

# Lunchbox The Story Of Your Food

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*Geraldine Pu and Her Lunch Box, Too!* - Maggie P. Chang 2021-06-29

With encouragement from her supportive lunchbox, a young girl ignores a classmate's teasing and heartily enjoys bao buns, stinky tofu, and other tasty lunches prepared by her Taiwanese grandmother.

**Combat-Ready Kitchen** - Anastacia Marx de Salcedo 2015-08-04

Americans eat more processed foods than anyone else in the world. We also spend more on military research. These two seemingly unrelated facts are inextricably linked. If you ever wondered how ready-to-eat foods infiltrated your kitchen, you'll love this entertaining romp through the secret military history of practically everything you buy at the supermarket. In a nondescript Boston suburb, in a handful of low buildings buffered by trees and a lake, a group of men and women spend their days researching, testing, tasting, and producing the foods that form the bedrock of the American diet. If you stumbled into the facility, you might think the technicians dressed in lab coats and the shiny kitchen equipment belonged to one of the giant food conglomerates responsible for your favorite brand of frozen pizza or microwavable breakfast burritos. So you'd be surprised to learn that you've just entered the U.S. Army Natick Soldier Systems Center, ground zero for the processed food industry. Ever since Napoleon, armies have sought better ways to preserve, store, and transport food for battle. As part of this quest, although most people don't realize it, the U.S. military spearheaded the invention of energy bars, restructured meat, extended-life bread, instant coffee, and much more. But there's been an insidious mission creep: because the military enlisted industry—huge corporations such as ADM, ConAgra, General Mills, Hershey, Hormel, Mars, Nabisco, Reynolds, Smithfield, Swift, Tyson, and Unilever—to help develop and manufacture food for soldiers on the front line, over the years combat rations, or the key technologies used in engineering them, have ended up dominating grocery store shelves and refrigerator cases. TV dinners, the cheese powder in snack foods, cling wrap . . . The list is almost endless. Now food writer Anastacia Marx de Salcedo scrutinizes the world of processed food and its long relationship with the military—unveiling the twists, turns, successes, failures, and products that have found their way from the armed forces' and contractors' laboratories into our kitchens. In developing these rations, the army was looking for some of the very same qualities as we do in our hectic, fast-paced twenty-first-century lives: portability, ease of preparation, extended shelf life at room temperature, affordability, and appeal to even the least adventurous eaters. In other words, the military has us chowing down like special ops. What is the effect of such a diet, eaten—as it is by soldiers and most consumers—day in and day out, year after year? We don't really know. We're the guinea pigs in a giant public health experiment, one in which science and technology, at the beck and call of the military, have taken over our kitchens.

**How to Tame My Anxiety Monster** - Melanie Hawkins 2020-05-22

How To Tame My Anxiety Monster is about a child with a monster that no one else can see but him. He doesn't like when his monster comes around because it makes his stomach hurt, or makes it hard to concentrate or sleep. It makes him feel lots of other upsetting and uncomfortable things as well. He decided to talk to his parents about it and his mom told him that she had one too. He learned that his monster's name was Anxiety. Throughout the book the child talks about the ways that he can tame his anxiety monster. He can play sports, do yoga, art, or talk to a therapist to help calm him among other things. He then discovers the good ways that his anxiety monster can help him; during a test, a report, or riding a big scary-fun rollercoaster! He may not be able to make his monster go away, but he can learn to tame him! In

the back of this book are some parent helps that can be great conversation starters for children that deal with anxiety.

Oscar's Lunchbox - Pam Houssenloge 2009-08

**Lunchbox** - Christine Butterworth 2013

Who made the bread for your sandwich? What about the cheese inside? Who picked the fruit? And where did the chocolate in your biscuit come from? How did all that delicious food get into your lunchbox? Go on a tasty journey to farms, orchards and factories to find out.

