



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!

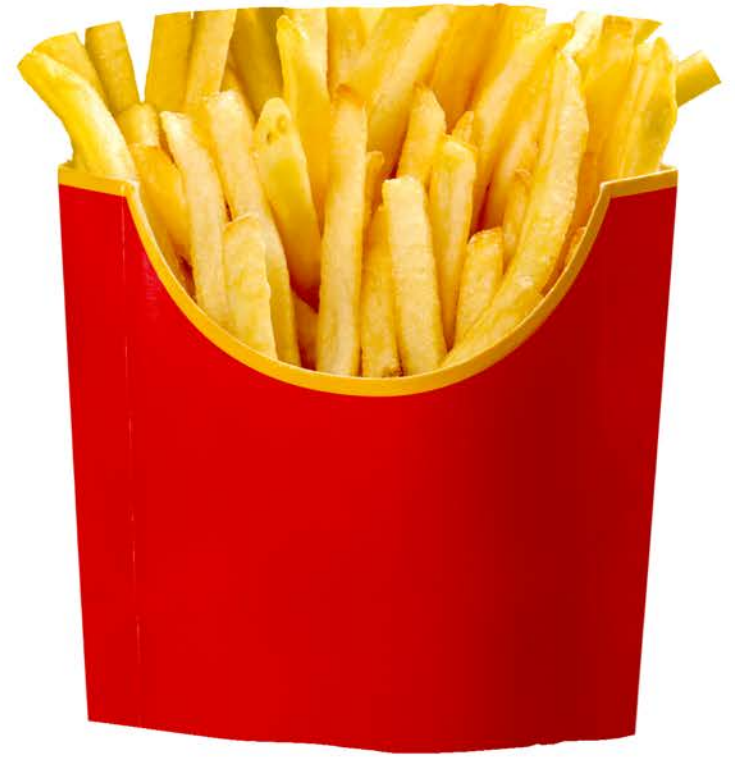
e is for eggs.



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.



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.



