

Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!

FEAST FOR 10 by Cathryn Falwell

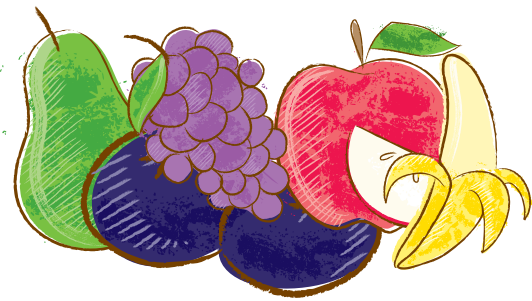
What It's All About

A family takes a trip to the grocery store for ingredients and then the children help to prepare a delicious meal to share!

Discover a World of Words

Throughout the story introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:

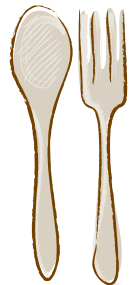
- *Plump: round and full*
- *Peel: to take off the outside covering*
- *Platters: large, flat dishes for serving food*



Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's real-life by:

- Remembering a feast that your family helped to make.
- Discussing ways that the children in your family can help prepare meals. What are some ways that older and younger siblings can help too?



Dig into the Story

Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and events in the story, predict what might happen, or summarize chunks of text). Use prompts throughout the story, such as:

- Sister is holding a piece of paper in her hands at the store. I bet it's a grocery list. I wonder if she can tell brother whether or not cereal is on the list.
- How does the family use each of the ingredients they bought at the store? What dishes did they make?
- Why does the family only put out nine chairs for ten people at the table?



Jumpstart

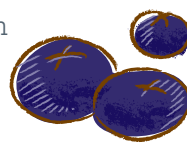
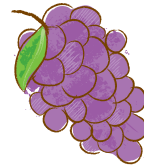
Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at jstart.org.

Together Time Activity

HELPING HANDS IN THE KITCHEN

The family in the story has 10 hands to help load the car and string the popcorn. How many helping hands are in your family? What kind of help can each hand lend in the kitchen when the family plans and prepares a meal together?

- 1** Plan a meal for the family to make together. Invite your child to help choose the recipes to create a balanced meal.
- 2** Go through the recipes together, one ingredient at a time, and let your child check the cupboards and refrigerator to count how many you have and figure out how many you need of each item. Make a shopping list.
- 3** Visit the grocery store, farmer’s market or vegetable garden together. Let children search the aisles to find items. Encourage them to count out the items and notice the quantities on boxed or canned items.
- 4** Prepare the recipe together and find a job for each pair of hands. Even the youngest kids can help! Read through the recipe and ask each child to volunteer for at least one age-appropriate step. Small hands can wash, peel, and measure dry ingredients. Invite older kids to handle more complex tasks and start teaching them about safe handling for sharp tools and hot pans. Everyone can help with setting the table.
- 5** Clean up the meal together too! Teach kids which items can be composted or recycled instead of thrown in the trash. Show them how some leftover foods can be used to make another meal or frozen for later. Talk about water conservation when washing dishes.



Talking Points:

-While shopping for ingredients, teach kids about reading labels and signs and let them count and weigh ingredients. Ask older children to use a calculator as you shop to see if you are staying on budget.

-At the dinner table, talk about the nutrition provided by each of the dishes you are sharing.

-Talk about the importance of preparing and sharing meals together. Which parts of making the meal did each person enjoy the most? How does it feel when the workload is shared and when the family gets to spend time cooking together? Does the food taste better when you make it yourself? Does your family have good memories of shared meals?

-What are some things each family member can do on a daily basis to spread the workload and share more together time in the kitchen?