**Nipper and the Lunchbox** - Lucy Dillamore 2018-05-05

Nipper hates being left alone all day while his best friend Richard is at work. But when he realizes one morning that Richard has left his lunchbox behind, Nipper sets off on a difficult journey to deliver it. Will Nipper find Richard in time? Will he survive the many dangers along the way? And what will happen when he gets there? A touching story from a new talent about the power of determination and the strength of true friendship.

Food Faces - Deanna F. Cook 2020-09-15

Food has never been more fun for little ones! In this delightful board book, children encounter friendly animal faces, all made out of favorite foods, including an owl (with kiwi eyes), a monkey (banana bread muffin), a butterfly (with fruit wings), and more.

What's for Lunch? - Andrea Curtis 2012

Discusses what students eat for lunch around the world, including information on food culture and global issues surrounding food and nutrition.

*Cravings* - Chrissy Teigen 2016-02-23

Maybe she's on a photo shoot in Zanzibar. Maybe she's making people laugh on TV. But all Chrissy Teigen really wants to do is talk about dinner. Or breakfast. Lunch gets some love, too. For years, she's been collecting, cooking, and Instagramming her favorite recipes, and here they are: from breakfast all day to John's famous fried chicken with spicy honey butter to her mom's Thai classics. Salty, spicy, saucy, and fun as sin (that's the food, but that's Chrissy, too), these dishes are for family, for date night at home, for party time, and for a few life-sucks moments (salads). You'll learn the importance of chili peppers, the secret to cheesy-cheeseless eggs, and life tips like how to use bacon as a home fragrance, the single best way to wake up in the morning, and how not to overthink men or Brussels sprouts. Because for Chrissy Teigen, cooking, eating, life, and love are one and the same.

The Yuckiest Lunch Box - Debbie Min 2021-04-25

An Asian American girl brings ethnic food to school and learns to proudly embrace her culture.

**My Food, Your Food** - Lisa Bullard 2017-08-01

Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! It's food week in Manuel's class. Each student tells about something special his or her family eats. Manuel learns that families have different food traditions. Some eat noodles with chopsticks. Others use a fork. Some families eat flat bread. Others eat puffy bread. What kind of food will Manuel share with his class? Join him to find out how deliciously different and alike food can be.

*School Lunch* - Lucy Schaeffer 2021-08-03

Bought or brought? Revisit the nostalgia of the school cafeteria with this collection of interviews, vivid portraits, and elaborately reimagined food photos. Food often unites us in unexpected ways -- especially on Taco Salad Day. Drawing on material from more than seventy voices, these stories capture all walks of life -- from celebrities and chefs to a circus family, new immigrants, a creative dad whose illustrated lunch bags went viral, plenty of unlikely cultural mashups, and one genuine cafeteria lady. Their experiences are compelling, familiar, and foreign at the same time, forming a cultural time capsule. School Lunch celebrates our diversity and our shared experience. In their words: "School lunch is one of the core reasons I became a chef." -- Marcus Sammuelson "My mom, God rest her soul, was not exactly Mom-of-the-Year on this kind of stuff. She worked full-time, that woman was not about to peel and slice fruit for me." -- Natalie Webster "I ate the same damn thing every day for six years." -- Micaela Walker "On the days when I didn't have enough food there was always a reason to start or finish a fight." -- George Foreman "We were definitely a crusts-on family." -- Daphne Oz "I used to hate that feeling of walking into the lunchroom for the first time and not knowing where to sit." -- Chinae Alexander "Every kid had some good item to trade and I had f\*\*\*\*\* applesauce." -- Sam Kass

**Beating the Lunch Box Blues** - J. M. Hirsch 2013-09-03

Longing for more than yet another limp salad? Tired of tussling with the kids over junk food lunch kits? Sounds like you've got the lunch box blues. J. M. Hirsch has the fix. But it isn't a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to bang out a brown bag special. Busy people need lunch ideas. Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious. That's what *Beating the Lunch Box Blues* is—an idea book to inspire anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their sanity. Whether you want to jazz up a grilled cheese, turn leftover steak into a DIY taco kit, or make pizza “sushi,” Hirsch has it covered. And because the best lunches often are built from the leftovers of great suppers, he has also included 30 fast and flavorful dinner recipes designed to make enough for tomorrow, too. Crazy good stuff like short ribs braised in a Rosemary-Port Sauce, Hoisin-Glazed Meatloaf, and kid-friendly classics such as Turkey Sloppy Joes and American Chop Suey. With ideas this easy and this delicious, there's no reason to let the lunch box blues get you down.

