

Suggested Reading / Resource List by Grade Level

Courtesy of Rick Swan, Librarian and member of Slow Food Seattle

(EL=elementary, MS=middle school, HS=high school)

Gardening

Educator Resources

Books in Bloom by Valerie Bang-Jenson and Mark Lubkowitz

Invites children to learn about science while experiencing a great story. Each chapter features a popular children's book that's a lead-in to hands-on gardening activities with children. (PreK-5)

Edible Schoolyard: A Universal Idea by Alice Waters.

History of the gardening and cooking program in Berkeley, CA, founded by chef Alice Waters of Chez Panisse.

Growing Food

The first module in the Linking Food and the Environment (LiFE) curriculum series developed by the Teacher's College at Columbia University. In this inquiry-based curriculum students learn about cycles in nature, flow of energy, and food systems, while engaging in hands-on investigations of photosynthesis, food webs, agriculture, and more. (Gr. 4-6)

The Growing Classroom

This foundational year-round gardening curriculum was developed by Life Lab and revised to meet current science standards, this renowned teacher's manual features strategies for managing garden-based science instruction — including planning a garden laboratory, facilitating investigative lessons on ecology and nutrition, and involving the community. (Gr. 2-6)

How To Grow a School Garden: A Complete Guide for Parents and Teachers by Arden Bucklin-Sporer and Rachel Kathleen Pringle.

This is the best reference book for parents and teachers who are interested in starting a school garden. (K-12)

Integrating Youth Gardens Into Schools & Communities by Joseph Kiefer and Martin Kemple

A practical, step-by-step guide for creating successful youth gardens, with activities, project ideas, and resources for teaching communities about living sustainably in their local ecosystems. (K-12)

Junior Master Gardener Teacher/Leader Guide Level 1

Ever suck a bug or make mud pies to evaluate soil texture? The JMG teacher/leader guide provides teachers with the tools to teach the world of gardening with eight chapters of novel, “hands-on” activities for grades 3 - 5. The program includes a study of life skills and career exploration then culminates the JMG experience with service learning projects. (Gr. 3-5)

Junior Master Gardener Teacher/Leader guide Level 2

Students participate in novel, hands-on activities focusing on plant growth and development and soil and water education and conservation concepts. (Gr. 6-8)

Math in the Garden by Jennifer White, et. al.

Dozens of hands-on activities hone math skills and promote inquiry, language arts, and nutrition. All were developed to support mathematics and science standards. (Gr. K-8)

Roots, shoots, buckets & boots by Sharon Lovejoy. Presents twelve ideas for theme gardens that educators and their students can grow together. (Pre-K-5)

The School Garden Wizard (<http://www.schoolgardenwizard.org/>)

was created for America's K-12 school community through a partnership between the United States Botanic Garden and Chicago Botanic Garden. It covers every step involved in making the case for, creating, using, maintaining, and evaluating a school garden. It is an invaluable resource for any school garden.

Urban Agriculture Manual (free download)

The Food Project grows produce on urban farms in Boston and Lynn, Mass. This manual details how they create healthy soil, intersect with the community, work with the young people involved in The Food Project's programs, and how to plan urban food lots. This manual specifically addresses the trials and successes of agriculture in an urban arena.

Books to Use with Students

And then its spring by Julie Fogliano. Simple text reveals the anticipation of a boy who, having planted seeds while everything around is brown, fears that something has gone wrong until, at last, the world turns green. (EL)

Blue potatoes, orange tomatoes by Rosalind Creasy. This book describes how to plant, grow, and cook a variety of unusually colored vegetables, including red corn, yellow watermelons, and multicolored radishes. (EL)

Compost stew: an a to z recipe for the earth by Mary McKenna Siddals . A rhyming recipe explains how to make the dark, crumbly, rich, earth-friendly food called compost. (EL)

From seed to plant by Gail Gibbons. Explores the intricate relationship between seeds and the plants that they produce. (EL)

Our School Garden! by Rick Swann. A boy at a new school learns to grow food in the school garden and discovers how it can also grow a community. (EL)

Secrets of the Garden by Kathleen Zoehfeld. A family turns their garden into a summer home as they prepare the soil, plant seeds, water the garden, and watch their vegetables grow. (EL)

