

## Tulsa City County Library Declares



Join Tulsa City-County Library as it explores food, gardening and health with more than [40 free programs](#) scheduled throughout the year.

### Grow

[Cool Carrots from Garden to Table: How to Plant, Grow and Prepare Carrots](#) by Katherine Hengel - [Cool Garden to Table](#) series

Grow carrots in your own containers then learn how to prepare them to eat with delicious recipes.

[Cool Stuff for Your Garden](#) by Pam Scheunemann

Projects include making a Zen garden and garden markers.

[An Edible Alphabet: 26 Reasons to Love the Farm](#) by Carol Watterson

Rhyming alphabet, naming things related to modern farming.

[First Garden: The White House Garden and How it Grew](#) by Robbin Gourley

The White House Kitchen Garden, how it is cultivated and what plants are found in it.

[Growing Your Own Garden](#) by Rebecca Hirsch

An overview of the steps necessary to grow your own vegetables.

[Grow Your Own Sandwich](#) by John Malam – [Grow it Yourself!](#) Series

How to grow tomatoes and use them in a sandwich.

[How Does My Garden Grow?](#)

Various activities introduce kids to the structures and life cycles of plants.

[Secrets of the Garden](#) by Kathleen Weidner Zoehfeld

A family prepares the soil, plants the seeds, waters and watches for a harvest of vegetables.

[Watch Me Grow! A Down-to-earth Look at Growing Food in the City](#) by Deborah Hodge

An introduction to how city gardens help people eat better and create community.

### Cook

[Artful Snacks](#) by Marilyn LaPenta – [Yummy Tummy Recipes](#) series

Healthy eating tips and recipes to make a variety of snacks.

[An Astronaut Cookbook: Simple Recipes for Kids](#) by Sarah Schuette – [First Cookbooks](#) series

An astronaut themed collection of recipes for kids.

[B is for Baking: 50 Yummy Dishes to Make Together](#) by Susan McQuillan  
Sesame Street friends share tips on nutrition in 50 recipes designed for kids to get involved.

[Cool Quick Breads: Easy Recipes for Kids to Bake](#) by Pamela Price – [Cool Baking](#) series  
From banana bread to monkey bread recipes that will have kids baking.

[Easy Breakfasts from Around the World](#) by Sheila Llanas – [Easy Cookbooks for Kids](#) series  
Introduce kids to simple breakfasts from around the world.

[My Favorite Recipes](#) by Annabel Karmel  
40 plus carefully chosen recipes to get everyone eating better.

[Twist it Up: More than 60 Delicious Recipes from an Inspiring Young Chef](#) by Jack Witherspoon  
While battling leukemia, Jack began to make his dream of being a chef a reality.

[We Grew It, Let's Eat It!](#) By Justine Kenin  
Annie and Veda learn about planting, tending, harvesting and preparing foods in a community garden.

## **Eat – Nutrition**

[The Delicious Dairy Group](#) by Sally Lee – [MyPlate and Healthy Eating](#) series  
Discusses foods in the dairy group and examples of healthy eating choices and portions.

[Eat a Rainbow: Healthy Foods](#) by Susan Kesselring – [Move and Get Healthy](#) series  
The foods you need come in different colors so eat a rainbow!

[Eat and Drink](#) by Sue Barraclough – [Healthy Habits](#) series  
Encourages healthy habits by kids that animals need to eat and drink the same nutritional foods that they do.

[Eat Right: Your Guide to Maintaining a Healthy Diet](#) by Allyson Schrier – [Healthy Me](#) series  
An introduction to making healthy choices for pre-teens.

[Protein](#) by Katie Marsico – [Your Healthy Plate](#) series  
The importance of protein in a healthy diet.

[Using MyPlate](#) by Rebecca Rissman – [Healthy Eating with MyPlate](#) series

## **Eat – Food**

[Come and Eat!](#) By George Ancona  
Around the world food and traditional eating habits.

