

# Parent's Page

## A Look at Our Book

Today your child enjoyed the book **Feast for 10** by Cathryn Falwell. In the book, counting is featured as a family makes a shopping trip, prepares dinner and sits down together to eat the feast. It is a joyful celebration of culture, family and food.

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



**K-STATE**  
Research and Extension

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.



## Read All About It!

Here are some additional books you might enjoy sharing with your child!

Tommy at the Grocery Store by Bill Grossman

Ten Apples Up on Top by Theo LeSieg

The Supermarket by Anne and Harlow Rockwell

**Check for these titles at the public library!**

### Crunchy Carrot Salad

Makes 4–6 large servings

- 1 pound raw carrots, peeled and shredded
- 1/2 cup raisins
- 1 carton (8 oz) lowfat vanilla or lemon yogurt

Mix all ingredients in large mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving.



#### Nutrition Facts

Serving Size 1/2 cup (195g)

Servings Per Container 4 to 6

##### Amount Per Serving

**Calories** 170 Calories from Fat 10

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

**Cholesterol** 5mg 1%

**Sodium** 100mg 4%

**Total Carbohydrate** 36g 12%

Dietary Fiber 4g 15%

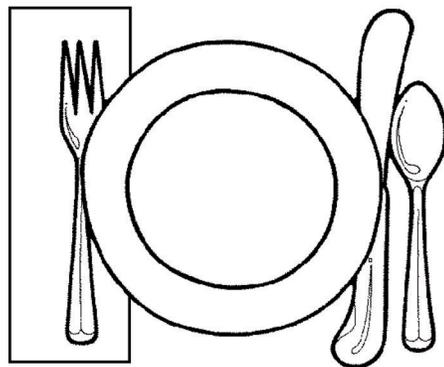
Sugars 29g

**Protein** 5g

Vitamin A 390% Vitamin C 15%

Calcium 15% Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.



In the book **Feast for 10**, family members set the table for the meal. Whether you are serving a snack, a family meal or party food, a neatly set table will add to the fun! The basics for table setting are the same whether you want a simple setting or wish to 'go all out.' This is an easy job that's good to teach little brothers and sisters who are eager to help. The drawing above will help children learn what goes where!