

The Kacklin' Kitchen

Option 2

"Food For Thought"



Age Level:

4 - 10

Materials:

The Kacklin Kitchen book by Julie Woik

8 1/2 x 11 White Paper

Staples

Discover:

Read The Kacklin Kitchen together. Take time to talk about how much food plays a part in each of our lives. Discuss the importance of eating nutritious foods. Chat about how different foods and ingredients are combined to make one particular food or dish. Share stories of how working together with family and friends can make cooking so much fun to do...just as Mookie MaGee and all of the other characters in the story worked together to make the magnificent Calista Van Cakenfrost.

Activity:

- Print all of the pages of this activity on 8 1/2 x 11 pieces of paper. Have the child fill out the cover sheet with their own personal information. Then the child can go through all of the sheets and fill them out as they see fit. Some will be factual answers, and some will be answers from what they know and learn about the different foods, or in some cases it will be their own opinion. After the child has completed all of the pages, stack them, placing the cover on top and staple the pages down the left side of the page - creating a book.

Take Action:

This book is a fun way for children to learn about different foods and ingredients. Children may even want to take a picture (or cut one from a magazine) of foods they like or make, and create and add a page similar to the ones in this book, writing their own thoughts and comments regarding that food, dish, or ingredient.