

Parent's Page

Dear Parent:

As parents, we want to share many important lessons with our children. Two valuable things parents can teach their children are a love of reading and a love for healthy foods. The Book in a Bag program was designed to develop both of these skills—reading books that focus on foods together with your child. Reading to your child says “you are important, and I enjoy spending time with you.”

The planned fun activities that go along with each book will help your child remember the story and the food message that it brings. Parents, you will want to remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and “life” into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



A Word of Caution

Popcorn is a delicious, healthy snack, but it can cause a young child to choke. **PLEASE** do not give popcorn to children under age 3, and be sure children are seated while eating. An adult should closely monitor snack time when popcorn is served.



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Marshmallow Popcorn Balls

Makes 6

6 cups popped popcorn
2 tablespoons butter
1/2 of 10 ounce bag marshmallows
food coloring

Melt butter in a large pan on the stove or in a microwave safe bowl in the microwave. Add marshmallows and food coloring. When melted, pour over popcorn and mix with spoon. Butter hands and form balls.



Nutrition Facts	
Serving Size (38g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

What did the little ear of corn call its dad?

Popcorn!



Additional Book Titles:

The two books featured in this lesson are
Popcorn by Frank Asch and
The Popcorn Book by Tomie de Paola

Additional books you might enjoy sharing with your child are:

The Popcorn Dragon
by Jane Thayer

Princess Rosetta and the Popcorn Man
by Ellin Greene

The Popcorn Shop
by Alice Low



Check for these titles at the public library!

Try these activities

1. String popped corn to make a necklace. If small hands are unable to string popcorn, try stringing foam "peanuts" used for packing. Remind children these "peanuts" are not for eating.
2. Glue popped and unpopped popcorn on paper or cardboard to make pictures.
3. Take a field trip to a farm where corn grows.
4. Make some or all of the popcorn recipes provided here.

