



# Food

## **Adventures in Reading:**

*Family Literacy Bags from Reading Rockets*

### **Contents:**

- Two books – one fiction, one nonfiction
- Parent information sheet
- Three activity sheets
- Bookmark
- Parent survey



# for teachers and librarians

*This Reading Rockets Activity Packet is designed to support reading activities at home. We've chosen a fiction and nonfiction book about food, appropriate for a kindergarten listening level, and included related activities to encourage some hands-on fun and learning. Just assemble the packet in a two-gallon zip top bag, and send home with your students.*

Reading Rockets carefully chose books that are widely available and appealing to young readers. The titles selected should be available in your school library. If the two featured titles are not available, or you prefer another title, feel free to substitute books related to the theme. You'll find a list of alternative titles included in the bookmark.

The featured books for the Food Activity Packet are **Stone Soup** by Marcia Brown or John Muth and **Where Does Food Come From?** by Shelley Rotner and Gary Goss. **Stone Soup** describes how a group of travelers gets villagers to contribute the ingredients to make a delicious soup. **Where Does Food Come From?** explores how some favorite foods are made. Photographs and simple text explore where lemonade, french fries, bread, peanut butter and other foods come from.

The parent information sheet includes an introductory note that you can personalize, instructions about how to use the packet, and tips for sharing fiction and nonfiction books with children.

The activities are designed to encourage further exploration and learning at home:

- >> the Creativity Activity is a hands-on craft project
- >> the Imagination Activity encourages imaginative play, writing, or drawing
- >> the Get Real Activity focuses on real-world experiences for parent and child
- >> The bookmark lists both the featured titles and additional titles

## Putting it all together

Print out copies of the parent information sheet, the activities, the survey, and a master for making bookmarks. Cut the bookmark page into strips. You may wish to print the activity pages and bookmark on card stock for durability.

Into a two-gallon zip top bag, place:

- >> two books – one fiction and one nonfiction
- >> parent information sheet
- >> three themed activity pages
- >> bookmark
- >> survey for parents

Send the packet home with your student. Encourage parents to keep the parent information sheet, the activities, and bookmark, and return the books and survey to you.

Let Reading Rockets know what you think of the family activity packets by e-mailing us through our website: [www.readingrockets.org/sitecontact](http://www.readingrockets.org/sitecontact). Click on "Family Literacy Bags"

## ADVENTURES IN READING!

# Welcome

Dear \_\_\_\_\_

Exploring new ideas and enjoying books with you sends a powerful message to your child: Reading and learning are fun, and happen everywhere – not just at school. This Reading Rockets Activity Packet about \_\_\_\_\_ was created to help you and your child enjoy reading and learning together.

Start your learning adventure by reading some books with your child about this popular topic. Then explore the topic with three activities. Enclosed you'll find what you need:

- >> two books to share with your child
- >> three related activities
- >> bookmark with a list of other books to extend the fun, if you wish
- >> short survey to tell me if you enjoyed using the packet

The simple steps on the back explain how to use the packet.

The bookmark, this parent information sheet, and the activities are yours to keep.

When you've finished with the materials, please return the books and the completed survey to school in your child's backpack. Please return the Reading Rockets Activity Packet by \_\_\_\_\_.

I hope you'll enjoy reading and learning together!

***To learn more about children's books, reading with your child, and information about helping kids become confident readers, please visit [www.ReadingRockets.org](http://www.ReadingRockets.org)***

# ADVENTURES IN READING!

## Instructions

### *How to use your Reading Rockets Activity Packet*

#### **Getting ready**

1. Before you read the books to your child, be sure to read them yourself. One book is fiction – a “make-believe” story. The other book is nonfiction, or informational and true. Reading the books first will give you the “inside scoop” to the twists and turns of the story, the interesting information inside, and the parts of the books that will appeal most to your child.

2. Next, read the three activities to see which of them you think your child will enjoy most, and which one you have the time and materials on-hand to do right away. Chances are, after you read one (or both) of the books with your child, he or she may want to do an activity right away.

#### **Start the fun**

3. When you know you’ll have at least enough time to read and talk about one of the books, grab your child and a book, and dive right in. Start with the fiction selection. Talk about the cover of the book with your child – can he guess what it is about? Have they ever read a book by the same author or illustrator or about the same topic?

Read the book to your child. Take time to ask and answer questions, explore the pictures, and wonder what will happen next. Read it again, if your child asks you to. Then, try the nonfiction book or one of the activities.

4. When you read the nonfiction book, take a moment to explain to your child the difference between the two types of books. The first book told a made-up, make-believe story, and a nonfiction book is about real people, places, and things. The information in nonfiction books can answer lots of questions.

5. Feel free to pick and choose from the activities, or change them to suit your child’s interests. Read the books again over the next few days and try different activities. Most important: have fun!

#### **When you’re done...**

6. Keep the bookmark, the activities, and this page. Complete the survey and return it with the books to your child’s school.

Make the most of the excitement the books create, and try some hands-on learning or make-believe fun. Exploring new ideas alongside you lets your child see you learning – and reading – too, and gives your child personal experiences to support her growing knowledge.

