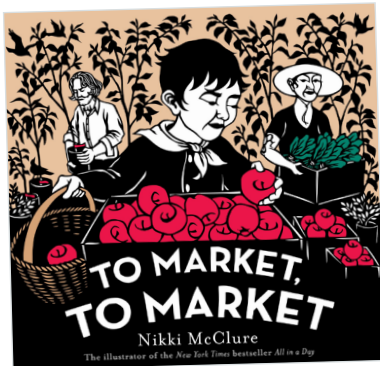


KIDS BOOK CLUB

READING TIPS AND ACTIVITIES

Jumpstart
Children first.™

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!

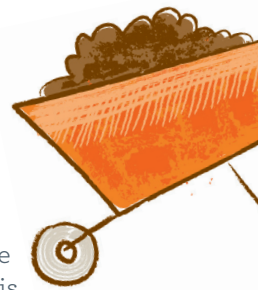


TO MARKET, TO MARKET

by Nikki McClure

What It's All About

A boy and his mother walk to the market to shop for foods that were made and grown near their hometown. They learn about how the foods were harvested and made, including how apple trees are grafted, how kale is grown from seed, and how to make batik patterns on cloth napkins. This book is rich with information about where foods come from.



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:



- *Orchard*: a piece of land where fruit trees are grown
- *Nectar*: a sweet liquid from flowers that bees collect
- *Ooze*: to leak out slowly
- *Kids*: a young goat

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/or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- *What does it mean when the bell rings at the market?*
- *How does the young boy learn about how the foods are grown or made?*
- *What does the boy mean when he says "the blueberry turnovers ride in our bellies?"*

Make Connections Beyond the Book

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

- Discussing some of the food makers or farmers that supply foods you eat at your house
- Watching an informational video about how the foods in the story are made or grown
- Visiting a market in your neighborhood, and discussing similarities to the market in the story

©2013 Jumpstart for Young Children
Some definitions taken from Biemiller, A. (2010). *Words worth teaching: Closing the vocabulary gap.*

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.

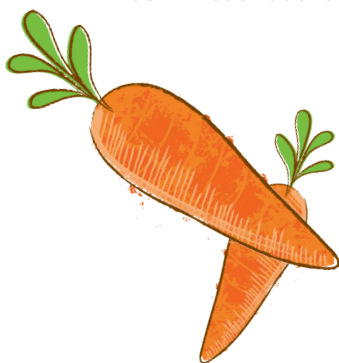


This guide was created in partnership with Whole Kids Foundation, a charitable organization that provides children with access to healthy food choices through partnerships with schools, educators and organizations. Learn more at WholeKidsFoundation.org.

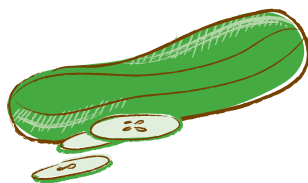
Together Time Activity

WRITE YOUR OWN SOUP RECIPE: The old lady in the story needs help with dinner. What kind of soup do you think she should make? Write a recipe for her to follow.

- 1** Visit the produce section at the grocery store and pick 5 vegetables for her soup. Be sure to include several different colors of veggies. (You want her to get enough nutrients, right?)
- 2** Make up a recipe of your own with adult help. What kind of base do you want for the soup? How should you cut the veggies? Should the soup be chunky or smooth? What kinds of herbs or seasonings would you add to make it extra delicious? Be creative. Look in cookbooks or online at other recipes to get ideas.



- 3** Write down your recipe and cooking instructions. Make sure the steps are explained clearly enough for the old lady to follow them.



- 4** Make the soup. As you make it, take small tastes along the way and adjust the seasoning or spice level to your liking. Make notes on your recipe as you go so the final recipe will be correct.

- 5** After enjoying your yummy soup, finalize the recipe and share it with friends!



Talking Points

- While shopping in the produce section, notice and discuss where each vegetable is grown and which ones are currently in season. Explain that foods may look or taste better when they are in season, and also point out that the in-season price is sometimes lower. Explain that some foods may be grown in different places when they are not in season locally.
- Talk about seasoning the soup. How can you add flavor to it in a healthy way? Explain about using garlic, onions, fresh herbs, dried spices, lemon juice and other flavors that keep the soup light and healthy while adding pizzazz.
- Why did you pick these particular vegetables? Did they work well together in the recipe? Would you want to try a different vegetable next time instead or in addition to the ones you picked this time?

