

Leader's Guide

Feast for 10 by Cathryn Falwell

Objective: In addition to the overall objectives for Book in a Bag, children will learn:

- the concept of “feast”
- basic tablesetting skills
- simple, nutritious salad recipe

Lesson Outline:

1. Review supporting information and **Feast for 10** prior to lesson.
2. Develop lesson plan for day’s activity
3. Review supplies and equipment needed for activity. Make copies of recipes and “A Look at Our book: Parent’s Page” as needed. If desired, attach a recipe “card” to each Parent’s Page.
4. Prepare evaluation tool you will use with the children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

Questions to Facilitate Discussion:

- Where does the story begin?
- What are some of the foods the family is shopping for?
- What happens to the food when the family arrives at home?
- How many hungry family members shared the meal?

Other related children’s books:

- Tommy at the Grocery Store* by Bill Grossman
- Ten Apples Up on Top* by Theo LeSieg
- The Supermarket* by Anne and Harlow Rockwell
- Eating the Alphabet, Fruits and Vegetables from A to Z* by Lois Ehlert

.....

KANSAS ACADEMIC STANDARDS

Health Promotion and Disease Prevention 1.1

Kindergarten Reading: 1. 2. 1, 2, 3
1. 3. 2
1. 4. 1, 2, 3, 4, 5, 6, 8, 10

Literature: 2. 1. 1

1st Grade Reading 1.4.3, 5

Math 1.1.1, 4

.....



This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