#### **Tips for reading nonfiction books with kids:**

- >> *Wonder out loud. As you are reading, or afterward, talk about facts you find interesting or questions you have.*
- >> *Show your child how to use the table of contents, section headings, index, and word list (glossary) to find the answer to a specific question.*
- >> *Don’t be afraid to jump around, reading pages that especially interest your child. You don’t have to read a nonfiction book straight through.*

#### **Tips for reading fiction books with kids:**

- >> *Take your time and talk about the story with your child. Ask your child questions.*
- >> *Explore the pictures with your child.*
- >> *Read with expression. Change your voice or how fast you read to create excitement. Ham it up!*
- >> *You don’t need to read every word. Keeping your child interested is the goal.*



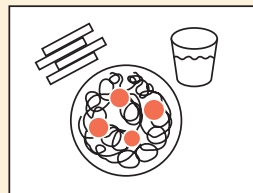
## make a favorite meal puzzle

*Cooking is like putting together a puzzle you get to eat! Make your own puzzle featuring a favorite meal*

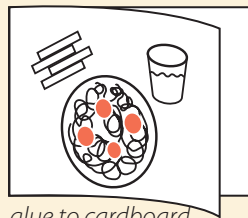
### Supplies

- >> paper
- >> markers or crayons
- >> empty cereal box
- >> glue
- >> scissors

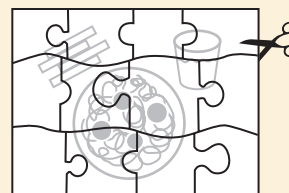
### Instructions



*Draw picture of meal*



*glue to cardboard*

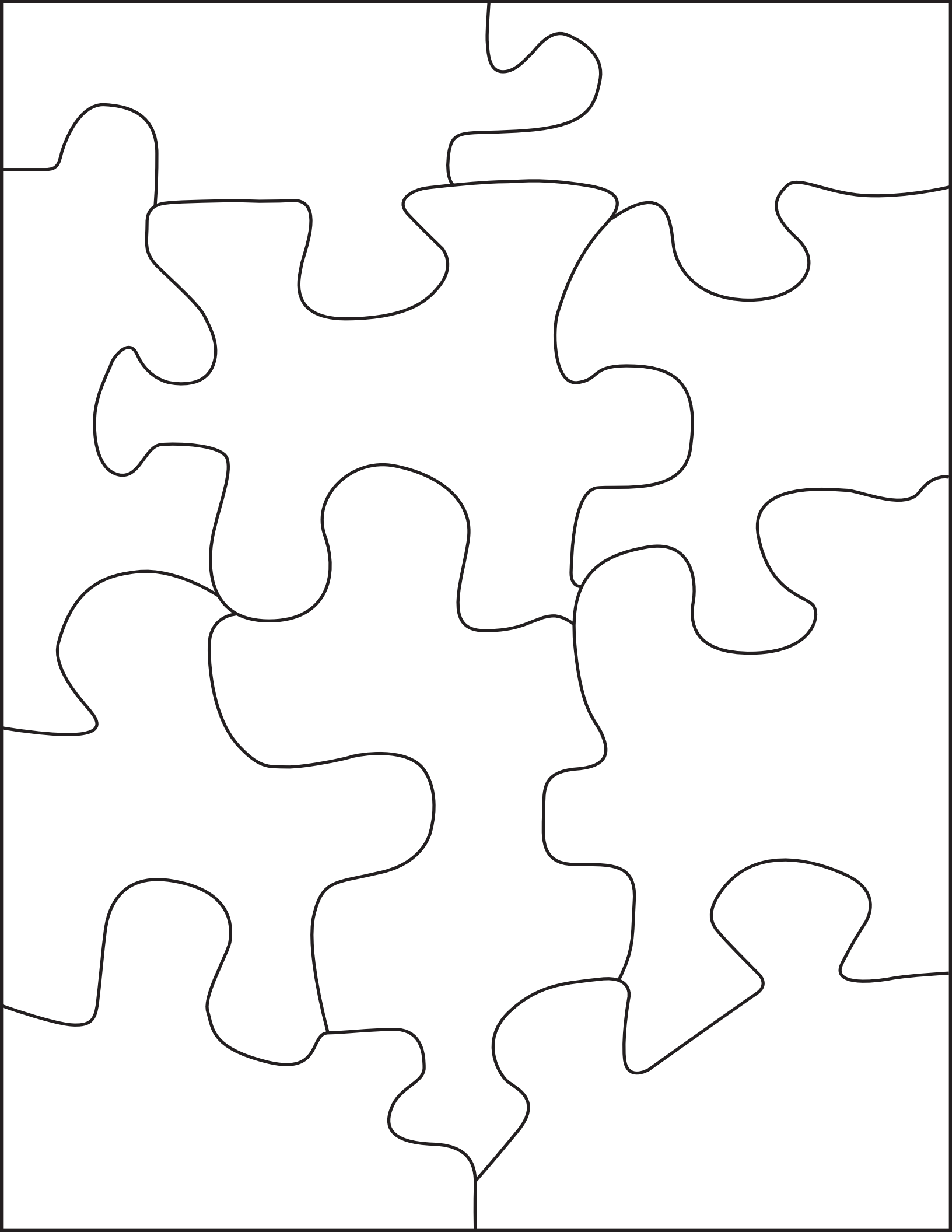


*cut out puzzle shapes*

1. Have your child draw a picture of their favorite meal. (For example, spaghetti with sauce and meatballs, carrot sticks, and a glass of milk.) Explain to your child that you'll cut the picture to make it into a puzzle that he or she can put back together.
2. While your child is drawing, cut open the empty cereal box to get a piece of cardboard the same size as the piece of paper that your child is using.
3. When your child has finished drawing their picture, glue it to the piece of cardboard.
4. When the glue is completely dry, cut the picture into pieces of different shapes, to make the puzzle.
5. Have your child put together the puzzle.

**Variation** Explore ingredients by encouraging your child draw a picture of their favorite dish (birthday cake, pizza, or chocolate chip ice cream) in the center of the page and all the ingredients that go into it around the sides. Then make a puzzle with the picture as described above

**Talk with your child** about how different foods or ingredients all come together – like a puzzle – to make a complete meal.





# get cooking!

## *Hands-on experiences with food and cooking are fun and build important life skills*

Write up your grocery list together and take your child to the grocery store or the farmer's market with you. Talk about the different kinds of foods you see and where they come from.

### **Cook together!**

Use a favorite family recipe or try something new. Or take a look at this award-winning website for cooking with kids: [www.spatulatta.com/](http://www.spatulatta.com/)

### **Visit a farm or dairy**

You can often find a local farm or dairy within an hour's drive from home. To find a farm near you, check out this website: [www.localharvest.org/csa/](http://www.localharvest.org/csa/) If you don't have any farms near by, look for community gardens to see folks growing their own fruits and vegetables.

### **Watch a sprout**

Put a dry bean in a zip top plastic bag with a little damp paper towel. Seal the bag and tape it to a sunny window. In a few days the bean will sprout leaves and a root. You'll be able to see the whole process through the bag.

