

Food and Festivals Around the World

Recommended Books

This list of recommended books provides an overview of some of the titles which explore aspects of this year's theme. While concentrating on more recent publications, it also includes a few older titles that are still relevant, but it is by no means comprehensive. The main areas covered are healthy eating, growing and producing food, cookery, festivals and celebrations. You will see that Diwali is the example we focus on in the festivals section. This is because it is the major religious festival celebrated during November. For a comprehensive listing of religious festivals see the Shap Calendar <http://www.shapworkingparty.org.uk/calendar.html> Unless otherwise advised, the books listed below are suitable for 5-11s. Finally, don't forget to look at the NNFN Resources page for more ideas, links and downloadable resources.

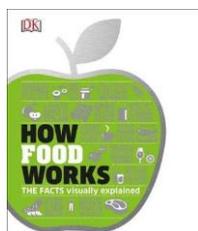
Healthy Eating



100 Things to Know About Food by Sam Baer (et al) and Federico Mariani & Parko Polo (illustrators)

Usborne 978 1409598619 £8.99

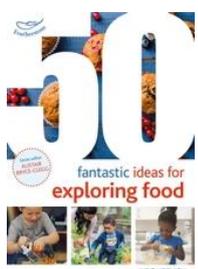
The full-colour infographic-style of presentation throughout makes this a great book for dipping into, while the detailed glossary and index supports more focused research. Additional information on the related Usborne Quicklinks website. Ideal for KS2 & 3.



How Food Works

Dorling Kindersley 9780241289396 £14.99

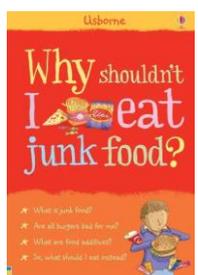
One of DK's *The Facts Visually Explained* series, this reveals the facts behind your food, explores behind the scenes of modern food production, and answers many of those niggling questions about food that you may have. Secondary.



50 Fantastic Ideas for Exploring Food by Judit Horvath

Featherstone 9781472922557 £9.99

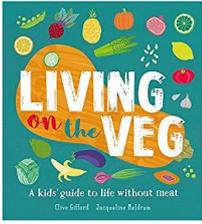
Based on the author's sound practice as a qualified teacher and baker, Judit suggests a variety of activity ideas around cooking and baking from different cultures, with an emphasis on healthy eating. Adult.



Why Shouldn't I Eat Junk Food? by Kate Knighton and Adam Larkum (illustrator)

Usborne 9780746087558 £7.99

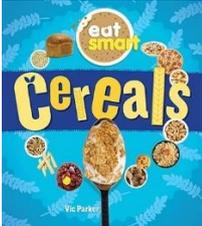
Offers important guidelines that are accessibly presented for young children. Covers everything including additives, food labelling and marketing. Primary.



Living on the Veg: A Kid's Guide to Life without Meat by Jacqueline Meldrum and Clive Gifford

Wayland 9781526306098 £12.99

An attractively designed guide to vegetarianism, which includes information and recipes, and what to consider if you're thinking of changing your lifestyle. Ideal for KS2 & 3.

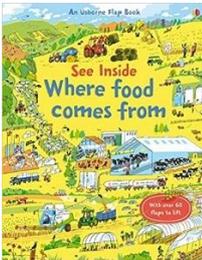


Eat Smart: Cereals by Vic Parker

Quarto 9781784937225 £10.99

One of a series which covers a range of favourite foods including dairy, fruit, vegetables, meat & fish. Each title explains where the food comes from and how it helps you to stay strong and healthy.

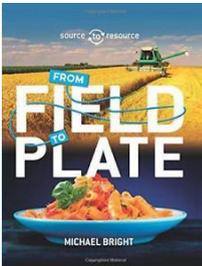
Growing Food and Food Production



See Inside: Where Food Comes From by Emily Bone and Peter Allen (illustrator)

Usborne 9781409599203 £9.99

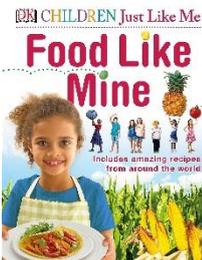
Colourful flap book which reveals where the food we eat is produced including farms, the sea and greenhouses. Covers staple ingredients and includes a world map with flaps showing where some favourite foods come from.



Food: From Field to Plate by Michael Bright

Wayland 9780750296458 £12.99

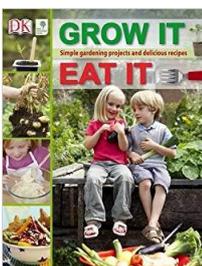
One of the *Source to Resource* series, this covers the history of food production and present-day methods of farming, delivery, storage and food preservation and preparation, as well as the impact of global food consumption. KS2 & 3



Food Like Mine

Dorling Kindersley 9780241230978 £12.99

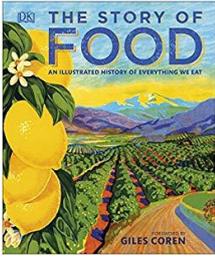
Learn about staple ingredients, see where they are eaten and learn how they are grown. One of the *Children Just like Me* series which celebrates children around the world and the food they eat.



