

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!

HOW DOES YOUR SALAD GROW by Francie Alexander

What It's All About

This fun rhyming book features photographs of children helping to plant, grow, and harvest vegetables to make a delicious salad!



Discover a World of Words

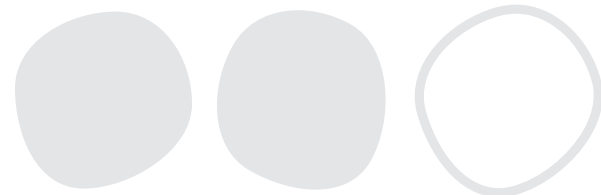
Throughout the story introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:

- *Row*: a series of things lined up
- *Step*: a stage or grade
- *Transfer*: to move from one place to another

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, or summarize chunks of text). Use prompts throughout the story, such as:

- *What things do seeds need to grow into plants?*
- *What happens to a seed when it starts to grow?*
- *Why does Dad do the chopping?*



Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's life by making your own salad with vegetables from your garden or from the store. Can you write down the steps in your salad recipe?

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

EVERYTHING'S COMING UP RAINBOWS

A garden can grow all the colors of a rainbow—and when those hues are all mixed together in one bowl they make a beautiful and nutritious salad! Make your own rainbow salad at home using colorful, raw ingredients.

Colorful Food for Thought

Think about adding any of these to your salad:

Red - tomatoes, peppers, radishes, strawberries, raspberries, cherries, apples, watermelon, pomegranate seeds

Orange - carrots, squash, oranges, grapefruit, peppers, persimmons, apricots, cantaloupe

Yellow - summer squash, corn, tomatoes, pineapple, peaches, mango, bananas, lemon

Green - all kinds of lettuces, kale, arugula, cucumbers, zucchini, peppers, celery, broccoli, avocados, edamame, fresh herbs, sprouts, grapes, honeydew melon, kiwi, limes

Blue/Purple - blueberries, blackberries, grapes, beets, eggplant, red cabbage, radicchio, purple onion

White - onions, cauliflower, jicama, daikon radish

Brown - beans, nuts, sunflower seeds, mushrooms, figs



1

Visit the produce department at the grocery store and feast on it with fresh eyes. Notice all the colors! Look for at least one food from each color in the rainbow.

2

Pick your salad ingredients. Don't be afraid to mix vegetables with fruits or different flavors and textures together. This can make your salad even more exciting and yummy. Consider adding nuts or beans for a protein punch. Choose one or two ingredients that add flavor or juiciness to the salad, such as fresh herbs (parsley, basil, cilantro) or juicy fruits (lemon, orange, peach, pineapple).

3

Wash, prep and mix your salad in a bowl. Ask an adult to help with cutting. If you feel it's needed, dress it up a little, though raw veggies and fruits pack plenty of flavor on their own. Instead of heavy salad dressings, enhance the natural flavors with a squeeze of citrus juice, a dash of salt and pepper or dried spices, fresh herbs, a small drizzle of olive oil, or a touch of honey.

4

Give your colorful creation a fun name. Rockin' Raw Rainbowl? Get creative—it's all up to you!

Talking Points:

- Discuss why it's important to eat a rainbow of different foods. Explain that each color can provide different nutrients your body needs.
- Talk about what colors your family likes to eat on a regular basis. Is your family eating all the colors of the rainbow?
- What nutrients or colors are missing from your weekly meals? How can you make your meals more colorful? Talk about some other foods your family could try to fill in the gaps.