[Where Does Our Food Come From?](#) - Bobbie Kalman 2011

Looks at different foods and where they come from.

**Where Do Clothes Come From?** - Christine Butterworth 2016-07

Synopsis coming soon.....

[My Fridge](#) - duopress labs 2017-09-05

Do you know where milk and eggs come from? And that protein makes you stronger? This amusing board book, which is shaped like a refrigerator, shows many of the foods you typically find inside one, from plump strawberries and yummy apples to delicious milk, yogurt, fish, tofu, cheese, and many other treats. The playful illustrations and fun text will satisfy all the mini-eaters, hungry bookworms, and curious future chefs out there. Kid foodies rejoice!

*How Food Gets from Farms to Store Shelves* - Erika L. Shores 2019-05-01

How did the bananas on your breakfast cereal get to your local grocery store? Easy-to-understand text explains how food gets from farms to stores and describes the role of the community workers who make it all possible

**The 5-Minute 5-Ingredient Lunchbox** - Alexander Hart 2020-04

*What's That?* - Karen Chan (Entrepreneur) 2021-11-15

"Jax loves the food his family cooks. But when his grandmother packs his favorite Chinese dishes for his first day of school, Jax discovers his lunch looks very different from what the rest of his classmates are eating. Embarrassed to eat his food, Jax finds himself sitting alone. When Meena sits next to him, the two strike an unexpected friendship over their lunches, sharing a mutual joy of time spent in the kitchen and the delicious meals they eat with their families. *What's That?* is a heartwarming story about the foods that make up who we are and how the meals we eat can bring us together."--Publisher's website.

**Before We Eat: From Farm to Table (2nd Edition)** - Pat Brisson 2018-05-01

\* MOONBEAM GOLD AWARD \* \* GROWING GOOD KIDS AWARD FOR EXCELLENCE IN CHILDREN'S LITERATURE, AMERICAN HORTICULTURAL SOCIETY AND NATIONAL MASTER JUNIOR GARDENER PROGRAM \* Milk doesn't just appear in your refrigerator, nor do apples grow in the bowl on the kitchen counter. *Before We Eat* has been adopted by the USDA's Agriculture in the Classroom program. Before we eat, many people work very hard—planting grain, catching fish, tending farm animals, and filling crates of vegetables. With vibrant illustrations by Caldecott Medalist Mary Azarian, this book reminds us what must happen before food gets to our tables to nourish our bodies and spirits. This expanded edition of *Before We Eat* includes back-of-book features about school gardens and the national farm-to-school movement.

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*Lailah's Lunchbox: A Ramadan Story* - Reem Faruqi 2015-05-01

\*2019 Daybreak Children's Picture Book Award -- Recognizing Muslim Women's Contributions to Literature\* \*Notable Social Studies Trade Book For Young People 2016, a cooperative Project of the National Council for the Social Studies (NCSS) and the Children's Book Council\* \*Featured Book of the Month, Anti-Defamation League\* \*American Library Association Notable Book for Children 2016\* \*Skipping Stones Honor 2016\* \*International Literacy Association Choices Reading List\* *Lailah* is in a new school in a new country, thousands of miles from her old home, and missing her old friends. When Ramadan begins, she is excited that she is finally old enough to participate in the fasting but worried that her classmates won't understand why she doesn't join them in the lunchroom. *Lailah* solves her problem with help from the school librarian and her teacher and in doing so learns that she can make new friends who respect her beliefs. This gentle, moving story from first-time author Reem Faruqi comes to life in Lea Lyon's vibrant illustrations. Lyon uses decorative arabesque borders on intermittent spreads to contrast the ordered patterns of Islamic observances with the unbounded rhythms of American school days. Fountas & Pinnell Level N

