FAIRYTALE NUTRITION

CREDIT AND EVALUATION
This health program was developed in partnership with the National Network of Libraries of Medicine (NNLM). Your feedback is encouraged. https://nnlm.gov/Zkj

AGES
Children 8+ years
Adaptations for teens or adults

PROGRAM DESCRIPTION
Fairy tales and folklore are bursting with food references, from poisoned apples to magic beans. Take food and nutrition to a fantastical level with storytime, cooking, and/or gardening programs. Activity ideas listed below.

Fairytale Nutrition Storytime
Once upon a time, it was breakfast. Host a storytime program or series inspired by food in folk and fairy tales. Including but not limited to “The Giant Turnip,” “The Giant Carrot,” “The Princess and the Pea,” and “Jack and the Beanstalk.” Pair with nonfiction books about nutrition or seed life cycles. An art activity may include bean and seed art.

Fairytale Garden
If you have an existing community garden, plant crops that connect to folk and fairy tales. Grow giant carrots, peas for a princess, and magic beans! Scale down: Beans can be grown in five-gallon containers as long as their vines have something to climb on. Enlist children and teens to make creative signage for the garden, from the whimsical to the scientific, and share information about the life cycle of beans and seeds.

Healthy Eating Cookbook Club
Embrace magic beans! Using “Jack and the Beanstalk” or “Stone Soup” as inspiration, host a cooking program that focuses on beans as healthy proteins. Discuss bean and seed life cycles, and share the health benefits of a high-fiber diet, with information from MedlinePlus or ChooseMyPlate. Share one-pot bean soup recipes, or scale up and host a healthy chili cook off challenge for the community.

TIP:
Invite local community garden members to help with gardening programs!
GAME/ACTIVITY | OUTSIDE PRESENTER OPTIONAL

MATERIALS
- Storytime: Books, seed art materials, food props/puppets
- Gardening: Existing garden or barrel gardening
- Cooking: A kitchen or a no-flame induction burner, and recipe-specific tools and supplies

SPACE
Meeting room
Garden plot or bright windowsill
Kitchen or sanitary space

PERSONNEL
One to three staff members or volunteers

RESOURCES

Web
NNLM: Summer health programming
https://nnlm.gov/initiatives/summer-reading

MedlinePlus: Food allergies
https://medlineplus.gov/foodallergy.html

MedlinePlus: Healthy recipes
https://medlineplus.gov/recipes

Centers for Disease Control: Gardening health and safety tips
https://www.cdc.gov/family/gardening

U.S. Department of Agriculture: Nutrition information
https://www.choosemyplate.gov

Children’s Nonfiction

Search your collection for healthy and simple recipe cookbooks!

Children’s Fiction
Your favorite versions of “Jack and the Beanstalk,” “Princess and the Pea,” “The Giant Carrot,” “The Giant Turnip,” or “Strega Nona.”