Sylvia's Spinach by Katherine Pryor. Sylvia Spivens hates spinach...so what will she do when the teacher hands her spinach seeds to plant in the school garden? A story about the joy of growing—and tasting—a new food (EL)

Tops and Bottoms by Janet Stevens. Hare solves his family's food problems by fooling rich and lazy Bear in this funny, energetic version of the trickster tale. (EL)

What do roots do? by Kathleen Kudlinski. Presents a children's rhyming text for early readers that describes different kinds of roots and what they do for plants. (EL)

Yucky Worms by Vivien French. While helping Grandma in the garden, a child learns about the important role the earthworm plays. (EL)

Food Systems

Educator Resources

Big Ideas: Linking Food, Culture, Health, and the Environment Center for Ecoliteracy. Offers a conceptual framework for understanding the connections between food, food production, and personal and environmental health. Includes essential questions, sample activities, and key concepts drawn from Benchmarks for Science Literacy from the American Association for the Advancement of Science.

Farm to Table and Beyond is the second module in the Linking Food and the Environment (LiFE) curriculum series developed by the Teacher's College at Columbia University. It covers our global food system. Students engage in hands-on investigations of the cycling of matter in nature and the human impact on this cycle, explore and analyze their personal food choices through scientific reasoning, and apply their learning through discussions and debates. (Gr. 5-6)

French Fries and the Food System.

This year-round curriculum provides kids from varied backgrounds a fertile environment to develop an appreciation for the links between farming and food systems. Seasonal lessons range from practical, hands-on activities to social and

economic aspects of the food cycle. The lessons and activities are organized by season. (Gr. 5-12)

Teaching the Food System The Johns Hopkins Center for a Livable Future (Download at jhsph.edu/teachingfood) This free curriculum for high school teachers covers food system topics from field to plate for today's modern classroom. The curriculum, developed by former teachers and content experts, emphasizes the relationships among food, public health, equity and the environment. (GR. 9-12)

About a Tale of Two Tomatoes (Ecotrust.org download) With Traveling Tom and Local Lucy we will delve into the deep problems that the industrial system is causing. We'll also see how some family and organic farmers are raising healthier foods locally — a revolution that will benefit all of us. (Gr. 3-8)

Books to Use with Students

1493: Uncovering the new world Columbus created by Charles C. Mann. More than 200 million years ago, geological forces split apart the continents. Isolated from each other, the two halves of the world developed radically different suites of plants and animals. When Christopher Columbus set foot in the Americas, he ended that separation at a stroke. Driven by the economic goal of establishing trade with China, he accidentally set off an ecological convulsion as European vessels carried thousands of species to new homes across the oceans. The Columbian Exchange, as researchers call it, changed landscapes across the planet and is the reason there are tomatoes in Italy, oranges in Florida, chocolates in Switzerland, and chili peppers in Thailand. (HS)

Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver. The acclaimed novelist reports on her family's move to rural Virginia with the intention to buy food raised in their neighborhood, grow it themselves, or do without it. (HS)

Bring me some apples and I'll make you a pie by Robbin Gourley. Edna and members of her family gather fruits, berries, and vegetables on their Virginia farm and turn them into wonderful meals. Includes five recipes and facts about the life of Edna Lewis, a descendant of slaves who grew up to be a famous chef. (EL)

City green by DyAnne DiSalvo-Ryan. Marcy and Miss Rosa start a campaign to clean up an empty lot and turn it into a community garden. (EL)

Farmer Will Allen and the Growing Table by Jacqueline Briggs Martin. Biography of Will Allen, basketball star, urban farmer, and MacArthur "genius," who grows a community through food with innovative methods at Growing Power in Milwaukee. (EL)

Hot lunch by Alex Bradley . After getting in a food fight with her classmate, Cassie

Birchmeyer, Molly Ollinger is forced to work with her in the cafeteria; and the two have to find a way to get along and work to improve the cafeteria food at the school. (MS/HS)

How Did That Get in My Lunchbox? by Chris Butterworth. A look at how food that ends up in a child's lunchbox are made, with health tips and a peek at basic food groups.(EL)

