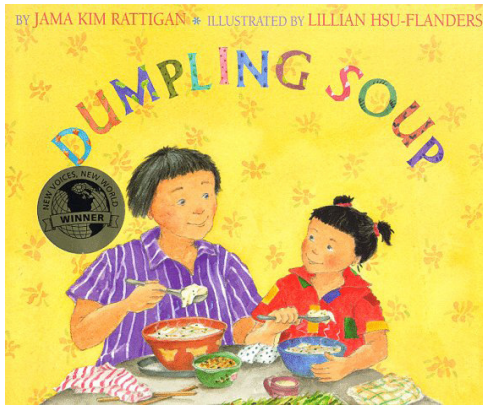


Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!



DUMPLING SOUP by Jama Kim Rattigan

What It's All About

Marisa's family has many exciting traditions to celebrate New Year's Eve and the New Year! This year, Marisa is excited to help her grandma and aunts make dumpling soup. Even though she has a little bit of trouble shaping the dumplings, she helps to make the soup even more ono, Hawaiian for delicious!

Dig into the Story

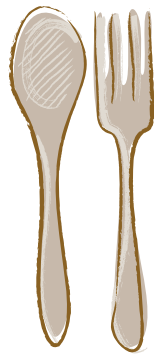
Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and /or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- Why was Marisa worrying about her dumplings? What could Marisa have said to her grandmother when she was worrying that no one would like her dumplings?
- When Marisa and Hiram write in the sky with sparklers, what words are they writing?
- How can Marisa make her dumplings even better next year?

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:

- *Wrappers*: flat, thin bits of dough that fold around the outside of dumplings, often square or circular
- *Relatives*: members of your family
- *All of a sudden*: quickly, unexpectedly, and without warning



Make Connections Beyond the Book

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

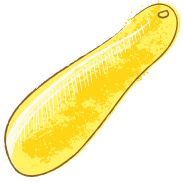
- Discussing your family's special holidays. Make a list of the relatives who come to help you celebrate. Draw a picture of a special holiday tradition.
- Asking your child if she or he can remember feeling like Marisa felt when she was trying to make dumplings for the first time. Talk about what your child could have done to feel better about his or her efforts.
- Trying the recipe for Jama's dumpling soup in the back of the book!

©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.



Together Time Activity

COOKING WITH CULTURE

Don't like spinach? Trying a recipe from the other side of the world that just might change your mind!



Look to other countries and cultures for recipe ideas that may help your family enjoy a wider variety of foods.



In Dumpling Soup, the recipe reflects the local culture and customs of Hawaii, but there are many other kinds of dumplings in the world, from Italian gnocchi to Indian samosas and Spanish empanadas.

The same applies to every food we eat. Let your child experience a single ingredient prepared several different ways to broaden their horizons.

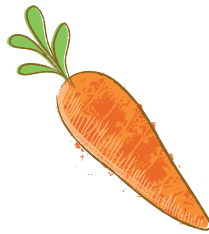
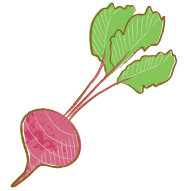
Talking Points:

- Research the history, country, and culture relating to each recipe you've chosen and talk about it during the meal.
- Talk about how important it is to try a food more than once. Sometimes it takes many tries to develop a taste for something new or to find a way of preparing it that you like.
- Are some ways of preparing the ingredient healthier than others? Talk about different preparation methods: raw, steaming, boiling, frying, grilling, etc. and discuss the pros and cons of each one from a nutrition standpoint.

1

Choose one vegetable and research how it is prepared in different countries.

Tip: Search for recipes from specific countries your child is interested in or find lots of ideas at once with an online search for “_____ recipes around the world” (fill in the blank with your ingredient).

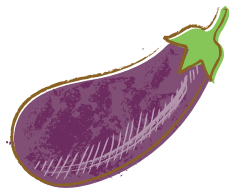


2

Invite each family member to choose a different recipe that sounds interesting to them. Try one recipe each week until you've tried them all.

3

Talk about the discoveries you have made. Did anyone decide they like a vegetable they never liked before? Are there certain cooking methods or seasonings that each family member likes better than others? Which of the recipes would you like to make again?



Take it to the next level: Repeat this process with one vegetable of every color in the rainbow!