

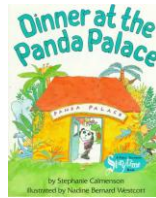
## Fun with Food Activity Guide



Cooking together as a family provides a great learning opportunity for children. Children love to help and feel proud and important when they do! Younger children can help wash vegetables, set the table or draw pictures for a menu. Older children can improve their math skills by following the steps in a recipe, measuring ingredients and keeping track of the cooking time.

Sharing food is also a great way to share your culture with your children. Ask the elders in your family and community for their recipes and memories around traditional meals. Talk with your children about why some foods are important to your family and your culture.

While you are waiting for your meal to finish cooking, watch this fun read aloud video of [Dinner at the Panda Palace by Stephanie Calmenson](#).



Want to learn more? Check out these titles from the Saint Paul Public Library!

[My Food, Your Food, Our Food by Emma Carlson Berne](#)

[Feast for 10 by Cathryn Falwell](#)

[Fry Bread by Kevin Maillard](#)

[Thank You, Omu! By Oge Mora](#)

[Bee-bim Bop! by Linda Sue Park](#)

[Summer Supper by Rubin Pfeffer](#)

[¡Vamos! Let's Go Eat! by Raúl the Third](#)

[Bilal Cooks Daal by Aisha Saeed](#)

[Little Taco Truck by Tanya Valentine](#)

[Pizza at Sally's by Monica Wellington](#)