Omnivore's dilemma: the secrets behind what you eat by Michael Pollen. Examines the origins of the different food chains that have sustained humans throughout history, discussing how certain foods and cuisines have become a popular part of people's daily diets. There is also an amended, middle school version of this book. (MS, HS)

Reducing your foodprint: farming, cooking, and eating for a healthy planet by Ellen Rodger. A discussion of energy conservation, reviewing the history of cultivation, and looking at how people can develop a more sustainable lifestyle through their eating habits by going organic, eating locally, using fair trade food, and green cooking. (EL, MS)

Seedfolks by Paul Fleischman. A multicultural and multigenerational neighborhood transforms their trash-filled inner-city lot into a productive and beautiful garden, and, in doing so, the gardeners are themselves transformed. (MS, HS)

Sugar Changed the World: A Story of Magic, Spice, Slavery, Freedom, and Science by Marc Aronson and Marina Budhos. When this award-winning husband-and-wife team discovered that they each had sugar in their family history, they were inspired to trace the globe-spanning story of the sweet substance and to seek out the voices of those who led bitter sugar lives. The trail ran like a bright band from religious ceremonies in India to Europe's Middle Ages, then on to Columbus, who brought the first cane cuttings to the Americas. Sugar was the substance that drove the bloody slave trade and caused the loss of countless lives but it also planted the seeds of revolution that led to freedom in the American colonies, Haiti, and France. (MS, HS)

Weslandia by Paul Fleischman. Wesley's garden produces a crop of huge, strange plants that provide him with clothing, shelter, food, and drink, thus helping him create his own civilization and changing his life. (EL)

Food and Cooking

Educator Resources

Botany on Your Plate

This investigative science curriculum introduces the world of plants through foods we eat. Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and, of course, tasting! Every lesson includes plant snacks that spark curiosity, interesting

questions, and social dialogue to fuel the learning process. (Gr. K-4)

Early Sprouts: cultivating healthy food choices in young children by Karrie Kalich, Dottie Bauer and Deirdre McPartlin

A research-based early childhood curriculum, this seed-to-table approach encourages young children to eat more vegetables by planting, harvesting, and preparing their own organically grown produce. (Pre-K)

Denver Seed-to-Table: Sensory Education by Gigia Kolouch

Designed as a supplement to school garden and cooking classes in the elementary school classroom, the Seed-to-Table Sensory Education guide includes lesson plans, activities and worksheets that will allow learners to take control of their food. Learners will be able to describe identify the five basic flavors and manipulate them in simple recipes of their own design. Includes suggestions for adding garden-raised produce to the lesson plans. (Gr. K-8)

Denver Seed-to-Table: Using Kitchen Tools by Gigia Kolouch

People have been using simple kitchen tools for thousands of years in order to expand our diet from foods found in nature to favorite dishes like noodles, tortillas, bread and sauces. These tools allow humans to make foods more nutrient dense; make food more digestible; combine flavors in complex and satisfying ways; and allow food to be stored for a longer period of time. Introducing learners to the mechanics of simple tools and food processing allows them to experience the basic innovation at the heart of human eating. This curriculum uses fun, illustrated activities to explore plant life cycles, examine plant diversity, and investigate the interdependence of plants, humans, and other living and nonliving things. (Gr. K-8)

Books to Use with Students

Alice Waters and the Trip to Delicious by Jacqueline Briggs Martin. Biography about the Berkeley chef who created Chez Panisse restaurant and The Edible Schoolyard Project, which sparked a national movement in edible education. (EL)

All Four Stars by Tara Dailman

Gladys Gatsby has been a foodie since the age of seven, only her fast-food-loving parents have no idea! Now she's eleven, and after a crème brûlée accident (just a *small* fire), Gladys is cut off from the kitchen (and her allowance). She's devastated but soon finds just the right opportunity to pay her parents back when she's mistakenly contacted to write a restaurant review for one of the largest newspapers in the world. (EL, MS)

Bee-Bim Bop! by Linda Sue Park. Bee-bim bop ("mix-mix rice") is a traditional Korean dish. In bouncy rhyming text, a hungry child tells of helping her mother make bee-bim bop: shopping, preparing ingredients, setting the table, and sitting down to enjoy a favorite meal. The enthusiasm of the narrartor is conveyed in the

whimsical illustrations, which bring details from the artist's childhood in Korea to his depiction of a modern Korean-American family. The book includes Linda Sue's own bee-bim bop recipe! (EL)

Food For Thought: The Stories Behind the Things We Eat by Ken Robbins.

