



Let's Eat: Food

h is for hamburger.



A hamburger is a sandwich made with a meat or veggie patty inside a bun. You can add cheese, lettuce, tomato, and ketchup for extra flavor.

An ABC theme book with photos & descriptions.

a

is for apple.



Apples are crunchy, juicy fruits that come in red, green, and yellow. They make a tasty snack and help keep you healthy and strong.

b

is for banana.



Bananas are soft, sweet fruits that grow in bunches. You can peel them easily and eat them anywhere!

C is for cheese.



Cheese comes from milk and can be melted, sliced, or sprinkled on your favorite foods. It's creamy, delicious, and full of calcium for strong bones.

d

is for doughnut.



Doughnuts are round, sweet treats with a hole in the middle. They can be covered in sprinkles, glaze, or even chocolate!

e

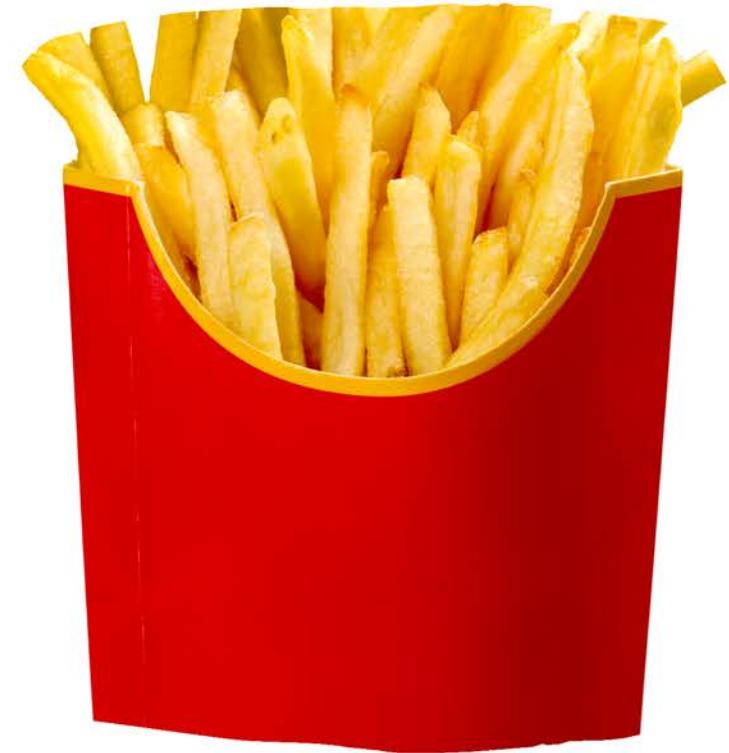
is for eggs.



Eggs can be
scrambled,
boiled, or made
into omelets.
They're packed
with protein to
give you energy
for your day.

f

is for french fries.



French fries are
crispy potato
sticks that are
fun to dip in
ketchup.
They're a
popular side for
hamburgers
and
sandwiches.

g

is for grapes.



Grapes grow in bunches on vines and can be green, red, or purple. They're juicy and make a great snack for school or home.

h

is for hamburger.



A hamburger is a sandwich made with a meat or veggie patty inside a bun. You can add cheese, lettuce, tomato, and ketchup for extra flavor.

i

is for ice cream.



Ice cream is a cold, creamy dessert that comes in many flavors. It's a favorite treat on hot summer days!

j

is for juice.



**Juice is a drink
made from
fruits like
oranges, apples,
or grapes. It's
refreshing and
full of fruity
flavor.**

K

is for kiwi.



Kiwis are small, fuzzy fruits with bright green insides. They taste sweet and a little tangy, just like candy from nature!

L is for lemons.



**Lemons are
bright yellow
and taste sour.**

**You can
squeeze them
to make
lemonade or
add flavor to
foods.**

m is for macaroni.



