

Leader's Guide

More Spaghetti, I Say! by Rita Golden Gelman

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

- about internal cues that tell us when we are hungry or full;
- that paying attention to what we eat helps us listen to our bodies.

Lesson Outline:

1. Review supporting information and *More Spaghetti, I Say!* 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:

- In the beginning of the book, who wants to play? What does Minnie want to do?
- At the end of the book, what does Minnie want to do? What does Freddy want to do?
- What does Minnie do when her bowl is empty?
- How would you cook spaghetti?
- What would it be like to stand on a mountain of cooked spaghetti?
- When Minnie feels bad, how does she look?
- What made Minnie feel so bad?
- How do you feel when you eat too much?

Other related children's books:

- Strega Nona* by Tomie de Paola
- Daddy Makes the Best Spaghetti* by Anna Hines
- Let's Visit a Spaghetti Factory* by Melinda Corey
- From Wheat to Pasta* by Robert Egan (ages 8–12)
- I Like Pasta* by Jennifer Julius (ages 2–6)

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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,

1st Grade Reading: 1.1.▲5

Math 2.4.1

1.2.3

1.4.7

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