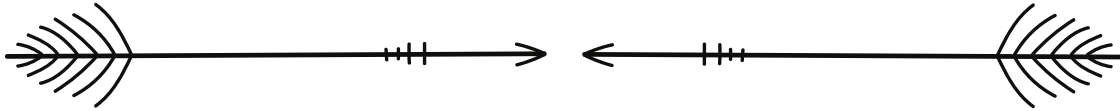


Book List



Some (if not all) of the "Younger Children" books could be adapted for older children, especially if you are going through the lessons as a family, however, the books for the older students will help them to take a deeper dive into the various cultures and health topics.

Younger Children

- [If You Were Me and Lived in...The Ancient Mali Empire by Carole P. Roman](#) (Cultural Book)
Age Range: 5-11 Years
Lesson 1-9
- [A Garden in Your Belly: Meet the Microbes in Your Gut by Masha D'yans](#) (Lesson-Related Book)
Age Range: 5-11 Years
Lesson 3 (get from the library)
- [Molly's Organic Farm by Carol L. Malnor & Trina L. Hunner](#) (Lesson-Related Book)
Age Range: 5-9 Years
Lesson 5
- [If You Were Me and Lived in...Ancient China: The Han Dynasty by Carole P. Roman](#) (Cultural Book)
Age Range: 5-11 Years
Lessons 10-17
- [If You Were Me and Lived in Ancient Greece: An Introduction to Civilizations Throughout Time by Carole P. Roman](#) (Cultural Book)
Age Range: 5-11 Years
Lesson 18-23
- [Children of the Earth and Sky by Stephen Krensky](#) (Cultural Book)
Age Range: 5-11 Years
Lessons 24-25
- [The Inuit \(A True Book: American Indians\) by Kevin Cunningham](#) (Cultural Book)
Age Range: 5-11 Years
Lessons 26, 28, 29, 30
- [The Farm that Feeds Us: A Year in the Life of an organic farm by Nancy Castaldo](#) (Lesson-Related Book)
Age Range: 5-11 Years
Lessons 6, 13, 29, 30

Older Children

- [Nourishing Diets: How Paleo, Ancestral & Traditional People Really Ate by Sally Fallon Morell](#) (Cultural Book)
Age Range: 12-18 Years
Lessons 1-30
- [The Whole-Body Guide to Gut Health: Heal Your Gut Through Diet, Exercise, & Stress Reduction by Heidi Moretti](#) (Lesson-Related Book)
Age Range: 12-18 Years
Lessons 2, 3, 4, 8, & 15
- [Organic Gardening for Everyone by CaliKim](#) (Lesson-Related Book)
Age Range: 10-18 Years
Lessons 5 & 29

Both Younger & Older Children

- [The Nourishing Traditions Cookbook for Children by Suzanne Gross & Sally Fallon Morell](#) (Lesson-Related Book)
Lessons 1-30
- [Herbal Adventures: Backyard Excursions and Kitchen Creations for Kids and Their Families by Rachel Jepson Wolf](#) (Lesson-Related Book)
Lesson 25, 26
- [What a Waste: Trash, Recycling, and Protecting Our Planet by Jess French](#) (Lesson-Related Book)
Lesson 7, 23, 28