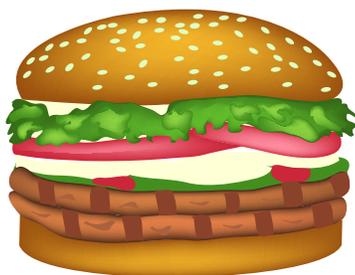




OHIO DEPARTMENT OF EDUCATION AND INFOHIO

Beach Bags



The Foods We Eat!

STORY

The Foods You Eat (Nonfiction)
Reading Level: Beginning Reader
<http://bit.ly/SAfCLE>

You need the INFOhio username and password to access this book. If you do not know it, contact your school, or go to www.infohio.org/goto/getpassword.

Tons of Tomatoes (Fiction)
Reading Level: Grade 2-3
<http://bit.ly/2mERRFw>

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BEFORE READING

Talk to your child about some of his or her favorite foods. **Explore** some of the foods in your cabinet or refrigerator by looking at the list of ingredients on a box, can, or package. As you and your child read the labels, ask your child to **identify** where the ingredients come from.

READ

The Foods You Eat and **Tons of Tomatoes**. **Discuss** the questions in the book as you read them together.

ACTIVITY

Exploring Food with the Five Senses

Play the food senses game with your child.

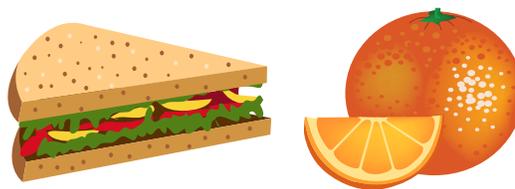
- **Fill a bag with different kinds of foods.** Good choices are bananas, apples, tomatoes, lettuce, green beans, carrots, onions, raisins, and grapes.
- **Talk** about size, shape, scent, firmness, and touch and how they can help identify things.
- With eyes closed or using a blindfold, **select an item from the bag.** Use the senses to identify the food. Touch, smell, taste or even shake it to see if it makes a sound, and then guess what you are holding. **NO LOOKING!**
- **Take off the blindfold** and see if you are right.



MORE FUN ACTIVITIES

Dissect a Bean

- **Soak** some beans (kidney, lima, or pinto will do) in water overnight.
- Use the Dissect a Bean sheet below to **record your findings**.
- Pick up one of the soaked beans and **rub** the seed coat. Why is the seed coat important?
- Now carefully **split the bean** in two at the seam. **Examine** the inside of the bean.
- On the bottom half of the page, **draw a picture** of your findings. How does your prediction compare to your findings?
- **Compare** a soaked bean to a dry bean.



MORE GREAT BOOKS TO SHARE

Visit your local public library to find more books about the foods you eat.

Stone Soup by Marcia Brown

The Tiny Seed by Eric Carle

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

Planting the Wild Garden by Kathryn O. Galbraith

From Seed to Plant by Gail Gibbons

The Giant Carrot by Jan Peck

Rah, Rah, Radishes! by April Pulley Sayre

Tops & Bottoms by Janet Stevens

The Gardener by Sarah Stewart

A Few Bites by Cybèle Young

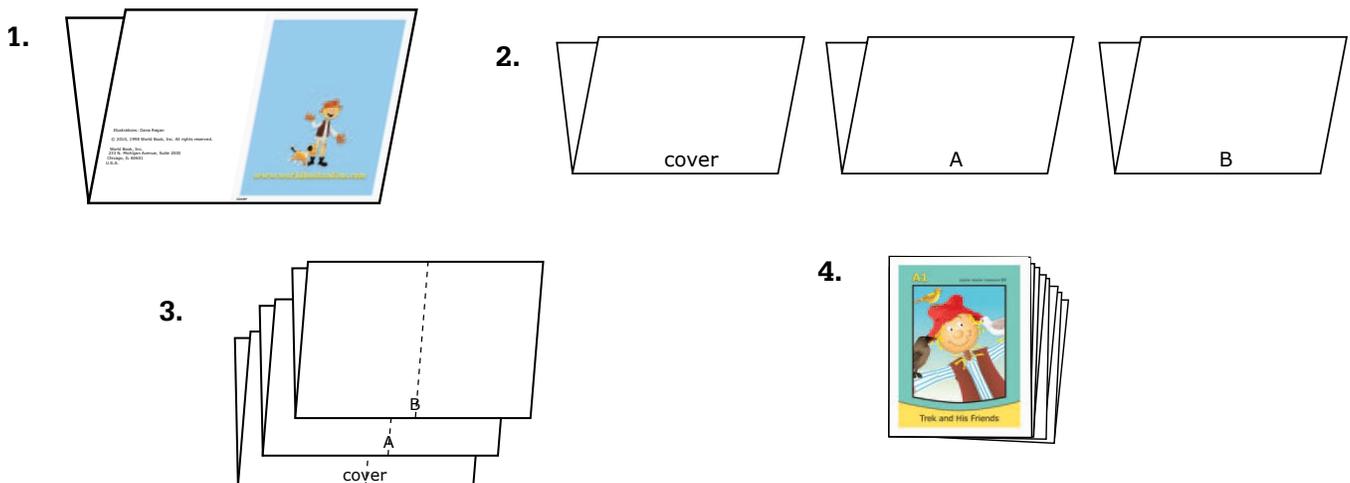
EXPLORE MORE

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- A. Go to www.infohio.org > PreK-5 > World Book Kids and look up the word “food.”** Find a picture of foods that are made of wheat. Look at the picture and make a list of five foods that are made from wheat.
- B. Foods come in all shapes and sizes.** Go to www.infohio.org > PreK-5 > Explora for Grades PreK-5 to find an article about food shapes. Just use the search term “shape of foods” and then open the PDF of “The Shape of Food” article found in *Turtle Magazine*. **See if you can identify the foods.**
- C. To find more free printable books for your child,** go to www.infohio.org > PreK-5 > Early World of Learning.

How to fold the Little Book

1. Fold the pages in half the short way so that the printing is on the outside.
2. Turn them over so that you can see the small “cover,” “A,” “B,” etc., at the bottom center of the page.
3. Stack the pages with the cover on the bottom, then “A,” then “B,” etc.
4. Fold the stack in half to make the Little Book. The cover should end up on the outside.



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Dissect a Bean

Directions: Use this sheet to record your predictions and results about dissecting a bean.

Prediction

What do you think you will find when you open the bean?

Results

Draw a picture of what you found inside your bean.