

Books

Unit 1 - United States and MyPyramid

A Taste of the Mexican Market by Nancy Maria Grande Tabor. (Charlesbridge, 1996. Bilingual, paperback.)

Come along on a trip to the Mexican market. Along the way you can compare with, count, and learn about different cultures and customs. From bunches of hanging bananas and braids of garlic to pyramids of melons and baskets of sweet cheese, this market is full of fun and surprises.

Farmer's Market by Paul Brett Johnson. (Orchard Books, 1997. Hardcover.)

Illustrations and easy-to-read text about a child's day helping her family load the pickup with baskets of vegetables they have grown to sell at the weekly farmers' market.

First Day in Grapes by L. King Perez. (Lee & Low Books, 2002. Hardcover.)

All year long, Chico's family moves up and down the state of California to pick fruits and vegetables. Every September, Chico starts a new school. Often, the other kids pick on him—maybe because he's always new, or maybe because he speaks Spanish sometimes. But third grade promises to be different.

History of Food by Judith Jango-Cohen. (Twenty-First Century Books, 2006. Hardcover.)

This book takes a look at the major inventions that have changed what and how we eat.

How my Family Lives in America by Susan Kuklin. (Aladdin Picture Book, 1998. Paperback.)

This multicultural story deals with three children and their families. They are Sanu from Senegal, West Africa; Eric from Puerto Rico; and April or Chin Lan from Taiwan.

I Am America by Charles R. Smith Jr. (Scholastic, 2003. Hardcover.)

Come celebrate the many faces of children growing up in America today. Vibrant photographs and poignant, rhyming text create a colorful mosaic that captures the beauty and spirit of a nation.

* *Let's Eat! What Children Eat Around the World* by Beatrice Hollyer. (Henry Holt and Co., 2004. Hardcover)

The five children in this book live in very different countries, and they each have their own ideas about what tastes good. But they have lots in common, too: They all go food shopping and help with the cooking, share mealtimes with their families, eat special foods to celebrate, and have things they love to eat and things they definitely don't. Countries featured are South Africa, Mexico, Thailand, France, and India.

* *Market Days: From Market to Market Around the World* by Madhur Jaffrey, Marti Shohet. (Bridgewater, 2003. Paperback.)

People around the world love to shop in markets, and they buy everything from snake soup and saris to camels and carpets. Come along on a fascinating journey through the markets of Hong Kong, Egypt, Senegal, India, Italy, and Mexico, and discover how kids live—and shop—in other parts of the world.

Pasta, Fried Rice, and Matzoh Balls: Immigrant Cooking in America by Loretta Frances Ichord. (Milbrook Press, 2005. Hardcover.)

This title focuses on the food, culture, and traditions of various groups who came to America between 1565 and 1921, among them Spanish, French, Swedish, Portuguese, Italian, and Polish immigrants. Recipes are included.

Supermarket by Kathleen Krull. (Holiday House, 2001. Paperback.)

This book takes a look at the modern supermarket: organization, displays, and inventory.

* *Wake Up, World! A Day in the Life of Children Around the World* by Beatrice Hollyer. (Henry Holt & Co., 1999. Hardcover.)

The sun is rising, and children all over the world are waking up. As the day unfolds, readers are invited to look inside eight homes in eight different countries and see where the children sleep, what they eat, and how they learn and play. What's life like in such diverse places as Ghana, Russia, Australia, Vietnam, Brazil, England, India, and America?

* recommended other books to use

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* *Travel the World Cookbook* by Pamela Marx.
(Good Year Books, 1996. Paperback.)

This cookbook is organized by continents. Each recipe includes information on kitchen tools needed, ingredients, directions for food preparation, an interesting food fact as well as a cultural fact, and an activity related to the continent or to a country or region on the continent.

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