Grow It, Eat It

Dorling Kindersley 9781405328104 £9.99

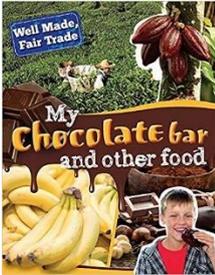
Even if you haven't got a garden, find out about how to grow and prepare food to eat.



The Story of Food: An Illustrated History of Everything We Eat

Dorling Kindersley 9780241254783 £20

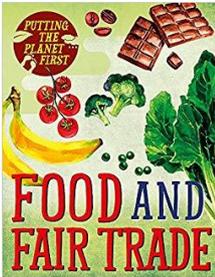
A comprehensive and very beautifully presented book that explores the stories, symbolism and traditions wrapped up in the food that not only feeds us but that also makes up our culture. Adult.



My Chocolate Bar and Other Food by Helen Greathead

Franklin Watts 9781445132778 £8.99

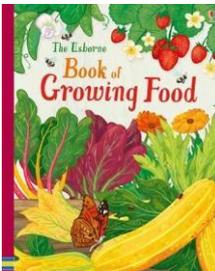
One of the *Well Made, Fair Trade* series this explores the problems faced by people who produce the world's food and the fair-trade projects which help to improve their working conditions and to get a fair price for their produce. KS2 & 3.



Food and Fair Trade by Paul Mason

Wayland 9781526301611 £8.99

Explains how people around the world are working all the time to find new ways to grow and trade food fairly and sustainably. One of the *Putting the Planet First* series which suggests ways to help the environment by making small changes which will have a real impact.

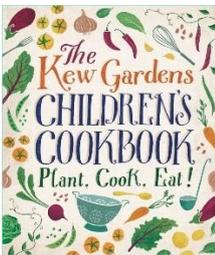


Book of Growing Food by Abigail Wheatley and Anni Betts (illustrator)

Usborne 9781409598855 £9.99

A simple step-by-step introduction to growing food in containers both inside and out, this is a practical spiral-bound guide which includes tips and techniques, with suggestions for how to deal with pests and other problems.

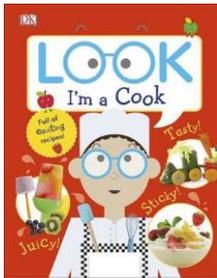
Cooking



The Kew Garden Children's Cookbook: Plant, Cook, Eat by Caroline Craig and Joe Archer

Wayland 9780750298193 £12.99

This beautiful book is much more than a recipe book. Produced in association with the Royal Botanic Gardens at Kew, it makes a great introduction to the pleasure of growing, harvesting and cooking your own food.



Look I'm a Cook

Dorling Kindersley 9780241287781 £7.99

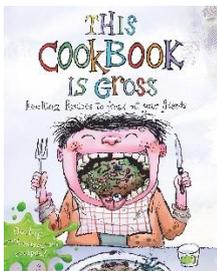
Ideal for young children to share with an adult. A robust and well-presented introduction to the everyday science of food, with some easy-to-do activities.



Beat the Wheat by Katrina Jorgensen

Raintree 9781474710763 £8.99

One of the *Allergy Aware Cookbooks* series which also includes titles covering free-from recipes for cheese, soy, peanuts and eggs.

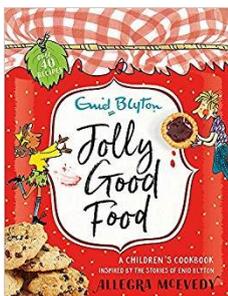


This Cook Book is Gross: Revolting Recipes to Freak out Your Friends by Susanna Tee and Santy Gutierrez (illustrator)

QED 9781784938284 £9.99

From squiggly jelly 'earthworms' to revolting gooey 'snotcorm', this is a recipe book full of truly gross, yet delicious, recipes.

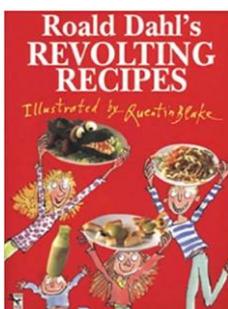
There are a number of cookery books which have been inspired by or based on books and stories written for children.



Jolly Good Food: A Children's Cookbook Inspired by the Stories of Enid Blyton by Enid Blyton and Allegra McEvedy

Hodder 9781444929805 £14.99

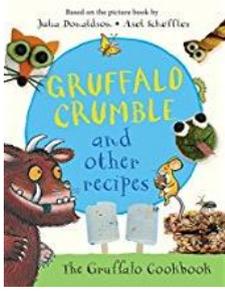
Anyone for homemade ginger beer?!



Roald Dahl's Revolting Recipes by Roald Dahl and Quentin Blake (illustrator)

Turtleback Books 9780613639880 £15.20

A personal favourite – I can certainly vouch for Bruce Bogtrotter's delicious chocolate cake which goes very well with the peach juice!! Sadly, Jonathan Cape's original edition is no longer in print – this one is a special library edition.



