

Guts: Our Digestive System (NF)

by Seymour Simon

It takes *Guts* to explain how the digestive system works. This book describes the processes of the physiology, from the time food enters the mouth until all the various organs transform it into energy, nutrients, and waste.

Living Long Ago: Food and Eating (NF)

by Felicity Brooks and Shirley Bond

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

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.

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.

For a complete list of over 100 Books to Read over Breakfast visit

www.neahin.org.

The Favorite 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

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.

A Visit to the Farmers' Market (N)

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.

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.

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.

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.

What to do with Favorite Books to Read Over Breakfast...

- ✓ Read aloud
- ✓ Book baskets
- ✓ Literature circles
- ✓ Independent reading time
- ✓ Partner reading
- ✓ Pre-reading (set a purpose for reading, make predictions, preview the text, conduct a picture walk, introduce and discuss vocabulary)
- ✓ Extension/enrichment
- ✓ Remediation

See more books >

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. In each house, she finds families preparing rice in a different way.

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.

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 off point for several conversations with students about emotional health and wellness and good nutrition.

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 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 an excellent link between geography, nutrition, and literacy.

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 Way for Tooth Decay (NF)

by *Bobbi Katz*

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

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.

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 outloud 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.

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.

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.

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 United States.

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. States.

George Washington's Breakfast (F)

by *Jean Fritz George*

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

Graphing Food and Nutrition (NF)

by *Isabel Thomas*

This book offers an excellent way to integrate math and nutrition. Pie charts, bar graphs, line graphs and more are used to explain global and personal nutritional information.

