
BREAD IS FOR EATING

Authors: David and Phillis Gershator

Illustrator: Emma Shaw-Smith

Publisher: Henry Holt

THEME:

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

PROGRAM SUMMARY:

This feature book explains the process of making bread—from growing the grain to baking it—in a song sung in English and in Spanish.

Bread is a staple in every culture, and LeVar talks about how the differences in cultures impact on this common food. A Hope 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:

Before viewing the program, discuss ways that people eat bread, what they put on it, etc., in addition to sandwiches.

Before viewing the program, discuss any experiences students have had baking bread. Include in the discussion, ingredients they believe make up bread.

Discuss the meaning of the phrase describing bread as the “staff of life.”

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 **Reading Rainbow** program 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, 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.

Children in the program 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 breads, discuss the way the bread looks—its color and texture. Compare other characteristics, such as softness, chewiness, hardness of crust, as they taste.

Have students make a flow chart of bread from the wheat seed to the table. With the assistance of the **Reading Rainbow** program, the 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.

Depending on your part of the country, obtain a few heads of wheat. Have students examine the heads and sketch their observations.

Learn the song sung in the program in Spanish. The music and the words in both English and Spanish are at the back of the book.

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.

RELATED THEMES:

farms
healthy eating
sandwiches
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. The Gershators live on St. Thomas in the Virgin Islands.

ABOUT THE ILLUSTRATOR:

A native of Ireland, Emma Shaw-Smith has illustrated several books about other cultures, but *Bread Is for Eating* is her first picture book for children. She makes her home in Memphis, Tennessee.

BOOKS REVIEWED BY CHILDREN:

WALTER THE BAKER

by Eric Carle (Simon & Schuster)

BREAD BREAD BREAD

by Ann Morris, photos by Ken Heyman (William Morrow)

THE TORTILLA FACTORY

by Gary Paulsen, illus. by Ruth Wright Paulsen (Harcourt Brace)

SUPPLEMENTARY BOOKLIST:

PASS THE BREAD!

by Karin Luisa Badt (Children’s Press)

THE SLEEPING BREAD

by Stefan Czernecki & Timothy Rhodes (Hyperion)

TONY’S BREAD

by Tomie dePaola (Putnam)

EVERYBODY BAKES BREAD

by Norah Dooley, illus. by Peter J. Thornton (Carolrhoda)

THE LITTLE RED HEN

by Paul Galdone (Clarion)

THE UNBEATABLE BREAD

by Lyn Littlefield Hoopes, illus. by Brad Sneed (Dial)

FROM GRAIN TO BREAD

by Ali Mitgutsch (Carolrhoda)

WHEAT—THE GOLDEN HARVEST

by Dorothy Henshaw Patent, photos by William Muñoz (Dodd, Mead)

MAKE ME A PEANUT BUTTER SANDWICH (AND A GLASS OF MILK)

by Ken Robbins (Scholastic)

MAKING BREAD

by Ruth Thomson, photos by Chris Fairclough (Franklin Watts)

BREAD

by Dorothy Turner, illus. by John Yates (Carolrhoda)

SEVEN LOAVES OF BREAD

by Ferida Wolff, illus. by Katie Keller (Tambourine)