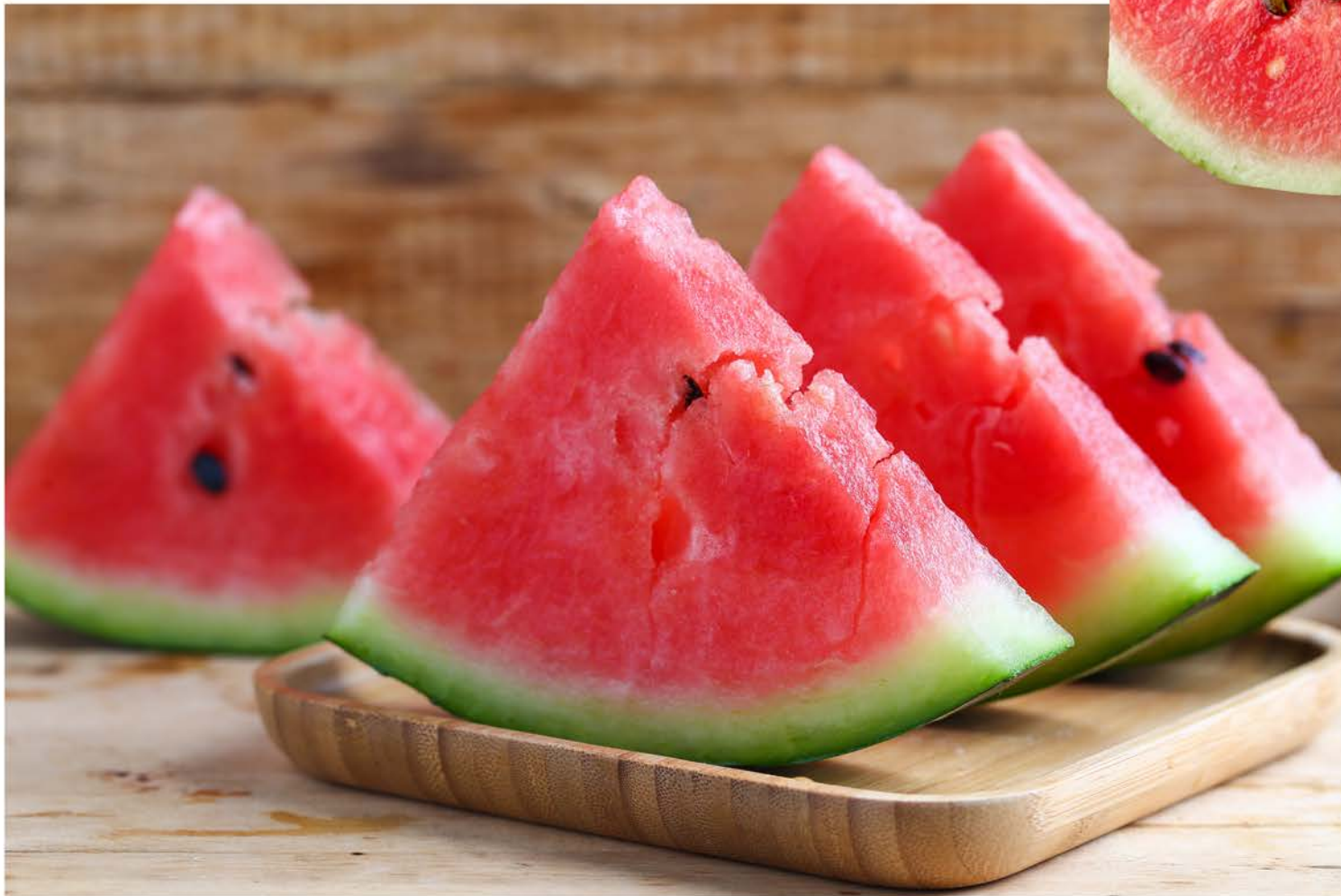
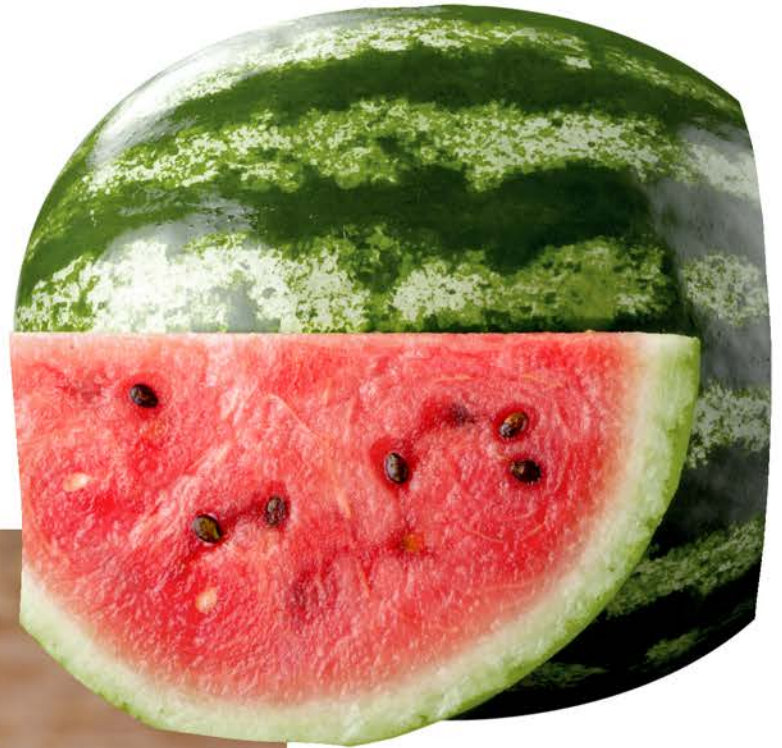
Udon noodles are thick, soft noodles that come from Japan. They taste yummy in warm soup or mixed with vegetables!

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!

This **Let's Eat: Foods ABC Book** brought
to you by DTA Schools!

©DTA Schools 2025