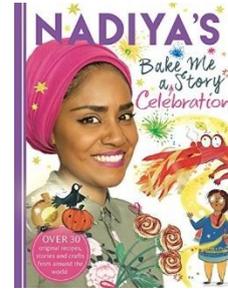
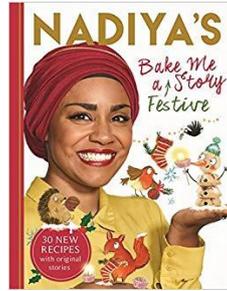
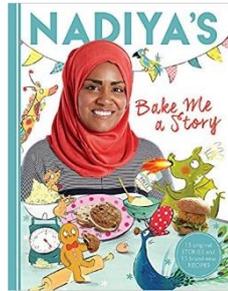
Gruffalo Crumble and Other Recipes by Julian Donaldson and Axel Scheffler

Macmillan

9781509804740

£9.99

If you've ever wanted to know how to make owl ice cream, scrambled snake or roasted fox, then this is the book for you!



Bake Me a Story: 15 Stories and Recipes for Children by Nadiya Hussain and Clair Rossiter (illustrator)

Hodder

9781444933277

£14.99

Bake Me a Festive Story: 35 Festive Recipes and Stories for Children by Nadiya Hussain and Clair Rossiter (illustrator)

Hodder

9781444939613

£14.99

Bake Me a Celebration Story: 30 Recipes and Activities, Plus Original Stories for Children by Nadiya Hussain and Clair Rossiter (illustrator)

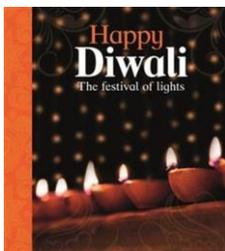
Hodder

9781444939583

£14.99

All three books combine cooking and storytelling – which makes a great way to get children interested in cooking!

Festivals and Celebrations



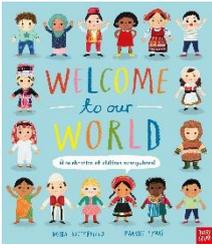
Happy Diwali (Let's Celebrate) by Joyce Bentley

Wayland

9781526301154

£7.99

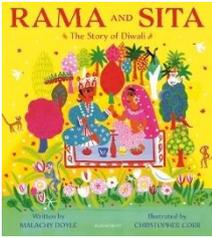
One of a series which is ideal for KS1.



Welcome to Our World: A Celebration of Children Everywhere by Moira Butterfield

Nosy Crow 9781788001373 £12.99

A celebration of the languages, customs and traditions (including birthdays) of children around the world. Beautifully illustrated large format picture book.



Rama and Sita: The Story of Diwali by Malachy Doyle and Christopher Corr (illustrator)

Bloomsbury 9781472954695 £6.99

Beautifully presented picture book version of the story for young children.



Festival Folk: A Folio of Festivities Around the World by Rob Flowers

Cicada 9781908714572 £14.95

Colourful large-format picture book atlas of carnival customs and costumes.



Diwali (Origami Festivals) by Robin Hardyman

Franklin Watts 9781445150727 £8.99

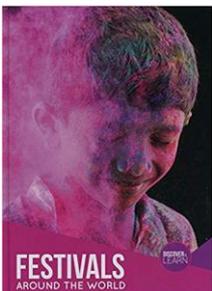
Explores the Hindu Festival of Lights and includes six simple origami projects.



Diwali (Festivals Around the World) by Grace Jones

BookLife 9781910512951 £12.99

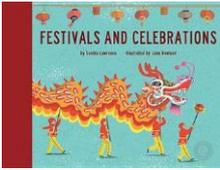
One of a series which is ideal for KS1.



Festivals Around the World (Discover and Learn) by Grace Jones

BookLife 9781786370433 £12.99

An introduction to religious beliefs and cultural traditions around the world.



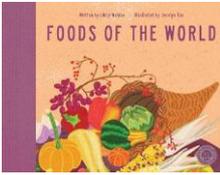
Festivals and Celebrations by Sandra Laurence and Jen Newland (illustrator)

360 Degrees

9781848575950

£9.99

A look at some of the brightest, strangest, funniest and most beautiful festivals on the planet.



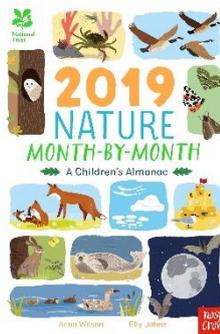
Foods of the World by Libby Walden and Jocelyn Kao

360 Degrees

9781848577107

£9.99

Delve into kitchens around the globe and sample a vast array of culinary delights.



National Trust: 2019 Nature Month-by-Month: A Children's Almanac by Anna Wilson and Elly Jahnz (illustrator)

Nosy Crow

9781788003391

£9.99

Full of fun facts and activities about festivals and special days (including Bonfire Night and Armistice Day for November), animals, plants and more.