

Centre for Family Literacy

Alberta Prairie C.O.W. Program



Summer Newsletter 2016

Building Literacy with Food

Literacy that tastes good!

Anything can become a family literacy activity, as long as you do it together. And one thing that every parent has to do at some point is *cook*. Cooking together has many fantastic learning opportunities and is a great activity for building skills such as math and science (sorting, sequencing, measuring, counting, estimating, experimenting), oral language (vocabulary), following directions, working together, as well as learning about nutrition and where our food comes from.

Family literacy doesn't have to be complicated. Simply expand on what you are already doing, and include your little one in the process!

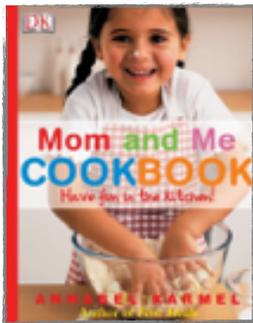


Book Recommendations & a Summer Recipe

In addition to cookbooks for kids, (like the one below), try fiction stories and non-fiction books related to food in order to extend the learning experience and to connect reading to the everyday.

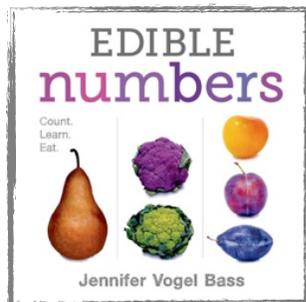
"Mom & Me Cookbook"

by Annabel Karmel



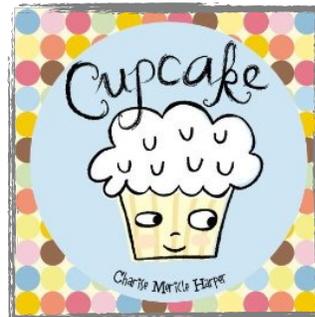
"Edible Numbers"

by Jennifer Vogel Bass



"Cupcake"

by Charise Mericle Harper



Traffic Light Freezer Pops (from the "Mom and Me Cookbook")

Ingredients: ¼ small watermelon, 3 large peaches, 5 large kiwi, ½ cup superfine sugar, 3 tbsp. of water

Remove watermelon seeds, and divide sugar into thirds.

Puree watermelon in a blender with 1/3 the sugar. Pour into "popsicle" mould. Freeze for 1 ½ hours. (You've filled 1/3).

Peel peaches. Blend with 1/3 the sugar. Pour into mould on top of watermelon. Freeze until solid. (You've now filled 2/3).

Peel kiwi. Blend with 1/3 the sugar, plus water. Fill rest of the mould, add your "popsicle stick" and freeze!

Find out more about family literacy and upcoming C.O.W. visits at www.familit.ca or call the Centre for Family Literacy at 780-421-7323 (Toll Free 1-866-421-7323). Funded by the Government of Alberta.