**The Little Lunchbox Cookbook** - Renee Kohley 2020-08-04

Exciting Whole-Food Lunches You'll Be Proud to Pack and That Kids Will Love to Eat! Pack your child a healthy, tasty lunch the easy way! Each lunchbox focuses on just one nutrient-dense homemade component that can be prepped ahead of time for easy grab-and-go options on busy days. Prep a big batch of Carnival Copycat Corn Dogs and stick them in the freezer— they'll defrost just in time for lunch. Make The Best Chinese Takeout Copycat for dinner one night and you can pack the leftovers in the kids' thermoses later that week. And what could be easier than letting your child assemble their own lunch with a chapter full of healthy Lunchables ® copycats? From Pizza Lunchables ® Copycat featuring whole-food pizza crust and customizable toppings, to Easy Homemade Cracker Stackers Lunchables ® Copycat, you'll find tons of ideas to make lunchbox prep fun, nourishing, and practical. Renee Kohley, author of *Nourished Beginnings Baby Food*, has compiled this delicious, allergen-friendly collection of gluten-free lunches to make sure every child has the energy they need to power through the busy school day. Fill a lunchbox with no-fuss sides like seeds, crackers, and fresh fruits with a single from-scratch item for a balanced meal that your kids will be excited to eat. With so many great choices, you'll never have to wonder what you should pack for lunch again. \*All recipes are gluten-free and allergen-friendly!\*

[Lunchbox](#) - Aviva Wittenberg 2022-08-16

A must-have cookbook of lunches you can look forward to all morning long! 75+ fail-safe recipes (and oodles of strategies and tips) for delicious lunchboxes and bowls your whole family can enjoy. Say goodbye to the same boring, limited lunch rotation, and hello to everyone's new favorite meal of the day! *Lunchbox* has literally months' worth of recipes for flavorful, filling, nutritious, and delicious meals—guaranteed to stay fresh until lunch. With chapters on Soups, Sandwiches, Salads, Warm Bowls, Cold Bowls, Handpies, and Brunch for Lunch—as well as simple, satisfying snacks and sweet treats to pack alongside—these straightforward recipes will get you out of your lunch rut for good. Every recipe has a “Get Ahead” tip, calling out exactly what can be made ahead of time, as well as a “Packing Tip” on how to pack a balanced and beautiful lunchbox; the steps are fuss-free, and all ingredients can be found in your local grocery store. In addition to the recipes are lunch packing strategies and multi-week meal plans to help you efficiently plan your menu and your time, streamlining meal prep to avoid that stressful morning crunch. Special callouts are included—such as “Great for Kids”—and all recipes are completely nut-free. With plenty of

vegan and vegetarian options, hot and cold weather seasonal suggestions, and freezer-friendly choices, too. Lunchbox has something for everyone. Whether it's back to the office or back to school, Lunchbox is packed with satisfying recipes and ideas to start your day off right.

[Vegan Lunch Box Around the World](#) - Jennifer McCann 2009-08-11

Vegan Lunch Box Around the World offers a delicious array of meat-free, egg-free, and dairy-free lunches that will take you on an adventure across the globe. The book includes balanced international and regional American menus with 100 recipes from Ratatouille to Moroccan Tagine, New England Chowder to a Japanese Bento Box. With quick and easy recipes, fruit and veggie ideas for even the pickiest eaters, and an allergen-free index, Vegan Lunch Box Around the World is essential for every family raising healthy kids—and for anyone who packs a lunch.

[How Did that Get in My Lunchbox?](#) - Christine Butterworth 2011

Easy-to-read text, accompanied by full-color illustrations, introduces young readers to the processes involved in producing food found in lunchboxes.

[Why You Eat What You Eat: The Science Behind Our Relationship with Food](#) - Rachel Herz 2017-12-26

"In this factual feast, neuroscientist Rachel Herz probes humanity's fiendishly complex relationship with food." —Nature How is personality correlated with preference for sweet or bitter foods? What genres of music best enhance the taste of red wine? With clear and compelling explanations of the latest research, Rachel Herz explores these questions and more in this lively book. Why You Eat What You Eat untangles the sensory, psychological, and physiological factors behind our eating habits, pointing us to a happier and healthier way of engaging with our meals.

