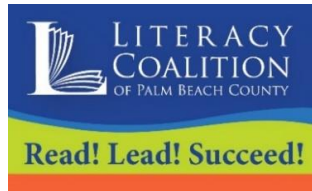


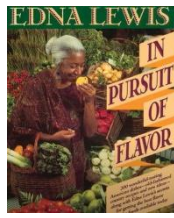
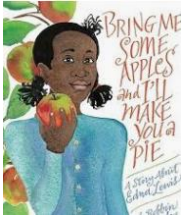
READ and THINK before you ACT.



## Leading through Reading

### Your Delicious Life (3-5)

#### READ



**RELAX AND LISTEN:** *Bring Me Some Apples and I'll Make You a Pie, A Story of Edna Lewis* by Robbin Gourley.

Edna Lewis was born in 1916 in Freetown, VA. Freetown was founded by her grandfather and two other emancipated slaves. The people of Freetown were farmers. Edna learned to cook by helping her mother and aunt prepare meals. When she grew up, Edna became a famous chef. She worked in restaurants in both northern and southern cities. She wrote cookbooks to teach people how to prepare food in a southern style. She retired in 1992.

#### THINK

Family traditions often revolve around food. Holidays have meals. Birthdays have cake. Weddings have dining rituals. Why do you think food is a part of our life experiences? Why are recipes and cooking styles passed down from generation to generation? What do you like to cook and eat with your family? All types of food can heal and rebuild us with nutrition and comfort. Why not cook some food with your family? See how delicious your life can be!

#### 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**



#### Cracker Chicken Strips

- 1 Package Raw Chicken Strips
- ½ Sleeve Saltine Crackers
- ½ tsp Salt and ½ tsp Pepper
- ½ tsp Garlic Powder
- 1 Egg
- ½ tbsp Butter
- ¼ cup Olive Oil
- Ziploc Bag, Paper towel
- Pan & Stovetop

#### Potato Wedges

- 3 Large Potatoes
- 1/3 cup Olive Oil
- 1 tsp. Salt
- ½ tsp. Pepper
- 1 tbsp Garlic Powder
- 1 tbsp Dried Oregano
- 1 tbsp Paprika
- ½ cup Parmesan Cheese
- Baking Sheet & Oven

#### Apple Ladybugs

- 2 Red Apples
- ¼ cup Raisins
- 1 tbsp Peanut Butter
- 8 Thin Pretzels

*Ants on a Log- Celery, Peanut Butter, Raisins*

**See Plan 43 and Plan 45 for more for 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: [Be the Chef Cooking Games](#)

*This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.*

*Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to [nbirardi@literacypcb.org](mailto:nbirardi@literacypcb.org)*