



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START

Getting Started: Georgia Farm to Early Care and Education Guide



These are some of our favorite books about growing, cooking, and tasting food. We have selected texts that feature characters from underrepresented racial and ethnic groups, many of which are authored by writers of color.

Growing

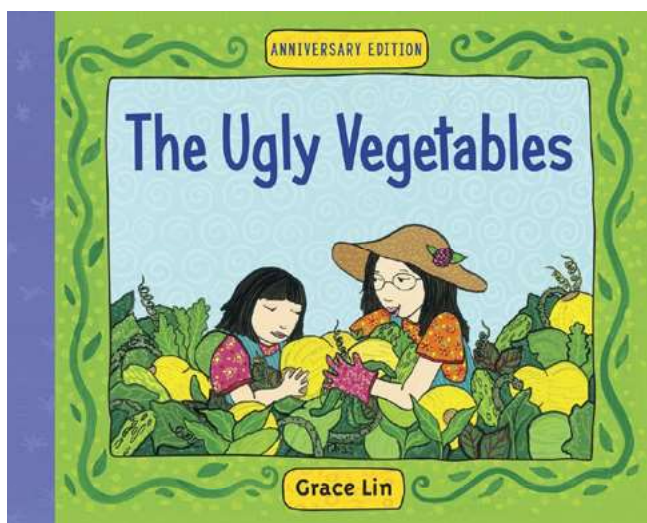
- In My Garden, by National Geographic Kids
- My Garden, by Kevin Henkes
- Lenny In The Garden, by Ken Wilson-Max
- Green Green: A Community Gardening Story, by Marie Lamba and Baldev Lamba
- What's In The Garden?, by Marianne Berkes
- Grandma Lena's Big Ol' Turnip, by Denia Lewis Hester
- Lola Plants a Garden, by Anna McQuinn
- How a Seed Grows, by Helene J. Jordan
- Little Seeds (My Little Planet), by Charles Ghigna
- From the Garden, by Michael Dahl
- Up, Down, Around, by Katherine Ayres
- One Bean, by Anne Rockwell
- The Carrot Seed, by Ruth Krauss
- City Green, by DyAnne DiSalvo-Ryan
- The Ugly Vegetables, by Grace Lin
- Plant A Little Seed, by Bonnie Christensen
- The Tiny Seed, by Eric Carle
- Our Community Garden, by Barbara Pollak
- Planting a Rainbow, by Lois Elhert
- The Apple Tree (English and Cherokee), by Sandy Tharp-Thee
- Seed Magic, by Jane Buchanan
- Rainbow Stew, by Cathryn Falwell
- Fresh-Picked Poetry: A Day At The Farmers' Market, by Michelle Schaub

Cooking and Tasting

- Plants Feed Me, by Lizzy Rockwell
- Before We Eat, by Pat Brisson
- Mealtime (Toddler Tools), by Elizabeth Verdick
- Let's Eat! A Comer!, by Pat Mora
- Lenny Has Lunch, by Ken Wilson-Max
- I Can Eat a Rainbow, by Annabel Karmel
- Eating the Alphabet, by Lois Elhert
- Everybody Cooks Rice, by Norah Dooley
- Everybody Bakes Bread, by Norah Dooley
- Everybody Serves Soup, by Norah Dooley
- Everybody Brings Noodles, by Norah Dooley
- Kitchen Dance, by Maurie J. Manning
- Full, Full, Full Of Love, by Trish Cook
- The Sandwich Swap, by Queen Rania of Jordan Al Abdullah
- Dim Sum for Everyone, by Grace Lin
- No Kimchi for Me!, by Aram Kim
- Babies Can't Eat Kimchee!, by Nancy Patz
- Too Many Tamales, by Gary Soto
- A Season For Mangoes, by Regina Hanson
- Bee-bim Bop!, by Linda Sue Park
- Lailah's Lunchbox: A Ramadan Story, by Reem Faruqi
- Sweet Potato Pie, by Kathleen D. Lindsey
- Hungry Johnny, by Cheryl Kay Minnema
- Auntie Yang's Great Soybean Picnic, by Ginnie Lo

Other

- Green Is a Chile Pepper: A Book Of Colors, by Roseanne Greenfield Thong
- Round Is a Tortilla: A Book of Shapes, by Roseanne Greenfield Thong
- Round is a Mooncake: A Book of Shapes, by Roseanne Greenfield Thong
- Fruits: A Caribbean Counting Poem, by Valerie Bloom



Songs about Gardens and Food

Young children love songs! Here are a few fun and easy tunes.
See if you can create some new food and gardening songs with your students!

Dirt Made My Lunch

Dirt made my lunch,
Dirt made my lunch.
Thank you Dirt, thanks a bunch,
For my salad, my sandwich
My milk and my munch 'cause
Dirt, you made my lunch.

Credit: Banana Slug String Band (to hear the tune, go here: bananaslugs.bandcamp.com/track/dirt-made-my-lunch-3)

Planting Time

Sung to: "Row, Row, Row Your Boat"

Dig, dig, dig the earth
(make digging motion)
Then you plant your seeds
(pretend to drop seeds)
A gentle rain
(Flutter fingers down)
And bright sunshine
(Circle arms above head)
Will help your flowers grow
(Hold one arm parallel to ground and move other arm up behind it with
fingers extended to represent a flower growing)

I'll Plant A Little Seed

Sung to: "I'm A Little Teapot"

I'll plant a little seed in the dark, dark ground.
Out comes the yellow sun, big and round.
Down comes the cool rain, soft and slow.
Up comes the little seed, grow, grow, grow!

Seeds

Sung to: "Twinkle, Twinkle Little Star"

Dig a hole deep in the ground
Spread some tiny seeds around
Pat them down - so they will keep
They are lying fast asleep
Rain will help the seeds to grow
Sunshine keeps them warm I know

Source: www.preschooleducation.com/sgarden.shtml