

Teaching the Lesson

STORY TIME:

In the Kitchen, Author: Susan Canizares and Betsey Chesson
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Before reading the story

To help the children stay on task and anticipate the next activity, it is recommended that you begin each session by stating, each time I visit your classroom we will:

- Talk about keeping our bodies healthy.
- Read a story.
- Do a fun activity with music.
- Work on an art activity at our desks.
- What did we learn about during our last visit?
- Review the lesson(s) and activity(s) you did in the past.
- Ask the students to recall the main points from the previous lessons.
- This week we are going to talk about something new and fun!

Ask the students:

- Does anyone eat meals with their family?
- Does anyone cook with their family?
- What have you cooked?
- What kinds of things do you do in the kitchen?
- I have a story to share with you about helping mom, dad, grandma, or grandpa in the kitchen!

Read Story

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On each page ask:

- What do you think he/she is doing here?
- What else should we (wash, peel, etc)?
- Why do you think this is important to (wash, peel, etc)?

On each page practice the activity (washing, peeling, etc).

After Story

- Eating meals with your family is very important.
- Does anyone eat meals with their family?
- We need to sit down at least once every day and eat meals with our family.
- It doesn't matter if it is for breakfast, dinner, supper, or a snack.
- Do you think you always have to sit at the kitchen table? NO! Have a picnic on the floor with your family; just turn the TV off first.