Macaroni
noodles are
small tubes of
pasta that taste
great with
cheese. Mac
and cheese is a
favorite comfort
food for many
kids.

n is for nuggets.



Chicken nuggets are bite-sized pieces of crispy chicken. They're fun to dip in sauce and eat with friends.

O is for oranges.



Oranges are round fruits full of sweet, juicy flavor. They're loaded with vitamin C to keep you healthy.

p

is for pizza.



Pizza is a round, cheesy meal topped with sauce and your favorite ingredients. You can eat it with your hands and share it with friends!

q

is for quinoa.



Quinoa is a tiny grain that's full of protein and energy. It can be mixed with veggies or eaten in salads.

r

is for rice.



Rice is a small, white or brown grain eaten all over the world.

It's delicious with chicken, veggies, or stir fry.

S

is for sandwich.



A sandwich is made with two slices of bread and anything you like inside. You can make one with peanut butter and jelly, turkey, or even veggies!

t

is for tomato.



Tomatoes are red and juicy and can be eaten raw or cooked. They're the main ingredient in ketchup and pizza sauce.

U is for udon.



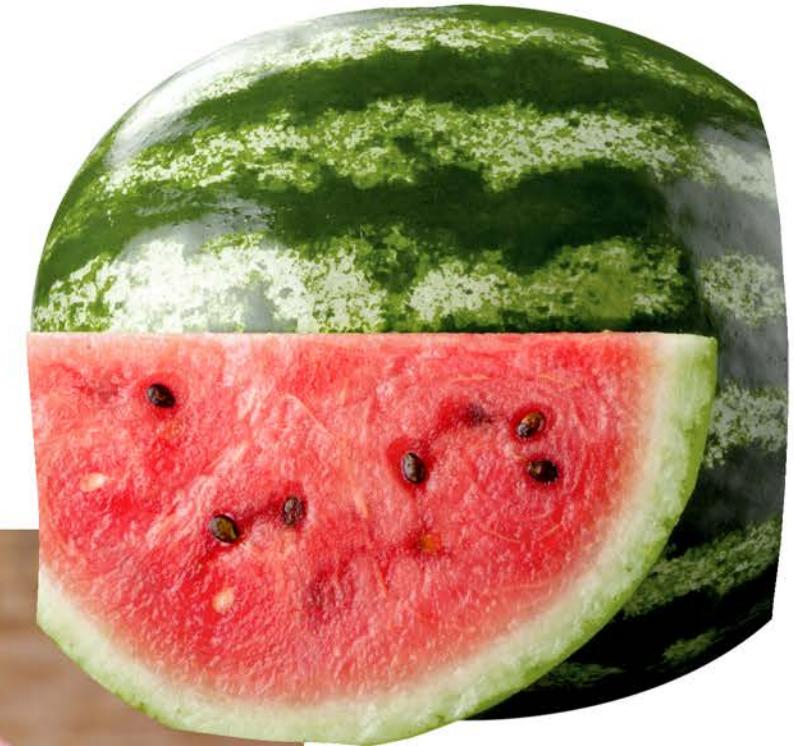
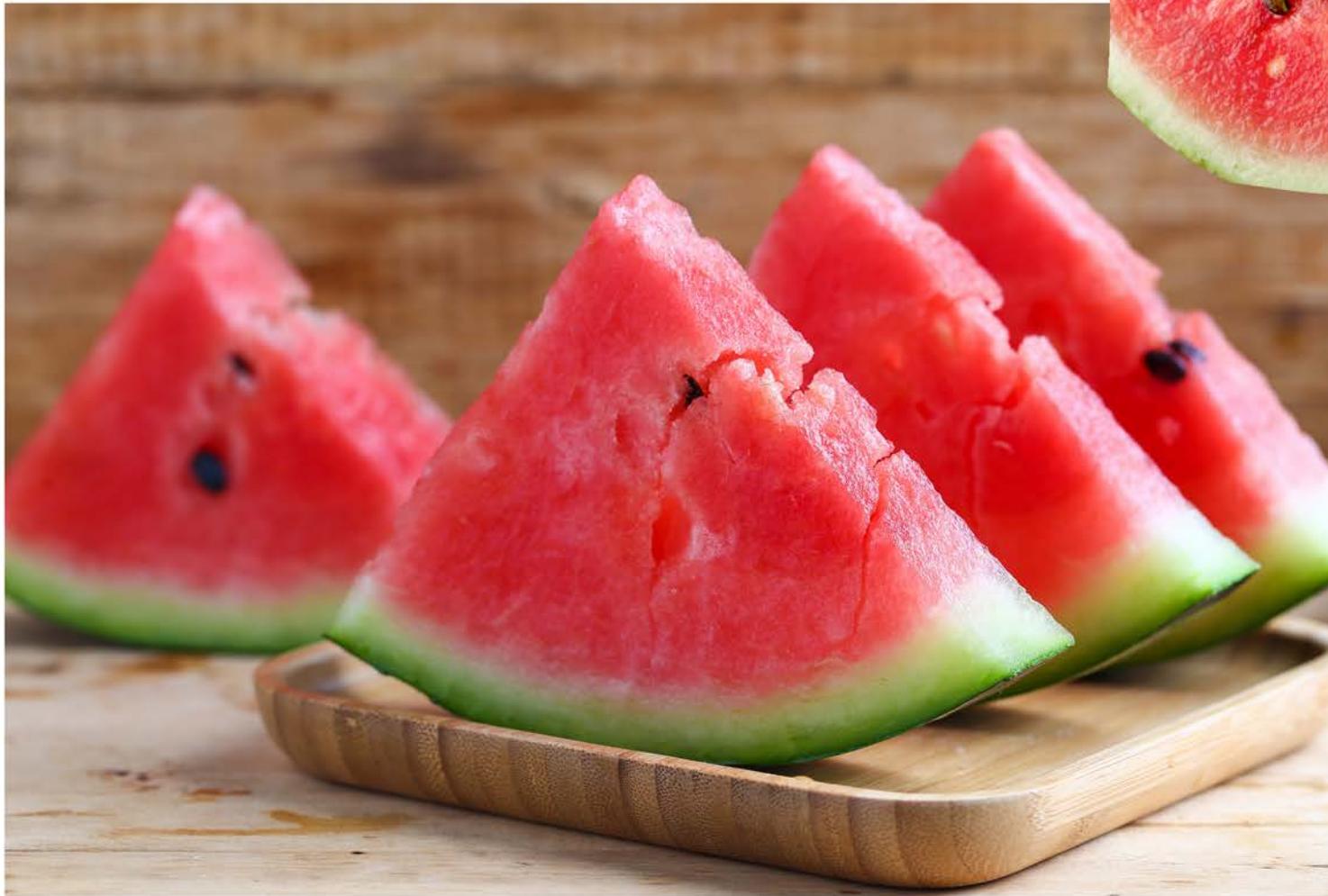
Udon noodles are thick, soft noodles that come from Japan. They taste yummy in warm soup or mixed with vegetables!

V is for vegetables.



Vegetables come in all colors—green, orange, purple, and more! They help your body grow strong and healthy.

W is for watermelon.



Watermelon is a giant green fruit with pink, juicy inside. It's perfect for summer picnics and sweet smiles.

