

# PICTURE BOOKS ABOUT FOOD AND HEALTHY EATING



ALTHEA

## **Lunch Boxes. A guide to healthy eating**

Illustrated by Chris O'NEILL  
ISBN 1905117051

By describing the contents of several children's lunchboxes, Althea clearly explains the importance of a balanced diet and shows that this can be achieved in a number of ways. Related issues such as vegetarianism and allergies are raised. Illustrated in a cheerful cartoon-like style.

BURNINGHAM, John

## **Avocado Baby**

Red Fox ISBN 0099200619  
Red Fox Mini-Treasure  
ISBN 0099400022

Eating an avocado suddenly turns a weedy infant into a menacing force – so Avocado Baby can push the family car, chase a burglar and put bullies to flight in the park.

CHILD, Lauren

## **I will not ever NEVER eat a tomato**

Orchard ISBN 184121602X

Charlie's little sister Lola is a very fussy eater. She has a long list of foods she will not entertain passing her lips. However, Charlie thinks of an imaginative way to encourage her to try everything, and eventually, Lola eats even her pet hate, tomatoes, by choice.

DURANT, Alan and Mei  
MATSUOKA

## **Burger Boy**

Andersen Press  
ISBN 1842704885

Benny hates vegetables and loves burgers. So much so, that his mum tells him he will turn into a burger and lo and behold! He does! He is chased, Gingerbread Man style, by dogs, cows and hungry boys who want to eat him. There are twists in the tale, as Benny is rescued (or is he?) and converted to a love of vegetables (but what are the consequences?). The wildly humorous illustrations flow across the page with a real sense of movement.

FRENCH, Vivian

and Alison BARTLETT

## **Oliver's Vegetables**

Hodder ISBN 0340634790

Oliver goes to stay with his grandfather who grows his own vegetables. Oliver insists that he only eats chips, so his grandfather tells him to find the potatoes to make these. As Oliver searches for his favourite food, he discovers what many other vegetables look like and how good they taste.

Also:

## **Oliver's Milkshake**

Hodder  
£5.99 (0340754540)

## **Oliver's Fruit Salad**

Hodder  
£5.99 (0340704535)

# MORE PICTURE BOOKS ABOUT FOOD AND HEALTHY EATING



GRAY, Kes & Nick SHARRATT

## **Eat Your Peas**

Red Fox ISBN 0099404672

Daisy's mother tries to persuade her faddy daughter to eat her peas with increasingly wild promises of tempting treats which are depicted rebus fashion. Daisy replies with a repeated refrain "I don't like peas", her face looming larger and larger. After the breathless build-up, there is a great punchline as readers discover mum has an aversion to another vegetable!

HOOPER, Meredith  
and Alison BARTLETT

## **Honey Biscuits**

Frances Lincoln  
ISBN 1845070453

A child and his grandmother make biscuits together. Along the way they consider where all the ingredients have come from as well as describing the method they are using. The language and illustrations are so inviting that they encourage all children to join in. The recipe is given in a more conventional form at the end of the book.

MAYNARD, Jacqui  
and Katharine McEWEN

## **I Know Where My Food Goes (Sam's Science)**

Walker ISBN 0744572339

One of a series explaining science concepts, specifically in relation to health. In this narrative, Sam and his mother describe how digestion works – from salivating at the thought of eating pizza and ice-cream to excretion. Comparisons are used to aid understanding – "My stomach is like a big stretchy bag. And it squishes and squashes the food round and round until it's all gloopy and gloppy, like soup." Significant words relating to the subject such as intestine and oesophagus are in bold type. The pictures are in keeping with the humorous style of the text.

Also in the Sam's Science series by Kate Rowan, illustrated by Katharine McEwen

## **I Know How We Fight Germs**

ISBN 0744572223

## **I Know Why I Brush My Teeth**

ISBN 0744572320

## **I Know How My Cells Make Me Grow**

ISBN 0744572347

MULLER, Birte

## **Finn Cooks**

Translated by J Alison James  
North-South Books ISBN  
0735819351

Finn does not like the "healthy balanced meals" his mother cooks, with her attention to protein, calcium and iron. He offers to do the shopping and cooking for the day. When he gets to the supermarket, Finn can't resist buying sweets and cakes. All that sugar makes him feel very queasy. Playing outside all afternoon makes him feel better but he has learned his lesson and enjoys spaghetti and sauce and a glass of milk for his dinner.

VOAKE, Charlotte

## **Pizza Kittens**

Walker ISBN 0744575958

Walker ISBN 0744598109

The humorous trials and tribulations of a mother and father cat who try to persuade their three errant kittens to sit nicely at the table, eat up all their peas and not put too much ketchup on their food. Finally the whole family enjoy a meal of pizza and the kittens succumb to having a little lettuce with it.

