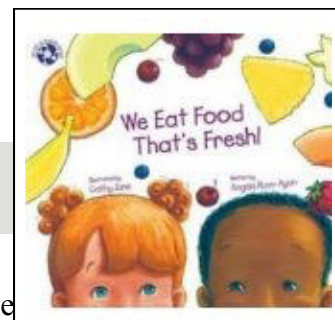


# Title: We Eat Food That's Fresh

Author: Angela Russ-Ayon; Illustrator: Cathy June  
Our Rainbow Press



## R

**Repeat the Book:** Repeating gives more chances to learn the vocabulary.

**First Read** - Look at the cover, read the title, and say “Look at all of that fruit. I wonder if the kids want to eat it. Let’s read and find out.” As you read, point to the words of the text. Give your child a kid-friendly definition of the vocabulary that you think they may not understand. Ask the question in the “Ask Question” section.

**Second Read** - Before you read, say “Remember the book with all of the food in it. I wonder if the kids tried anything new. Let’s read and find out.” As you read, talk about some of the food that you see on the page and whether or not your child has ever eaten them before. If not, make a list and decide on one or two to try. Ask read two question.

**Third Read** - Before you read, say “Remember all the good cooking the chef did in this book. I wonder if used different types of cooking. Let’s read and find out.” During this repeated reading, stop and talk about the different methods of cooking: grilling, stir-frying, baking, steaming, etc.. Talk about the different ways you cook in your own kitchen. Ask read three question.

### Vocabulary

*Use these words when you talk with your child this month*

- prepare - to get ready
- chopped - cut over and over again
- ripe - ready to eat
- appetite - wanting to eat something
- peeled - taking the skin off
- recipe - step by step for preparing food

## E

**Engage and Enjoy:** Using these activities keeps your child’s interest in the story.

Let your child participate in preparing a meal for your family. Use some of the vocabulary given above and other cooking terms from the book while working on food dishes for a meal. Have your child repeat the vocabulary while your child is watching or doing the activity such as “I am chopping the carrots?”

## A

**Ask Questions:** After talking about the book, ask questions to promote deeper thinking.

After the first read, ask “What are some of your favorite foods?” After the second read, ask “Why do you think the chef wanted the kids to try something new?” After the third read, ask “Why do you think we use different ways to cook food?”

## D

**Do More:** Use other activities to help your child connect vocabulary to their world outside of the story.

On the next page, there are some additional activities which you can do with your child.

# Other Activities Related to this Month's Book

## Fruity Veggie Bingo

**Purpose:** To encourage healthier eating choices and to introduce new fruits and vegetables.

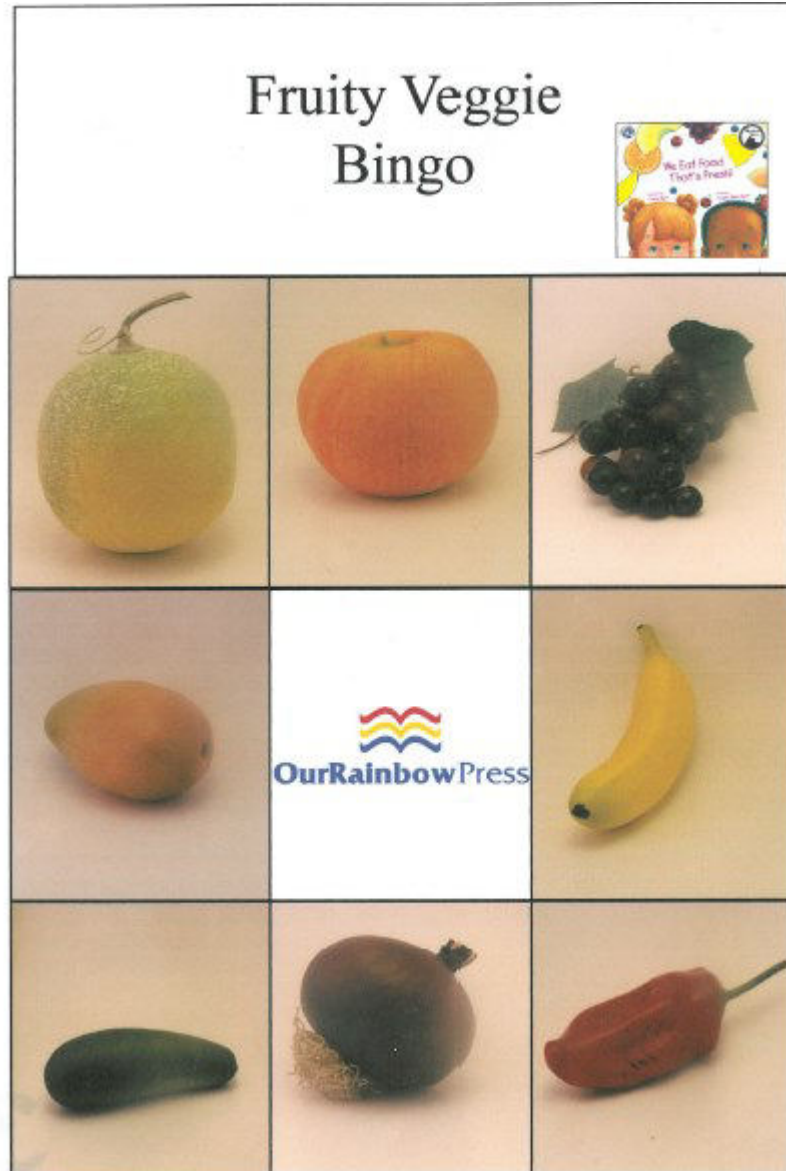
### Playing Instructions:

Cut out and post the bingo card on the refrigerator.

Encourage your child to try a new fruit or veggie using the book for suggestions.

Place a mark in the box on the card each time a child tries something new.

Reward your child after he/she has eaten or tried an entire row of new fruits or veggies.



*Ferst Foundation for Childhood Literacy has adopted and adapted the READ guide format courtesy of:*



See the  
R.E.A.D.  
video here

Rollins Center  
for Language & Literacy

A Program of the Atlanta Speech School

Read Right  
From the Start