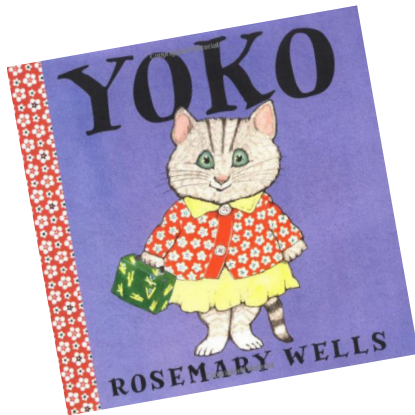


Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!



YOKO

by Rosemary Wells

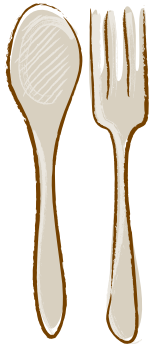
What It's All About

Yoko is excited to bring her favorite foods for lunch, but the other students make fun of her for the different looking food. Yoko's teacher hosts an International Food Day to encourage the students to try new things. In the end, Yoko makes a new friend who loves to share in new food.

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:

- *Yoko is upset that her classmates laughed at her lunch. What would you tell Yoko to make her feel better?*
- *For International Food Day, everyone brings in a dish from a foreign country. There are a lot of different foods. What would you want to try during International Food Day?*
- *I think Yoko is happy that Timothy eats the crab cones. How do you think Yoko feels when Timothy asks if they can have sushi again tomorrow? How do you think Timothy feels when Yoko says she likes his coconut crisp?*



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:

- *pumpnickel*: a heavy and dark type of bread
- *seaweed*: a type of plant that grows in the sea
- *thermos*: a container that keeps liquids hot or cold for long periods of time
- *foreign*: coming from or belonging to a different place or country

Make Connections Beyond the Book

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

- Trying something new, just like Yoko and her friends! Try making a new dish at home or ordering something new at a restaurant.
- Hosting an International Food Day! Invite other families over and encourage them to bring a dish from a foreign country. Be sure to try a little bit of everything.
- Drawing a picture of Timothy and Yoko's restaurant. They pretend that it serves tomato sandwiches and dragon rolls. What else could their restaurant serve?

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Some definitions taken from *Learners Dictionary*, (2016). (Merriam-Webster, Incorporated) Retrieved from *LearnersDictionary.com*.



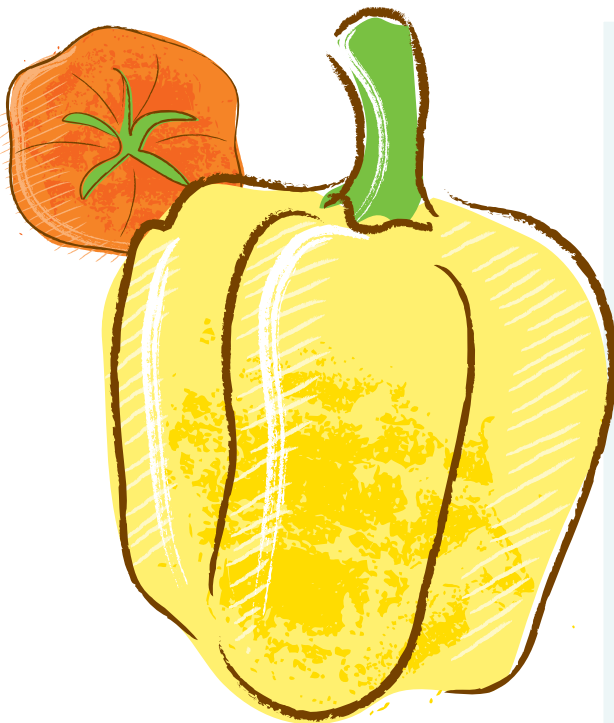
Together Time Activity

ORGANIZE A FAMILY RECIPE SWAP

Just like Yoko, you've probably noticed that kids in your lunchroom enjoy a variety of different foods. Wouldn't it be exciting to try them all? Invite everyone in your class at school, or a group of your friends, to participate in a recipe exchange.

- 1 Ask each friend to make copies of a favorite family recipe and hand them out to everyone in the group.
- 2 Host a potluck event where everyone serves their recipe. Invite each participant to tell the group a story about its origins or ingredients.
- 3 Ask each friend to email you a favorite family recipe, then create an online or printed cookbook and make copies to distribute to all of your friends.

Or do all three! Not only is it fun to taste and learn new recipes, you might also learn something new about your friends' life stories!



Talking Points:

- Discuss the new flavors or ingredient combinations that surprised you. Which flavors did you like? Could you find new ways to incorporate them into your usual eating routines?
- We all have personal tastes that are influenced by many things: our family background, ethnicity, culture, geography, availability of ingredients, etc. What are some of the influences that have shaped your tastes? Discuss this with your family.
- Brainstorm activities your family might do to broaden your eating experiences and taste new kinds of foods: buy a cookbook with a different style of cooking and make some new meals together, visit a new restaurant once a month, go to your local farmer's market to discover locally grown foods you haven't tried, or travel outside your town, neighborhood, or city.