# FURTHER INFORMATION

## PLACES TO VISIT

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### Street Markets

#### Balham Market

Hildreth St, Balham,  
London, SW12

#### Billingsgate Market

Trafalgar Way, London,  
E14 5ST

Tel: 020 7987 1118

#### Borough Market (Southwark)

8, Southwark St, London,  
SE1 1TL

Tel: 020 7407 1002

#### Brixton Market

Brixton, London, SW9

#### Camden Market

54-56 Camden Lock Place,  
Chalk Farm Rd, London, NW1 8AF

Tel: 020 7284 2084

#### Elephant & Castle Market

Unit 240, Shopping Centre,  
Elephant & Castle, London,  
SE1 6TE

Tel: 020 7708 2313

#### Greenwich Market

11a, Greenwich Market,  
London, SE10 9HZ

Tel: 020 8293 3110

#### Jubilee Market Hall

1, Tavistock St, Covent Garden,  
London, WC2E 7PG

Tel: 020 7836 2139

#### Merton Abbey Mills

Watermill Way, London,  
SW19 2RD

Tel: 020 8543 9608

#### Nags Head Market

22, Seven Sisters Rd,  
London, N7 6AG

Tel: 020 7607 3527

#### New Spitalfields Market

23 Sherrin Rd, London,  
E10 5SQ

Tel: 020 8518 7670

#### Palmers Green Sunday Market

Station Car Park, Palmers Green  
Station, Aldermans Hill, London,  
N13 4PR

Tel: 020 8886 7781

#### Portobello Road Market

72, Tavistock Rd, London,  
W11 1AN

Tel: 020 7727 7684

#### Seven Sisters Market

231, High Rd, London, N15 5BT

Tel: 020 8802 1970

#### Shepherds Bush Market

Arch 185, Railway Approach,  
London, W12 8DG

Tel: 020 8743 5089

#### Tooting Market

21, High St, London, SW17 2JE

Tel: 020 8672 4760

### Pick your own Farms

#### Heathfield Farm

Coombe Lane, Croydon,  
CR0 5RH

Tel: 020 8657 7890

#### Parkside Farm

Hadley Rd, Enfield, EN2 8LA

Tel: 020 8367 2035

### Farmers' Markets

#### London Farmers' Markets

London, N1 7WB

Tel: 020 7704 9659

## WEBSITES

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### Recipes

[www.bbc.co.uk/food/](http://www.bbc.co.uk/food/)

The Food section of the BBC website has a good search engine for all kinds of recipes.

### Health

[www.healthyliving.gov.uk/healthyeating/](http://www.healthyliving.gov.uk/healthyeating/)

Scottish website with quiz to find out how healthy your diet is and tips on how to improve it.

[www.nutrition.org.uk/home](http://www.nutrition.org.uk/home)

Lots of information about healthy eating, energy and nutritional requirements.

[www.5aday.nhs.uk/living/Information.aspx](http://www.5aday.nhs.uk/living/Information.aspx)

NHS site promoting the five-a-day message.

### Safety at home

[www.capt.org.uk/activity/default.htm](http://www.capt.org.uk/activity/default.htm)

Child Accident Prevention Trust. Information and statistics as well as downloadable quiz and activity sheets.

[www.belfastcity.gov.uk/hazardhunter/](http://www.belfastcity.gov.uk/hazardhunter/)

Interactive game to play with children.

## FURTHER RESOURCES

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Family Health Folder

Materials for embedded learning. Available from DfES Publications.

Tel: 0845 60 222 60

Quote ref Embedded/FH

ISBN 1-84478-281-6

# MY FOOD DIARY

What you eat	Fruit and vegetables	Cereals, bread, pasta, rice, potatoes	Milk, eggs, cheese, butter, yoghurt and other dairy products	Meat, poultry, fish	Biscuits, chocolate, butter, fatty foods
Total portions					





# COOKBOOK GAME ANSWERS

You can find answers to some of the games in the cookbook below

## Fruity anagrams

- |                |              |
|----------------|--------------|
| 1. tomato      | 11. apple    |
| 2. mango       | 12. grapes   |
| 3. lemon       | 13. lettuce  |
| 4. strawberry  | 14. potato   |
| 5. lime        | 15. greens   |
| 6. carrot      | 16. melon    |
| 7. celery      | 17. beetroot |
| 8. cauliflower | 18. kiwi     |
| 9. peach       | 19. corn     |
| 10. banana     | 20. mushroom |

## Wordsearch

Cross off the words as you find them in the wordsearch.

- ~~potatoes~~
- ~~lettuce~~
- ~~leeks~~
- ~~swede~~
- ~~cabbage~~
- ~~onion~~
- ~~peas~~
- ~~turnip~~
- ~~peppers~~
- ~~sweetcorn~~
- ~~beans~~
- ~~sprout~~
- ~~parsnip~~

<del>p</del>	<del>o</del>	<del>t</del>	<del>a</del>	<del>t</del>	<del>o</del>	<del>e</del>	<del>s</del>	<del>a</del>	<del>w</del>	<del>o</del>
a	c	b	n	a	m	e	w	g	f	y
<del>r</del>	<del>t</del>	<del>e</del>	<del>t</del>	<del>t</del>	<del>u</del>	<del>c</del>	<del>e</del>	<del>p</del>	<del>o</del>	<del>e</del>
<del>s</del>	<del>b</del>	<del>a</del>	<del>a</del>	<del>u</del>	<del>s</del>	<del>t</del>	<del>e</del>	<del>e</del>	<del>k</del>	<del>s</del>
n	d	n	e	r	p	o	t	p	s	w
j	y	s	q	n	r	h	c	p	r	e
<del>p</del>	<del>a</del>	<del>o</del>	<del>n</del>	<del>i</del>	<del>o</del>	<del>n</del>	<del>o</del>	<del>e</del>	<del>j</del>	<del>d</del>
s	o	r	q	p	u	s	r	r	t	e
b	<del>p</del>	<del>e</del>	<del>a</del>	<del>s</del>	<del>t</del>	<del>m</del>	<del>n</del>	<del>s</del>	<del>v</del>	<del>s</del>
<del>e</del>	<del>a</del>	<del>b</del>	<del>b</del>	<del>a</del>	<del>g</del>	<del>e</del>	<del>c</del>	<del>a</del>	<del>n</del>	<del>d</del>