



# Family Activities

Title: **Bread Is for Eating**

Author: **David and Phillis Gershator**

Illustrator: **Emma Shaw-Smith**

This feature book explains the process of making bread— from growing the grain to baking it — in a song sung in both English and Spanish. Bread is a staple in every culture, and LeVar talks about how the differences in cultures impact this common food. A Hopi woman shows how she makes blue cornmeal bread, and we visit an East Indian restaurant where they bake bread in a tandoori oven.

Here are several activities you and your child can do together after watching this episode.

## **Bread Taste Test**

On their next trip to the grocery store, ask your mom or dad to buy a new kind of bread — one you have never tasted before. Try it and see if you like some different flavors. You can also toast it to see if that changes the taste!

## **Cheesy Stick People**

Want variety for lunch? Get the whole family involved in making grilled-cheese people!

Directions:

1. To make a cheesy head, cut bread slices with a round cookie cutter.
2. Top each round slice with a circle of cheese.
3. Place on a cookie sheet.
4. Add sliced olive eyes, a round cherry tomato nose, and a bacon bit smile. (Or whatever you choose to use.)
5. Broil until cheese melts.
6. Place each head on a plate and add celery or carrot sticks for arms and legs.

## **Placemats**

Have you ever made your very own placemat?

You will need:

- colorful fabric cut into strips, 1 by 12 inches
- a cardboard square, 12 by 12 inches
- stapler
- scissors



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## Directions:

1. Cover the cardboard with the strips of fabric, laying them side by side and stapling both ends of each strip to the cardboard.
2. Weave the remaining strips under and over the stapled strips. Remember, if you go under and over one time, the next strip will go over first, and then under. This is what makes the weave. Staple the ends of the woven strips to the cardboard and trim off any excess.
3. *Optional:* Weave some ribbons or create a pattern using colors or prints.

## Visit Your Community Library

Here are some books you can check out on your next trip to the library:

*Walter the Baker* by Eric Carle

*Bread, Bread, Bread* by Ann Morris

*The Tortilla Factory* by Gary Paulsen