Gardening and Nutrition Children’s Books

The following is a list of garden and nutrition related children’s books available for checkout at the DUG office. This list is not exhaustive, but rather the books we have found fun and useful. *Books in Story Time in the Garden Kits.

- **Body Needs: Carbohydrates**, Hazel King, 2003. (Grades 4-8).
- **Cutting Thru the Nutritional Jungle**, Cathy Schmelter, R.D., 2006. (Grades K-8).
- **Good Enough to Eat**, Lizzy Rockwell, 1999. (Grades K-3).
- **Holly Bloom’s Garden**, Sarah Ashman and Nancy Parent, 2008. (Grades K-3). *
- **In the Garden with Dr. Carver**, Susan Grigsby, 2010. (Grades 2-4).
- **The Monster Health Book**, Edward Miller, 2006. (Grades 4-8).
- **My Food Pyramid**, Alisha Niehaus, 2007. (Grades 3-6).
- **Pass the Colors Please**, Helene Harris and Patrick W, 2011. (Grades K-3).
- **Rabbit and Squirrel**, Kara LaReau and Scott Magoon, 2008. (Grades K-3). *
- **There’s A Hair In My Dirt!**, Gary Larson, 1998. (Grades K-3).
- **The Vegetables We Eat**, Gail Gibbons, 2007. (Grades K-3). *