X

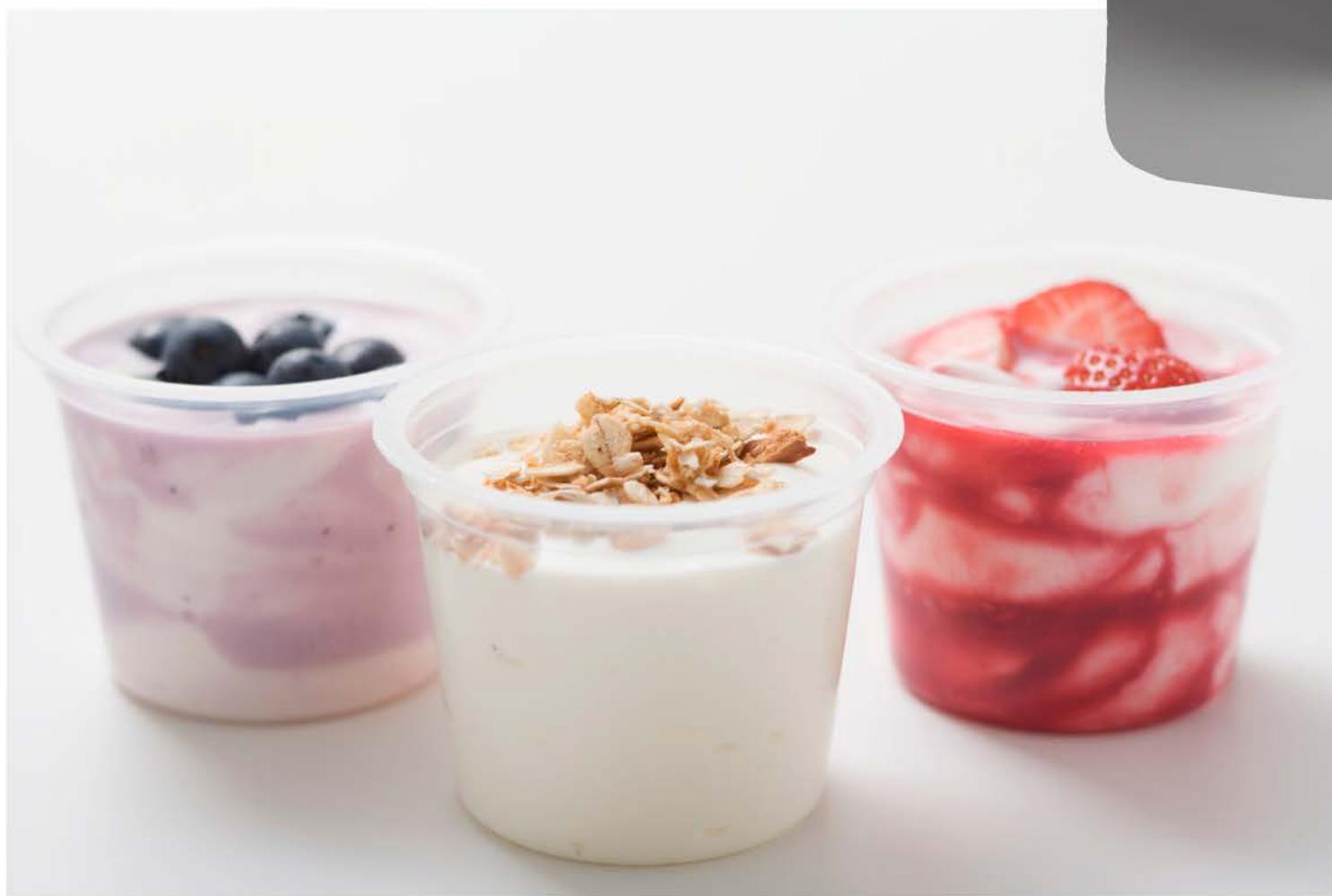
is for eXtra toppings.



Sometimes we add extra toppings to our favorite foods—like sprinkles on ice cream or cheese on pizza. “X” is for eXtra yummy fun!

y

is for yogurt.



Yogurt is smooth and creamy, made from milk. You can eat it plain or with fruit mixed in for a healthy treat.

Z is for zucchini.



Zucchini is a green vegetable that can be cooked, baked, or even used in muffins. It is mild, tasty, and good for you.



Check out our
other food &
meals themed
activities in our
All Year Core &
More Series!

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