

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!

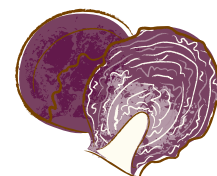


RAH, RAH, RADISHES!

by April Pulley Sayre

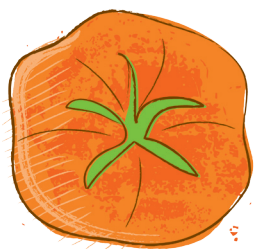
What It's All About

This vegetable chant provides photographs of many different vegetables. Enjoy the rhythmic chant while helping children listen to the interesting sounds in words.



Discover a World of Words

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



- *Extraordinary*: very unusual
- *Shuck*: to husk corn
- *Palate*: sense of taste
- *Cupboard*: a closet or cabinet with shelves for holding cups, plates, food, or other things

Dig into the Story

Develop children's comprehension of the book 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:

- *Pointing to each vegetable as it is named.*
- *How many different peppers are in the book? How many squashes?*
- *Why does the author say "thank you, farmers, thank you, bees?"*

Make Connections Beyond the Book

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

- Asking children which vegetables are their favorites and which vegetables they haven't tried.
- Reading the section "A Few More Bites" at the end of the book. Work together with children to become an expert on a favorite vegetable. Talk about the differences between fruits and vegetables.



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.

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

Together Time Activity

RAH, RAH, RHYMING: Pick your favorite veggies from the book, taste them and write a simple poem about each one.



1

Ask your child to choose at least three veggies from the book. Have your child help find them at the grocery store.

2

Wash the veggies and cut or peel them (if needed), then let your child taste a few bites of each one.

3

After each taste, invite your child to think of words that describe each veggie and make a word list. Have them think about texture, flavor, mouth feel, smell, how all their senses perceive the vegetable.

4

Talk about rhyming. Help your child come up with other words that rhyme with words on their word list (use a thesaurus if needed). For inspiration, flip through the pages and identify rhyming words in the book.

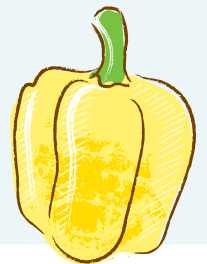
5

Write each poem on a separate piece of paper. Invite your child to add an illustration to each one and staple or tie them together to make a book.



Tip

This is also a great opportunity to talk about all our senses. Eating utilizes all five senses. Talk to your child about how one sense may influence your eating experience in different ways. E.g.: Green eggs and ham may taste and smell delicious but do not look appealing.



Talking Points

- Discuss different ways to prepare each veggie. How could you include each one in the lunchbox or enjoy it as an after-school snack? Make a shopping list based on these ideas.
- Categorize the vegetables by color. Explain how important it is to “eat a rainbow” of different colored fruits and vegetables because each color provides different nutrients the body needs.
- Research the vegetables online or at the library. Learn about where they grow, what type of plant they come from (vine, tree, shrub, etc.), and what nutrients they provide. Find out which category each vegetable is in on the food pyramid.
- Come up with a plan to grow at least one of the vegetables in your backyard or in a container at home. Find out when the planting season is for that veggie and put it on the calendar.