits are important for health and fitness.

We Eat Dinner in the Bathtub (F)

by *Angela Shelf Medearis*

Harris's family eats dinner in the bathtub, parks their car in the kitchen, and bathes in the attic! This is a laugh out loud fun story that kids of all ages will enjoy.

Ages 9 to 12

Achoo! The most interesting book you'll ever read about germs (NF)

by *Trudee Romanek*

This book provides a wealth of information about germs and how they can sometimes make us sick.

All-of-a-Kind Family (F)

by *Sydney Taylor*

Meet the All-of-a-Kind Family, who live in New York City at the turn of the century. They share adventures that include searching for hidden buttons while dusting Mama's front parlor and visiting with the peddlers in Papa's shop on rainy days.

Age of New Ideas (NF)

by *Gerry Bailey*

This entertaining informational text explains inventions from ancient times to the present. Students can explore how new inventions over the years have been integral to their health and safety.

The All-American Girls Professional Baseball League (NF)

by *Daisy Scott*

This engaging book tells the story of the first female professional baseball league which was formed during WWII.

Be Fit, Be Strong, Be You (Be the Boss of Your Body) (NF)

by *Rebecca Kajander*

A resource for older students can learn about their overall health.

Burp!: The Most Interesting Book You'll Ever Read about Eating (NF)

by Diane Swanson

In Burp, students will discover fascinating facts about food and eating.

Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden (NF)

by Rosalind Creasy

This book is an engaging introduction to organic gardening, which demonstrates the importance of growing a variety of fruits and vegetables.

Bones (NF)

by Steve Jenkins

This book about human and animal skeletons and how they work provides an easy link to the explaining the purpose of eating nutrient rich foods.

Bridge to Terabithia (F)

by Katherine Paterson

Jess Aarons had to be the fastest runner at Lark Creek Elementary School – the best – but when he was challenged by Leslie Burke, a girl, that was just the beginning of a new season in Jess's life.

The Chocolate Touch (F)

by Patrick Skene Catling

John Midas loves chocolate. He loves it so much that he'll eat it any hour of any day. He doesn't care if he ruins his appetite. He thinks chocolate is better than any other food! But one day, after wandering into a candy store and buying a piece of their best chocolate, John finds out that there might just be such a thing as too much chocolate.

Cooking UP U.S. History: Recipes and Research to Share with Children (NF)

by Suzanne I. Barchers and Patricia C. Marden

This book offers recipes and information about five historical periods of U.S. history and six regions of the U.S.

Donner Dinner Party (NF)

by Nathan Hale

Explore what life was like for pioneers traveling to California in the 1840s as you travel along with the Donner Party.

Eating the Plates: A Pilgrim Book of Food and Manners (NF)

by Lucille Recht Penner

This lively account draws young readers into the Pilgrims' daily life as it explores the food, customs, and manners of these early American settlers; includes historical line drawings, savory descriptions of food preparations, and quotations from writers of the era.

Foods: Feasts, Cooks, and Kitchens (NF)

by Richard Tames

This informational text discusses types of foods and cooking methods from around the world used all throughout history

George Washington's Breakfast (F)

by Jean Fritz George

Washington Allen, a boy who never gives up, is determined to learn all there is to know about his namesake – even what the first president ate for breakfast.

Graphing Food and Nutrition (NF)

by Isabel Thomas

An excellent way to integrate math and nutrition. Pie charts, bar graphs and more are used to explain global and personal nutritional information.

Guts: Our Digestive System (NF)

by Seymour Simon

This book describes the physiology, from the time food enters the mouth until all the various organs transform it into energy, nutrients, and waste.

How to Eat Fried Worms (F)

by Thomas Rockwell

The story of Billy who, because of a bet, is in the uncomfortable position of having to eat 15 worms in 15 days – but the reward will be worth it!

If the World Were a Village (NF)

by David J. Smith

A look at different people through the lives of 100 villagers

James and the Giant Peach (F)

by *Roald Dahl*

When young orphan James spills a magic bag of crocodile tongues, he finds himself in possession of the world's biggest peach!

Little House Books (F)

by *Laura Ingalls Wilder*

Follow Laura's life from the glorious days spent tucked in the Big Woods of Wisconsin, all the way through to her marriage to Almanzo and the birth of her own little girl with this collection of nine classic Little House books. All the books' characters are based on the lives of Laura's real family.

Living Long Ago: Food and Eating (NF)

by *Felicity Brooks and Shirley Bond*

This book presents an overview of food and eating habits throughout the years, beginning with the food of primitive humans

The Magic School Bus Explores the Senses (NF)

by *Joanna Cole*

In this story Ms. Frizzle is not behind the wheel, instead the bus driver is the new assistant principal, Mr. Wilde. Join the class as they go in and out of a policeman's eye, a dog's nose, a little boy's ear, four different brains, and more. This book supports the natural connection between the Senses and eating.

The Omnivore's Dilemma for Kids (NF)

by *Michael Pollan*

A kid-friendly adaptation of the New York Times bestseller, this book traces from source to table each of the food chains that sustain us and develops a portrait of the American way of eating and of the profound implications our food choices have for the health of our species and the future of our planet.

Tracking Trash: Flotsam, Jetsam, and the Science of Ocean Motion (NF)

by *Loree Griffin Burns*

Oceanographer Dr. Curtis Ebbesmeyer monitors trash as it is spilled into the ocean. This important scientific data can be shared and discussed in order to help students understand and protect our environment. This book can work very naturally with a discussion about responsible waste disposal after Breakfast in the Classroom and other school meals.

What If You Had Animal Teeth? (NF)

by *Sandra Markle*

Of course we need our teeth to eat, but what if we had animal teeth? This book is full of cool facts and illustrations about teeth of different animals.

Who Wants Pizza? (NF)

by *Jan Thornhill*

An engaging guide to the history and culture of food.

Where the Sidewalk Ends (F)

by *Shel Silverstein*

From the outrageously funny to the quietly affecting – and touching on everything in between – this book is a collection of poems and drawings that illuminate the remarkable world of the well-known folksinger, humorist, and creator of *The Giving Tree*.

Wonderful Words (F)

selected by *Lee Bennett Hopkins*

Breakfast in the Classroom time can provide many opportunities for students to engage in literature and discussion. This collection of poems about reading, writing, speaking, and listening is sure to inspire students. You could even have a Bring a Poem to Breakfast day once every month.