

Lesson 28: Food

"I'm just someone who likes cooking and for whom sharing food is a form of expression." —Maya Angelou

Social Justice Standard: Identity 5

Summary

Food is all around us and can be a great way to express creativity, show someone you care for them, or even make your career. And because food is so versatile, many people interact with it at all of the stops that it takes from the ground to the dinner plate. As you read the books in this lesson, notice all of the people needed to make your favorite dishes happen!

Booklist

- *Bring Me Some Apples and I'll Make You a Pie: A Story About Edna Lewis* by Robbin Gourley
- *The Ugly Vegetables* by Grace Lin
- *A Different Pond* by Bao Phi, illustrated by Thi Bui
- *Fry Bread: A Native American Family Story* by Kevin Noble Maillard, illustrated by Juana Martinez-Neal
- *Freedom Soup* by Tami Charles, illustrated by Jacqueline Alcántara
- *Tea Cakes for Tosh* by Kelly Starling Lyons, illustrated by E. B. Lewis

Consider This

- How has your relationship with food evolved throughout your life?
- Do you have any special memories that involve food?
- Do you prefer to make food or have it made for you?
- What organizations in your area are trying to help or combat food insecurity?

Talk Together

- What is your most favorite meal?
- What food is special to your family? Do you have good memories of it?
- Have you ever grown any food?
- Did you recognize any foods in the books?

Engage

Get Cooking!

Did you get hungry reading about all of that food in these books? Well you're in luck, because *Bring Me Some Apples* and *I'll Make You a Pie* has a handful of recipes at the back of the book for you to choose your favorite to make!

Explore More

- USDA's Children's Nutrition resources
- Cooking with Kids website
- Bon Voyage with Kids' "101 + Kid-Friendly Recipes from Around the World"