

# Leader's Guide

## *Let's Eat!* by Ana Zamorano

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

- the benefits of family mealtimes
- food choices + family time = mealtime traditions

**Lesson Outline:**

1. Read the Facts Page and the book *Let's Eat!* prior to the lesson. If the Spanish words are not familiar, practice the pronunciation (included in the Facts Page).
2. Develop lesson plan for the day's activities.
3. Review supplies and equipment needed for activities. Make copies of recipes and Parent's Page as needed.
4. Prepare evaluation tool you will use with the children.
5. Arrive early—be sure to encourage handwashing before food preparation activity.
6. Read book with child. 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:**

- In the beginning of the book, how many people are in Antonio's family? How many people are in the family at the end of the book? Why does the number change?
- What did Papa make for the family? Why is it important for their family meals?
- Why does Granny miss a family meal on Thursday? What does Mama always say when someone misses a meal?
- Why is Mama absent from the family meal on Saturday?
- What makes Mama happy at Sunday's meal?

**Other related children's books:**

- Good Morning, Let's Eat!* by Karin Luisa Badt
- Feast for 10* by Cathryn Falwell
- The World in a Supermarket* by Rozanne Lanczak Williams
- Potluck* by Anne Shelby
- Everybody Cooks Rice* by Norah Dooley

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**• 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,  
2. 2. 1

**1st Grade Reading:** 1.4.2, 3, ▲4, ▲5

**2nd Grade Reading:** 1.1. 1  
1.2. 2,  
**Literature:** 2.1.1, ▲2, ▲3  
2. 2. 1, 2, 3

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