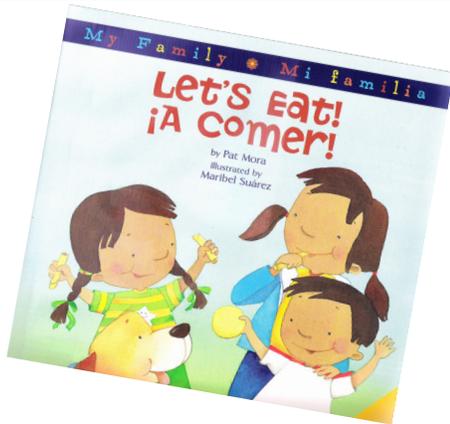


KIDS BOOK CLUB

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!



LET'S EAT! ¡A COMER!

by Pat Mora

What It's All About

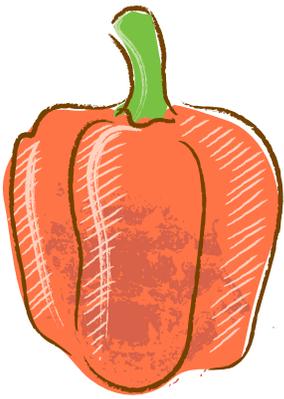
A family joins together for a delicious meal of beans, tortillas, chiles, cheese, and salad. Each family member's presence is recognized and appreciated. The pages contain the story written in English and Spanish, and the vibrant, detailed illustrations allow for the story to be expanded beyond the printed words.



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:

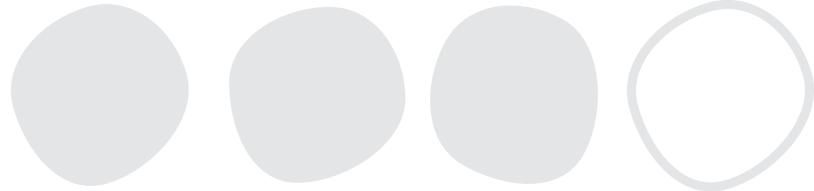
- **Chile:** A common type of pepper in Mexican food, sometimes spicy and sometimes mild
- **Place mat:** A small mat underneath plates, silverware, and glasses to protect the table from getting scratched
- **Rich:** In this story, when Dad says "We're rich," he is using the word to explain that their family is worth a lot, or very valuable. He means that the family is fortunate or blessed to share delicious food with the people they love.



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 do you notice everyone doing in the illustrations?* For example, talk about the neighbor coming home and parking her car in the driveway, Tina and Danny playing soccer, Grandma working in the garden, and Mom grating cheese.
- *The family's meal is very healthy. It includes protein (beans), vegetables (green salad and chiles), whole grains (tortillas), and dairy (grated cheese).*
- *Do you see anyone being a helper in the pictures?*



Make Connections Beyond the Book

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

- Who comes to the table when your family eats together?
- What foods does your family enjoy eating?

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Some definitions taken from Biemiller, A. (2010). *Words worth teaching: Closing the vocabulary gap.*

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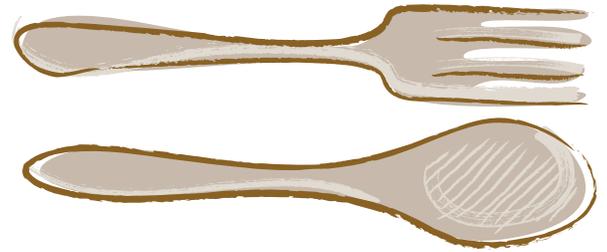
Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at jstart.org.

Together Time Activity

LET'S TALK TACO: Each family is unique and special like a snowflake, or like a taco. No two are the exact same. Taco night is often an easy night to please each member of the family. When taco fixings are set out and everyone is allowed to make their own special taco, happy tummies are sure to follow. Encourage kids to go beyond beans and cheese with these fun activities.

SUPPLIES:

- Tortillas (whole wheat if available)
- Diced tomatoes
- Beans (black and pinto, canned or cooked from dry)
- Cheese
- Lettuce (try swapping chard or spinach for iceberg)
- Cilantro (optional)
- Corn
- Onion
- Other taco toppings



- 1** Does dad love “nopalitos” (cactus) while little brother is a fan of black beans versus refried? Take turns discussing what your favorite taco toppings are and why. Encourage each other to try a new topping that is someone else’s favorite.
- 2** Do a blind taco taste test. Can you and your family tell the difference between a pinto and a black bean? What about the difference between a corn, flour, or whole wheat tortilla?
- 3** Take a look at the various taco fillings on the table. Can you guess which ones are fruits and which ones are vegetables? Record your answers and research together!
- 4** Ask each family member to make a taco for the person sitting to their right. Try not to overwhelm anyone with jalapeños, but encourage something new with each person. Little sister may have never realized tacos were so delicious with corn.
- 5** Don’t forget dessert! Try fruit tacos. The same way savory options were set out, try this with various fruits. Seeds, peanut butter and yogurt are all delicious additions to the fruit. These make a great breakfast too!