A history of how commonly consumed foods were introduced to the human diet, including apples, oranges, corn, bananas, tomatoes, potatoes, pomegranates, grapes, and mushrooms. (EL, MS)

Granny Torrelli Makes Soup by Sharon Creech. Twelve-year-old Rosie and her best friend, Bailey, don't always get along, that's true. But Granny Torrelli seems to know just how to make things right again with her interesting stories and family recipes. It's easier to remember what's important about love, life, and friendship while Granny Torrelli makes soup. (EL, MS)

Grow it, cook it DK. Explains how plants grow, looks at the processes of planting and growing different fruits and vegetables, and features instructions for harvesting small crops, and using produce in recipes. (EL)

Relish: My Life in the Kitchen by Lucy Knisley. Graphic novel told by a daughter of a chef who shares her life lesson about food, cooking, and family, with recipes. (MS, HS)

Eat Fresh Food: Awesome Recipes for Teen Chefs by Rozanne Gold. Over eighty fresh recipes from teen chefs, including snacks, smoothies, burgers, pizzas, and more. (MS, HS)

International Night: a father and daughter cook their way around the world by Mark and Talia Kurlansky. Once a week in the Kurlansky home, Mark spins a globe and wherever his daughter's finger lands becomes the theme of that Friday night's dinner. Here are the recipes, stories, and insights Mark has collected over more than thirty years of traveling the world writing about food, culture, and history. (MS)

Pretend Soup and Other Real Recipes by Mollie Katzen and Ann Henderson. Step-by-step pictorial recipes to inspire appreciation of creative, wholesome food by the youngest of cooks. Also, the sequel: *Salad People and More Real Recipes*. (Pre-K, EL)

Stone soup. Jon Muth. Three hungry men charm a poor village into making enough soup to feed them all. (EL)

Tantalize by Cynthia Leitich Smith. Are you predator or prey? Quincie Morris has never felt more alone. Her parents are dead, and her hybrid-werewolf first love is threatening to embark on a rite of passage that will separate them forever. Then, as she and her uncle are about to unveil their hot vampire-themed restaurant, a brutal murder leaves them scrambling for a chef. As human and preternatural forces clash,

a deadly love triangle forms, and the line between predator and prey begins to blur. Who's playing whom? And how long can Quincie play along before she loses everything? (HS)

The ugly vegetables by Grace Lin. A little girl thinks her mother's garden is the ugliest in the neighborhood until she discovers that flowers might look and smell pretty but Chinese vegetable soup smells best of all. Includes a recipe. (EL)

Nutrition

Educator Resources

Choice, Control and Change

This is the third module in the Linking Food and the Environment (LiFE) curriculum series developed by the Teacher's College at Columbia University. Students learn science through studying diet and activity choices. They learn about how the human body works, and how food and activity play a role in its well-being. Students engage in hands-on investigations of food preference, our food environment, energy intake and expenditure, lifestyle-related diseases, and more. Finally, they explore and analyze their personal food choices through scientific reasoning and apply what they have learned to personal decisions related to their diet, physical activity, and overall health. (Gr. 6-8)

Health and Nutrition from the Garden Junior Master Gardener

In this first unit of the Golden Ray Series, children are motivated to *eat* the fruits of their labor in their study of *Health and Nutrition from the Garden*. This imaginative curriculum teaches children that growing and eating nutritious fruits and vegetables reaps its own rewards. (EL)

Let's Move! seeks to combat childhood obesity and encourage a healthy lifestyle through a comprehensive, collaborative, and community-oriented initiative that seeks to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthy. Letsmove.gov

Books to Use with Students

Chew on this: everything you don't want to know about fast food. Eric Schlosser. A look at fast food, what's in it, how it's made, and what it does to our bodies. (MS, HS)

Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents and Coaches by Cynthia Lair. Simple nutritional lessons are organized into 10 essential

eating guidelines with recipes.

Janice VanCleave's Food and Nutrition for Every Kid by Janice VanCleave. Numerous activities for kids to try on their own through fun, safe, and easy-to-do experiments.