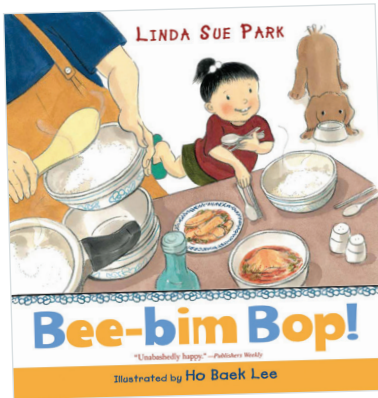


KIDS BOOK CLUB

READING TIPS AND ACTIVITY

Jumpstart
Children first.

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

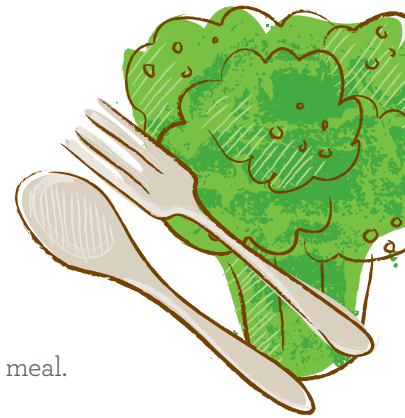


BEE-BIM BOP!

by Linda Sue Park

What It's All About

A girl and her mother hurry to prepare Bee-bim Bop, a Korean rice dish with vegetables, eggs, and meats mixed in. Told in verse, the story depicts how a hungry young helper can contribute to making a family-favorite meal.



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:

- *Neat*: not messy, tidy
- *Sprouts*: very young plants, sometimes from beans
- *Fry*: cook on top of a stove in liquid fat or oil

Dig into the Story

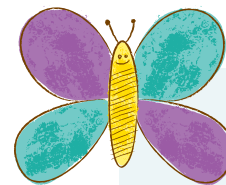
Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and /or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- *What does the girl do to help her mother prepare the bee-bim bop? Why is she hurrying to help make the bee-bim bop?*
- *Why does the girl decide to mop while her mother is making bee-bim bop?*

Make Connections Beyond the Book

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

- How children in your family contribute to preparing a favorite family meal
- Other meals that can be mixed together in a bowl like bee-bim bop
- Making bee-bim bop using the recipe shared in the back of the book



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

SHARE A FAMILY RECIPE. Every family has their favorite recipes, whether old or new. Pick one to share with your child. Involve your child in every step of preparing it.

1 Pick a recipe and talk about the story behind it. Share any memories, history or events that relate to it. It may be an old recipe passed down through generations, a dish tied to your family's cultural or ethnic roots, or a newer recipe that reflects your family's shared food values or experiences together.

TIP:

Allow more time than usual for planning, shopping and making the recipe so you can support your child through each step without feeling rushed.

2 Invite your child to help make a shopping list. Go through the recipe together, one ingredient at a time, and let your child check the cupboards and refrigerator to see which items you need.



3 Visit the grocery store (or farmer's market or vegetable garden) together to get ingredients. If your child is old enough, let them navigate, push the cart, lead you down the aisles and search for specific items.

4 Make the recipe together. Talk with your child about each step. Let your child do as many of the steps as possible. Take the time to demonstrate and explain any steps they cannot do. Let them taste individual ingredients as you add them.

Talking Points

- In the grocery store: Teach kids about reading labels and signs. Let them weigh ingredients. Talk to them about how you choose each ingredient. Let them use a calculator to compare and add up prices as you shop. Older children can even create a budget for the shopping trip and try to stick to it.
- While cooking together, talk about kitchen safety and show your child which tools they are old enough to use safely.
- Talk about how much fun it is to cook together. Discuss other ways your child can be involved in meal planning and preparation (and cleanup, too) to encourage more independence and responsibility in the kitchen.
- Talk about meal planning, using this recipe as an example. Help your child understand what goes into picking each meal and how to build a balanced meal.