[The Dish on Mac and Cheese](#) by Catherine Ipcizade – [Favorite Food Facts](#) series  
The history of mac and cheese with a recipe for pizza mac.

[Earth-Friendly Food](#) by Gillian Gosman  
Ways to take an active role in the health of your body and the earth.

[Food: 100 Years Ago](#) by Allison Lassieur

Turn of the century foods and cooking methods and how they differ from today.

[Food Culture: Celebrating Diverse Traditions](#) by Kristin Petrie – [Mission: Nutrition](#) series

Explore the many everyday and celebration foods eaten around the world and close to home.

[Food for Thought: The Stories Behind the Things We Eat](#) by Ken Robbins

Explore the deliciously interesting cultural history behind apples, oranges, mushrooms and more.

[How Did that Get in My Lunchbox? The Story of Food](#) by Christine Butterworth

Where different foods come from and how they get to your local store.

[The Mangrove Tree: Planting Trees to Feed Families](#) by Susan Roth

Making saltwater and desert land productive by planting mangrove trees to feed the tiny country of Eritrea.

[Milk: Live on a Dairy Farm](#) by Ruth Owen – [Food from Farmers](#) series

Life on a dairy farm discussing the crops grown to feed the cows, milking the cows, what happens to the milk at the dairy plant, and more.

[This is the Way We Eat Our Food](#) by Laine Falk

Children around the world eat their food in many different ways.

[What's In Your Chicken Nugget?](#) by Jaclyn Sullivan – [What's in Your Fast Food?](#) series

The history of chicken nuggets and how they are made.

[Who Wants Pizza? The Kids Guide to the History, Science and Culture of Food](#) by Jan Thornhill

Why do we need to eat? Where does our food come from? Is there enough food for everyone?

[Word of Mouth: The Food You Eat](#) by Nancy Bontempo

Environmental stress as it relates to the global food supply.

## **Move**

[The ABCs of Yoga for Kids](#) by Teresa Power

Yoga for children, featuring short poems that explain how to accomplish different poses and moves.

[Baseball](#) by Rennay Craats – [In the Zone](#) series

Fundamentals of baseball covering everything from history to diet and training.

[Camping and Hiking](#) by Neil Champion – [Get Outdoors](#) series

An overview of camping and hiking equipment and safety.

[Freshwater Fishing](#) by Carol Lindeen – [Wild Outdoors](#) series

The equipment, skills, and techniques of freshwater fishing.

[Go Out and Play: Favorite Outdoor Games from Kaboom!](#)

More than seventy games and activities for kids to play outdoors, covering kick the can, freeze tag, blind man's bluff, four square, and others.

[Golf From Tee to Green: The Essential Guide for Young Golfers](#) by Clive Gifford

From tee shots and iron play to pitching, chipping, coping with bunkers and reading a green.

[Hip Hop Dancing](#) by Kathryn Clay – [Dance Dance Dance](#) series

Photographic introduction to Hip-hop dancing.

[How to Improve at Tennis](#) by Jim Drewett – [How to Improve At...](#) series

Skills, drills and becoming physically fit.

[Play Basketball Like a Pro: Key Skills and Tips](#) by Nate LeBoutillier – [Sports Illustrated Kids Play Like the Pros](#) series

Develop basketball skills including conditioning, dribbling, shooting free throws, rebounding and passing.

[Soccer](#) by Chris McDougall – [Best Sport Ever](#) series

Go beyond the basics to advanced skills and health benefits.

[Super Simple Bend & Stretch: Healthy and Fun Activities to Move Your Body](#) by Nancy Tuminelly – [Super Simple Exercise](#) series

Suggestions and instructions for exercises and activities to get kids moving.

[Tae Kwon Do](#) by Tim O'Shei – [Blazers Martial Arts](#) series

The history, techniques, ranks, and competitions of tae kwon do, a Korean martial art

[Volleyball](#) by Chros McDougall – [Girls Play to Win](#) series

Volleyball history, rules, techniques and strategies.