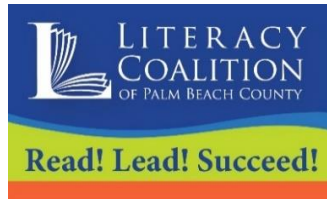


READ and THINK before you ACT.



Leading through Reading

Your Delicious Life (6-8)

READ



Sooner or later, you will be responsible for making dinner. In the book [Phineas L. MacGuire Gets Cooking](#) by Frances O'Roark Dowell, Phineas' mom thinks he will like cooking because he likes chemistry. Even Bill Nye thinks [cooking spaghetti can be scientific](#). Spaghetti is the first thing Phineas makes!



Whether it is scientific or not, cooking, baking, mixing, and sharing our food can be a fun way to relax. All types of food can heal and rebuild us with nutrition and comfort. Why not cook some food with your family to see how delicious your life can be!?

THINK



If your parent gave you permission to prepare dinner, what would you make? How could cooking be fun? What food would be comforting to share together?



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

Pasta with Fresh Sauce

2 ¼ lbs Ripe Tomatoes
¼ cup Basil Leaves
1 tbsp Parsley
1 tbsp Chopped Garlic
¼ cup Olive Oil
1 lb. Spaghetti
Salt and Pepper
Grated Parmesan Cheese



ADULT SUPERVISION REQUIRED

Ramen Vegetable Soup

1 tbsp Olive Oli
1 Medium Yellow Onion
2 Carrots
1 Stalk Celery
¼ Green Beans
1 Can Diced Tomatoes
3 1/2 Cups Chicken Broth
Salt and Pepper
2 Packages Ramen
(seasoning packet discarded)



Easy Lemon Tart

3-5 Fresh Lemons
(3 TBL Zest & ½ cup Juice)
4 Eggs
1 Pie Crust (pre-made)
1 ¾ Cups of Sugar
2 tbsp Melted Butter
2tspn Vanilla Extract
Powdered Sugar
Raspberries &/OR Cream

Blender to Mix Ingredients



Pre-made Pie Crusts make cooking easier!

**See Plan 43 and Plan 44
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