



# Nutrition on the Bookshelf

## A Nutrition Literacy Curriculum Guide

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Initial Reviewers: Norma Bobbit, Ph.D., Professor, College of Human Ecology, Michigan State University, East Lansing, MI

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Pilot Program Sites: Monterey Peninsula College, Child Development Center, Monterey, CA

Monterey Peninsula Unified School District, Olsen Preschool, Marina, CA

Marina Child Development Center, Marina, CA

Children's Services International Mountain Valley Child Development Center, Salinas, CA

Pinkney School District, Village School, Michigan School Readiness Project, Pinkney, MI

Michigan State University Cooperative Extension, Jackson County, Family Nutrition Program

Bay Books, Monterey, CA

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**Program Description**

Why a family nutrition literacy program?  
What role does the family play?  
Goals of Nutrition on the Bookshelf  
Conducting the workshops  
Selected Books  
Evaluation  
Research Base

**Facilitator's Guide**

Ordering books  
Tips for demonstrating how to read books  
to young children  
Evaluation forms  
Suggested focus group questions

**Parent Guides, Nutrition Guides, Favorite Recipes**

Lunch  
The Very Hungry Caterpillar  
Pancakes for Breakfast  
Stone Soup  
D. W., The Picky Eater  
Mr. Sugar Came to Town

Parent Guides—Spanish translations

**Additional Nutrition on the Bookshelf Handouts**

(English and Spanish)  
Why do cooking and nutrition activities with  
your child?  
Children's food and nutrition skills  
Children's food skills (by food group)  
Read to your child  
Tips for reading to children

**Annotated Bibliography**

Children's books with nutrition or food stories  
Children's books with nutrition and  
gardening themes  
Children's cookbooks  
Child Nutrition Books for Parents and Teachers