

Nutrition and Food: Preschool-2nd Grade

A RIF Guide for Educators

Themes: Nutrition, Food, Family, Culture

Book Brief: This guide is designed for use with books about nutrition and food at the Preschool to 2nd Grade reading level. Adapt the questions and activities in this guide to the book you are reading.

Content Connections: ELA, Health, Social Studies

Time To Read!

Before we read, let's look at...

The Cover: What is the title of this book? Who is the author? Who is the illustrator? What is happening in the cover illustration? Based on the cover, what foods or meals are the focus of this book?

Prior Knowledge: Have you ever tasted this food before? Does this book focus on healthy foods, treats, or both?

Vocabulary: Identify 3-5 words that are likely to be new to your students and introduce them before you read this book with your class.

Purpose for Reading: It's important to be able to identify which books share facts and information (nonfiction) and which books tell stories (fiction). Some books include a bit of both! As we read, think about which parts of the book are fiction and which are nonfiction.

While We Read

Monitoring Comprehension

- What is the central message or lesson of this book? What point does the book make about food and nutrition?
- Identify some words or phrases in the book that appeal to your sense of taste.
- Describe where this book takes place and what happens.
- If the book features real people or characters, describe them.

Let's Think About

Our Purpose: Is this book fiction, nonfiction, or a combination of the two? Identify which parts are fiction and which parts are nonfiction.

Extending Our Thinking: Learn more about a food featured in this book. Read a recipe for making the dish (for a food with more than one ingredient) or a recipe that uses the food (for a single ingredient). Discuss where you could find the food or ingredients. If possible, bring in samples of this food for your class to taste. Using chart paper, record students' reactions to the food. Encourage them to describe the food using sensory language.