**Lunchbox and the Aliens** - Bryan W. Fields 2015-11-17

Lunchbox felt odd. He wondered how he had known how to open the place where all the yummy stuff was kept. He wondered why he seemed to know so much about these strange animals he was with. He wondered how he knew he was wondering. Lunchbox is your average basset hound: round, floppy, and not too bright . . . until he's abducted by aliens. Then he suddenly becomes a lean, mean, garbage-machine-making, uh, machine. Frazz and Grunfloz, the hapless aliens who abducted Lunchbox, have set him the task of converting Earth's trash into froonga, a food adored by aliens and dogs alike. Will Lunchbox and his boy, Nate, solve the world's garbage crisis and form the first interplanetary alliance? Or will the fate of the whole solar system come to rest on whether Lunchbox can ever learn to catch a Frisbee?

**Stanley's Lunch Box** - William Bee 2021-03-04

It's another busy day for Stanley and friends. Today Stanley is off to the market to buy his lunch. There are so many different kinds of food - including bread, cheese, fruit, vegetables and even ice cream! What will he choose to put in his lunch box? Join Stanley to learn all about food in this simple, engaging new board book in the Stanley series.

[LunchBox Wisdom](#) - Zaynab Al-Yassiri 2021-08-09

Lunch Box Wisdom takes a new approach to a familiar theme, the first day of school! Ali is excited and nervous for his first day of kindergarten. With the help of his trusty lunch box, where his mama places her words of wisdom, he overcomes his fears, chooses to be kind, and makes a new friend. Whether it's the first day of daycare, kindergarten, or grade 1 and beyond: Lunch Box Wisdom will be a wonderful staple and an encouraging book to share with your little learner.

**I Need a Lunch Box** - Jeannette Caines 1993-09-19

A little boy can't wait to get his first lunch box. 'He imagines what he could keep in a lunch box and even dreams a splendidly illustrated dream in which he has a different colored and shaped box for each day of the week. A straightforward story about a rite of passage.' —K.

[Follow That Food! \(Waffles + Mochi\)](#) - Christy Webster 2021-03-02

Waffles + Mochi is an all-new children's show from President Barack and Michelle Obama's production company, Higher Ground Productions—coming to Netflix in March 2021! Best friends Waffles and Mochi know that delicious food brings people together. So, when they start new jobs at a supermarket, they want to make a special treat for their coworkers. But what should it be? Their search for an answer will take them around the world as they investigate ingredients, find flavors, and make new friends. Featuring a special introductory letter from Michelle Obama, this full-color, hardcover storybook is sure to please girls

and boys ages 3 to 7. Join Waffles and Mochi for global adventures that reveal the stories behind our food. Produced by President Barack and Michelle Obama's Higher Ground Productions and streaming on Netflix, Waffles + Mochi is an entertaining mix of puppetry, animation, celebrity chefs, and famous guest stars. This delightful new show introduces young children and their families to a world of cooking and fearless eating.

**Have You Seen My Dragon?** - Steve Light 2014

Invite young readers to practice counting to twenty while helping a small boy search the city for his pet dragon.

[The Lunch-Box Chronicles](#) - Marion Winik 2009-09-09

Child Magazine Best Book of the Year "For me, parenting is like dieting. Every day, I wake up filled with resolve and good intentions, perfection in view, and every day I somehow stray from the path. The difference is with dieting, I usually make it to lunch. . . ." With the candor and often hilarious outlook that have made her a beloved commentator on NPR, Marion Winik takes the reader on an unforgettable journey through modern parenthood, with all of its attendant anxieties and joys. A single mother with two small boys, Winik knows exactly what she's talking about, from battles over breakfast and bedtime to the virtues of pre-packaged food and weightier issues like sex education and sibling rivalry. Part memoir and part survival guide, The Lunch-Box Chronicles is an engaging philosophy of parenting from a staunch realist, who knows that kids and their parents both will inevitably fall far short of perfection, and that a "good enough mom" really is, in fact, good enough.