### **Grow something good to eat!**

Plant tomatoes, strawberries, or mint in a pot and grow them in your window or on your porch. Have your child help care for the plants and observe how they grow and change. When the tomatoes or strawberries ripen, pick them and enjoy! You can use mint or other herb leaves a little at a time, and the plant will keep growing.

### **Watch a cooking show on PBS**

You and your child can learn about new foods and cooking styles by watching the shows and then trying out the recipes from the PBS website: [www.pbs.org/home/home\\_cooking.html](http://www.pbs.org/home/home_cooking.html)

Learn all about eating healthy foods. Check out the revised food pyramid from the U.S. Department of Agriculture: [www.mypyramid.gov/KIDS/](http://www.mypyramid.gov/KIDS/)

# be a chef or a farmer!



*Encourage your child to explore the world of food by pretending*

## **Open your own restaurant**

Hand your child a pad of paper, a pencil, and an apron and place your order!

- >> Use toy cooking equipment or small non-breakable pots, spoons, and bowls from your own kitchen for your child to set up their imaginary restaurant.
- >> The menus can be written on paper or a chalk board, or just told to you by your 'waiter'.
- >> Ask your chef or waiter about the ingredients in their foods, how spicy things are, or if items are homemade.
- >> Don't forget to save room for dessert!

## **Spend some time down on the farm**

Go straight to the source for your child's favorite foods. Is she crazy about cheese? Pretend to have a dairy farm. Wild about carrots? Make a pretend vegetable farm.

- >> Use a big empty box, laundry basket, or wagon for the tractor.
- >> Dig through the dress-up box for a big hat or some gloves to protect your farmer from the sun or thorny plants. Boots are always fun, too.
- >> Use toy food or cut paper into shapes of fruits, vegetables, or eggs for harvesting and selling at the farmer's market. Stuffed animals can lay eggs or make milk.
- >> Encourage your farmer to think about – and do – all the things she needs to do to keep her crops or animals healthy and growing. Feeding, watering, weeding, picking or milking, transporting, and selling are all parts of the process. Talk with your child about how different foods or ingredients come from different places, but end up on our plates.





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## Featured titles

### Fiction

*Stone Soup* by Marcia Brown or John Muth

### Nonfiction

*Where Does Food Come From?* by Shelley Rotner and Gary Goss

### Additional fiction titles

*How to Make an Apple Pie and See the World* by Marjorie Priceman

*Growing Vegetable Soup* by Lois Ehlert

*The Little Red Hen* by Paul Galdone, Jerry Pinkney, or Byron Barton

*Pizza at Sally's* by Monica Wellington

*The Seven Silly Eaters* by Mary Ann Hoberman, illustrated by Marla Frazee

### Additional nonfiction titles

*If It Weren't for Farmers* by Allan Fowler (Rookie Read-About-Science reader)

*Good Enough to Eat* by Lizzy Rockwell

*Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up* by Mollie Katzen

*Who Eats What? Food Chains and Food Webs* by Patricia Lauber, illustrated by Holly Keller (Let's-Read-and-Find-Out Science series)

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