

# F.I.T. CHOICES



Imagine the ripple effects  
of our collective F.I.T. choices

Be present. Be active.  
Be informed. Be the change.

Framework for Integrated Teaching



**F.I.T. CLUB**  
FARMING FITNESS FOOD

**F.I.T. CLUB**  
200 Middle Highway #12  
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[teachfitclub.org](http://teachfitclub.org)

A Rhode Island Non-Profit 501(c)(3) Corporation

# F.I.T. CHOICES

BOOKS TO CHANGE YOUR WORLD

You can make a difference.



Find your place to stand.

Give me a place to stand,  
and I will move the world.

– Archimedes

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**“Sustainable development is not a destination, but a dynamic process of adaptation, learning and action. It is about recognizing, understanding and acting on interconnections - above all those between the economy, society and the natural environment... How we produce and consume food can have a significant impact on sustainable development” including health, waste, and ecological footprint.**

– *Resilient People, Resilient Planet: A Future Worth Choosing: The Report of the United Nations Secretary General’s High-Level Panel on Global Sustainability, 2012, (pp 6, 7, 36 Box 5)*

## NATURE’S CYCLE

- ❑ *One Small Square: Backyard* by Donald M. Silver
- ❑ *A Handful of Dirt* by Raymond Bial
- ❑ *Pass the Energy Please!* by Barbara S. McKinney
- ❑ *The Hive Detectives: Chronicle of a Honey Bee Catastrophe* by Loree G. Burns
- ❑ *Winter Bees & Other Poems of the Cold* by Joyce Sidman
- ❑ *The Secret Lives of Backyard Bugs* by Judy Burris & Wayne Richards
- ❑ *One Well: The Story of Water on Earth* by Rochelle Strauss
- ❑ *Coral Reefs* by Jason Chin
- ❑ *Tracking Trash: Flotsam, Jetsam, and the Science of Ocean Motion* by Loree G. Burns
- ❑ *What’s Sprouting in My Trash: A Book about Composting* by Esther Porter
- ❑ *Rotten Pumpkin: A Rotten Tale in 15 Voices* by David Schwartz
- ❑ *Composting: Nature’s Recyclers* by Robin Koontz
- ❑ *Up We Grow: A Year in the Life of a Small, Local Farm* by Deborah Hodge
- ❑ *Seed Soil Sun: Earth’s Recipe for Food* by Cris Peterson
- ❑ *Harvest Year* by Cris Peterson
- ❑ *Blue Potatoes, Orange Tomatoes* by Rosalind Creasy
- ❑ *The Life and Times of Corn* by Charles Micucci
- ❑ *Seed by Seed: The Legend and Legacy of John “Appleseed” Chapman* by Esmé Raji Codell
- ❑ *\*The Age of Sustainable Development* by Jeffrey D. Sachs

## FOODS FOR THOUGHT

- ❑ *The Omnivore’s Dilemma: The Secrets Behind What You Eat (Young Readers Edition)* by Michael Pollan
- ❑ *How Did that Get in My Lunchbox? The Story of Food* by Chris Butterworth
- ❑ *A Fine Dessert: Four Centuries, Four Families, One Delicious Treat* by Emily Jenkins and Sophie Blackall
- ❑ *Recipe for Adventure Naples!* by Giada De Laurentiis  
*Also in the series Paris, Hong Kong, Rio de Janeiro, Hawaii, Miami, New Orleans*
- ❑ *The World in Your Lunchbox: The Wacky History and Weird Science of Everyday Foods* by Claire Eamer
- ❑ *The Cod’s Tale* by Mark Kurlansky
- ❑ *World Without Fish* by Mark Kurlansky
- ❑ *Sugar* by Jewell Parker Rhodes
- ❑ *The Story of Salt* by Mark Kurlansky
- ❑ *Good and Cheap: Eat Well on \$4/Day* by Leanne Brown
- ❑ *\*Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver
- ❑ *\*The Power of Habit: Why We Do What We Do in Life and in Business* by Charles Duhigg
- ❑ *\*The Promise of a Pencil: How an Ordinary Person Can Create Extraordinary Change* by Adam Braun

## MIND BODY CONNECTIONS

- ❑ *The Way We Work: Getting to Know the Amazing Human Body* by David Macaulay
- ❑ *Brain: Our Nervous System* by Seymour Simon
- ❑ *Sidewalk Flowers* by JonArno Lawson
- ❑ *Sadako and the Thousand Paper Cranes* by Eleanor Coerr
- ❑ *Lungs: Your Respiratory System* by Seymour Simon
- ❑ *Bones: Our Skeletal System* by Seymour Simon
- ❑ *The Crossover* by Kwame Alexander
- ❑ *Booked* by Kwame Alexander
- ❑ *Rollergirl* by Victoria Jamieson
- ❑ *Growing Up Pedro* by Matt Tavares
- ❑ *Young Pele: Soccer’s First Star* by Lesa Cline-Ransome
- ❑ *The Kid from Diamond Street: The Extraordinary Story of Baseball Legend Edith Houghton* by Audrey Vernick
- ❑ *Guts: Our Digestive System* by Seymour Simon
- ❑ *What Happens to a Hamburger?* by Paul Showers
- ❑ *\*Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder* by Richard Louv
- ❑ *\*Wherever You Go There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn
- ❑ *\*Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* by Stuart Brown, M.D.

**Make the world better.**

– Lucy Stone

**\*Advanced/Adult readers**