**The Quirky Smelling Lunchbox** - Renee Peters 2021-02

Dylan's Mum always has an interesting lunch packed for him, but the other kids aren't always pleased by the smells that come from his lunchbox! Dylan challenges his friend Tiana to bring her own quirky lunchbox. Can you imagine what she'll bring?

[A Normal Pig](#) - K-Fai Steele 2020-06-05

This charming picture book celebrates all our differences while questioning the idea that there is only one way to be "normal." Pip is a normal pig who does normal stuff: cooking, painting, and dreaming of what she'll be when she grows up. But one day a new pig comes to school and starts pointing out all the ways in which Pip is different. Suddenly she doesn't like any of the same things she used to...the things that made her Pip. A wonderful springboard for conversations with children, at home and in the classroom, about diversity and difference.

**Bento Power** - Sara Kiyo Popowa 2018-09-20

Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy Jewel Box Bento). With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power! [www.shisodelicious.com](http://www.shisodelicious.com) @shisodelicious

[The Simple Lunchbox](#) - Jacqueline Linder 2019-07

**What's In My Lunchbox?** - Peter Carnavas 2020-08

[Pandora's Lunchbox](#) - Melanie Warner 2014-02-25

"From breakfast cereal to frozen pizza to nutrition bars, processed foods are a fundamental part of our diet, accounting for 65% of our nation's yearly calories. Over the past century, technology has transformed the American meal into a chemical-laden smorgasbord of manipulated food products that bear little resemblance to what our grandparents ate. Despite the growing presence of farmers' markets and organic

offerings, food additives and chemical preservatives are nearly impossible to avoid, and even the most ostensibly healthy foods contain multisyllabic ingredients with nearly untraceable origins. The far-reaching implications of the industrialization of the food supply that privileges cheap, plentiful, and fast food have been well documented. They are dire. But how did we ever reach the point where 'pink slime' is an acceptable food product? Is anybody regulating what makes it into our food? What, after all, is actually safe to eat? Here the author, a former York Times health columnist combines deep investigatory reporting, culinary history, and cultural analysis, to find out how we got here and what it is we are really eating. This book blows the lid off the largely undocumented world of processed foods and food manipulation. From the vitamin "enrichments" to our fortified cereals and bread, to the soy mixtures that bolster chicken (and often outweigh the actual chicken included), the author lays bare the dubious nutritional value and misleading labels of chemically-treated foods, as well as the potential price we, and our children, may pay"--Provided by publisher.

**How a Seed Grows** - Helene J. Jordan 2015-10-06

Read and find out about how a tiny acorn grows into an enormous oak tree in this colorfully illustrated

nonfiction picture book. This is a clear and appealing environmental science book for early elementary age kids, both at home and in the classroom. Plus it includes a find out more activity section with a simple experiment encouraging kids to discover what a seed needs to grow. This is a Level 1 Let's-Read-and-Find-Out, which means the book explores introductory concepts perfect for children in the primary grades. The 100+ titles in this leading nonfiction series are: hands-on and visual acclaimed and trusted great for classrooms Top 10 reasons to love LRFOs: Entertain and educate at the same time Have appealing, child-centered topics Developmentally appropriate for emerging readers Focused; answering questions instead of using survey approach Employ engaging picture book quality illustrations Use simple charts and graphics to improve visual literacy skills Feature hands-on activities to engage young scientists Meet national science education standards Written/illustrated by award-winning authors/illustrators & vetted by an expert in the field Over 130 titles in print, meeting a wide range of kids' scientific interests Book in this series support the Common Core Learning Standards, Next Generation Science Standards, and the Science, Technology, Engineering, and Math (STEM) standards. Let's-Read-and-Find-Out is the winner of the American Association for the Advancement of Science/Subaru Science Books & Films Prize for Outstanding Science Series.