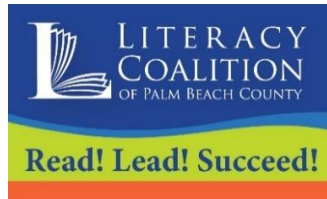



READ and THINK before you ACT.



Leading through Reading

Your Delicious Life (K-2)

READ



Cooking and sharing food with others can be a fun way to relax.



All types of food can heal and rebuild us with nutrition and comfort.



Prepare and enjoy food with an adult. Think about how delicious your life is!

Some foods are traditional. In Chinese cooking, a bao is a bread-like, steamed bun.



READ: [Amy Wu and the Perfect Bao](#)

THINK

Does your family cook meals from family recipes? Do you eat any traditional foods?
What new foods would you like to prepare and enjoy at home?

ACT

Look at the ingredients listed. Talk to your family. If you have the items needed, then enjoy making your life delicious!



ADULT SUPERVISION REQUIRED



[Ice Cream in a Bag](#)

- 2 tbsp Sugar
- 1 Cup Half & Half
- ½ tsp Vanilla Extract
- ½ cup Salt
- Ice
- Gallon-size Ziploc Bag
- Pint-size Ziploc Bag

[No-Knead Artisan Bread](#)

- 3 Cups of Flour
- ¼ tsp Instant Yeast
- 2 tsp Salt
- 1 ½ Cups Warm Water
- Parchment Paper
- Pot with Cover
- Oven

[Apple Monsters](#)

- 1 Apple
- 1/3 cup Peanut Butter
- Puffed Rice Cereal
- 4 Red Grapes
- 8 Green Grapes
- 16 Chocolate Chips
- SUBSTITUTIONS ALLOWED:
Try other fruits as needed.

Make a rainbow with the fruit you have!

See Plan 44 and Plan 45 for more cooking ideas with different ingredients!

If you do not have or are unable to get any of these ingredients, ask your parent(s) if you may try these virtual experiences: [Decorate a Cake](#) or [Make Your Own Pizza](#)

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

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Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypcb.org