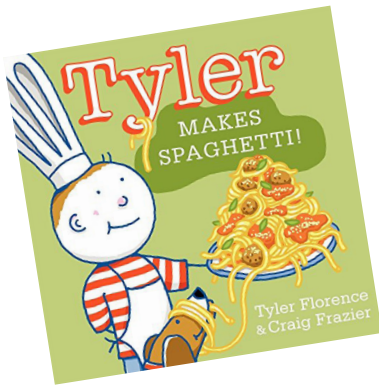


Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!

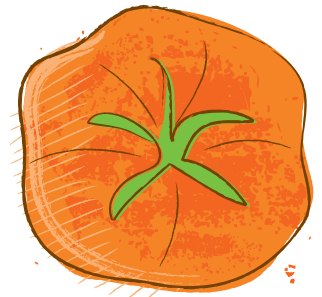


TYLER MAKES SPAGHETTI

by Tyler Florence & Craig Frazier

What It's All About

Tyler and his dog, Tofu, love spaghetti and meatballs. Chef Lorenzo offers to teach Tyler and Tofu how to make it! Join Chef Lorenzo as he takes Tyler and Tofu on an amazing journey to learn about all of the ingredients in spaghetti and meatballs!



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:

- *chef*: a cook
- *ingredients*: part of a dish
- *amore*: Italian for “love”
- *sneaky*: behaving in a secret way
- *simmer*: to cook gently

Make Connections Beyond the Book

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

- Making Tyler's spaghetti! The recipe is found in the back of the book. Talk about the different ingredients used to make the spaghetti and meatballs.
- Creating a self-portrait! Just like Chef Lorenzo and Tyler wore their special chef hats and coat, encourage children to draw a picture of themselves wearing a chef hat and coat.
- Going on a scavenger hunt through the grocery store or market. Spaghetti starts with the letter S. How many items can you find that begin with the letter S? How many items can you find that start with the letter M, like in meatball?

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:

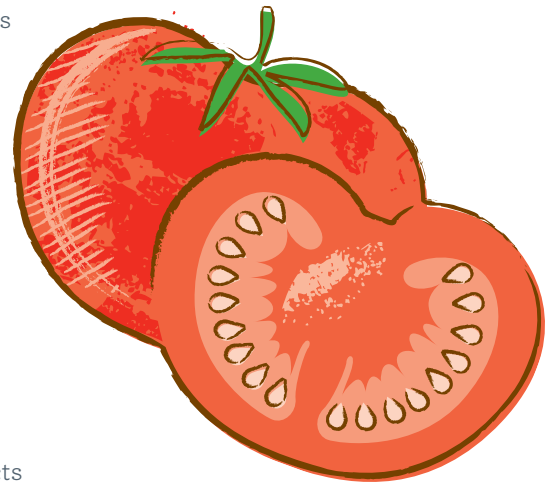
- *In the kitchen of Chef Lorenzo's restaurant, two other chefs are cooking. I see one chef by the stove cooking something in a pan and another throwing something high in the air. What do you think they are making?*
- *After Tyler finishes cooking the spaghetti and meatballs, he carefully carries the plate to the table. Why do you think Tyler is smiling in this picture?*
- *Tyler has so much fun making spaghetti and meatballs, he decides to make a birthday cake for Tofu! If you were Tyler, what would you want to cook next?*

Together Time Activity

DECONSTRUCTING DINNER

Investigate all of the ingredients that go into your family's favorite dinner dishes.

- 1** Pick a recipe that your family enjoys on a regular basis. If your favorite is spaghetti, like Tyler, then pick another family member's favorite instead.
- 2** Investigate each ingredient. Find out where it grows, what it's made out of, where you can buy it, and what nutrients it provides. A quick online search can help you find this information about any ingredient, and some ingredients will have information on the packaging label.
- 3** Shop for ingredients and make the dish for your family. Now you get to be the chef! With adult help as needed, make a shopping list, visit the store, find all the ingredients, do the cooking, and serve it to your family.
- 4** While sharing the meal, teach everyone else at the table the interesting facts you learned about each ingredient.



Talking Points

- Discuss the nutritional content of each ingredient. Which ingredients have the most nutritional value? The least?
- How much of each ingredient represents a serving? Look at the Nutrition Facts label on the package or search online for the answers. You may be surprised by some of them.
- Do any of your ingredients have an interesting history or cultural significance?
- Can you think of another meal you make with any of these same ingredients?