Classroom Guide

Title: **Bread Is for Eating**
Authors: **David and Phillis Gershator**
Illustrator: **Emma Shaw-Smith**

Theme: Bread, in its many varieties, is a staple of cultures around the world.

Program Summary: The featured book explains the process of making bread — from growing the grain to baking it — in a song sung in both English and Spanish. Bread is a staple in every culture, and LeVar talks about how the differences in cultures impact this common food. A Hopi woman shows how she makes blue cornmeal bread, and we visit an East Indian restaurant where they bake bread in a tandoori oven.

Topics for Discussion:

Discuss ways that people eat bread, what they put on it, etc., in addition to sandwiches.

Discuss any experiences students have had baking bread. Include in the discussion a list of ingredients they believe make up bread.

Bread is an important part of many cultural traditions. Invite students to share food traditions in their own families, such as foods associated with family celebrations, holidays, and the like.

Curriculum Extension Activities:

Working in small cooperative groups, research breads from different cultures. The featured book and the review book, *Bread, Bread, Bread* by Ann Morris, will be helpful beginning points. Have students organize this information on a large chart, comparing the different breads in these categories: where it is made, ingredients, how it is baked, special uses, and shape (they might draw a sketch). Information from the chart might also be compiled in a "Bread Book," that can be placed in the classroom library. As each group presents its discoveries, locate the place where each type of bread is made on a map of the world. In the full program, children talked about their favorite kinds of bread. Have students make a graph of the favorite breads of the entire class. Involve other classrooms to expand the graph.

Because the base of experience with bread, except for plain white bread, may be rather limited for many children, have a "tasting party" of some fairly common types of bread. Obtain some donations of bagels, English muffins, croissants, rye bread, whole wheat bread, pumpernickel, etc. Before students sample the bread, discuss the way the bread looks — its color and texture. Compare other characteristics, such as softness, chewiness, and hardness of crust, as they taste.

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Have students make a flow chart of bread from the wheat seed to the table. With the assistance of the featured book and other research, review the processes along the way, starting with what a seed needs in order to grow. Include the various workers who are involved in the process and discuss their roles.

Make "rainbow sandwiches" by painting slices of bread. Slices of white bread, milk, food coloring in four different colors, a toaster, paintbrushes (used only for food), and plastic cups are needed. Put a small amount of milk in each cup and add a few drops of food coloring to the milk. Have students paint the bread with their milk colors in any kind of design they wish. Paint only one side of the bread. (The bread should not be soaked with milk.) When the painting is finished, put the bread in the toaster on a "light" setting to "dry." Eat rainbow bread plain or put sandwich fillings on the unpainted sides.

Use a favorite recipe of your own or have students bring in a favorite family recipe and bake bread. Inquire about any expert bread bakers in the students' families who might be willing to come in and assist.

Book Reviews:

Walter the Baker by Eric Carle

Bread, Bread, Bread by Ann Morris, photos by Ken Heyman

The Tortilla Factory by Gary Paulsen, illus. by Ruth Wright Paulsen

Supplementary Booklist:

The Sleeping Bread by Stefan Czernecki & Timothy Rhodes

Tony's Bread by Tomie dePaola

Everybody Bakes Bread by Norah Dooley, illus. by Peter J. Thornton

The Little Red Hen by Paul Galdone

Related Themes:

- farms

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- healthy eating
- world cultures

Related Reading Rainbow Programs:

- Program #11 — Gregory, the Terrible Eater
- Program #123 — Hotel Animal
- Program #93 — Mrs. Katz and Tush

About the Author: *Bread Is for Eating* began as a song that David Gershator wrote for children based on a Spanish song containing the phrase, “clean your plate.” His wife, Phillis, wrote a story to accompany the song.

About the Illustrator: A native of Ireland, Emma Shaw-Smith has illustrated several books about other cultures, but *Bread Is for Eating* was her first picture book for children.

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