

## Kid's Books: Delicious Reads

### J-Easy

**10 Gulab Jamuns: Counting with an Indian Sweet**  
by Sandhya Acharya

**Bring Me Some Apples and I'll Make You a Pie: A Story about Edna Lewis**  
by Robbin Gourley

**Every Color Soup**  
by Jorey Hurley

**A Big Mooncake for Little Star**  
by Grace Lin

**Food Truck Fest**  
by Alexandra Penfold

**Bilal Cooks Daal**  
by Aisha Saeed

**The Children's Garden: Growing Food in the City**  
by Carole Lexa Schaefer

**Little Chef**  
by Matt Stine & Elisabeth Weinberg

**Holy Squawkamole!: Little Red Hen Makes Guacamole**  
retold by Susan Wood

### J-Fiction

**Didi Dodo, Future Spy: In Recipe for Disaster!**  
by Tom Angleberger

**All Four Stars**  
by Tara Dairman

**Jasmine Toguchi, Mochi Queen**  
by Debbi Michiko Florence

**Lights, Camera, Cook!**  
by Charise Mericle Harper

**Pie in the Sky**  
by Remy Lai

**Cupcake Diaries and Sprinkle Sundays**  
by Coco Simon

**Neil Flambé Capers series**  
by Kevin Sylvester

**Pie**  
by Sarah Weeks

### J-Nonfiction

**What's for lunch?**  
by Sarah L. Thomson  
363.8 THOM

**Our Food: A Healthy Serving of Science and Poems**  
by Grace Lin & Ranida T. McKneally  
613.2 LIN

**You Wouldn't Want to Live Without Vegetables!**  
by Alex Woolf  
635 WOOL

**Science You Can Eat**  
by Stefan Gates  
641.3 GATE

**Right this Very Minute: A Table-to-Farm Book about Food and Farming**  
by Lisl H. Detlefsen  
641.3 DETL

**Grow! Raise! Catch! How We Get our Food**  
by Shelley Rotner  
641.3 ROTN

**Food Fight!: A Mouthwatering History of who Ate What and Why through the Ages**  
by Tanya Steel  
641.3009 STEE

## Teen Booklist: Food & Cooking

### Fiction

**With the Fire on High**  
by Elizabeth Acevedo

**North of Happy**  
by Adi Alsaid

**A Dash of Dragon**  
by Heidi Lang

**Love à la Mode**  
by Stephanie Kate Strohm

### Nonfiction

**Terrible Typhoid Mary: A True Story of the Deadliest Cook in America**  
by Susan Campbell Bartoletti  
614.5112 TYPH BART

**The Teen Kitchen: Recipes We Love to Cook**  
by Emily & Lyla Allen, The Kitchen Twins  
641.59 ALLE

**Let's Make Ramen!: A Comic Book Cookbook**  
by Hugh Amano & Sarah Becan  
641.822 AMAN

**Cooked: A Natural History of Transformation**  
by Michael Pollan  
641.5 P771C

**The Dorito Effect: The Surprising New Truth about Food and Flavor**  
by Mark Schatzker  
641.3 SCHA

## Web Pick: The Kids Cook Monday!



Part of a nonprofit public health initiative associated with Johns Hopkins, Columbia, and Syracuse universities, this website encourages families to set aside every Monday for cooking and eating together as a family. Here you will discover an overview of the many reasons for and benefits of sharing this time together, age-appropriate meal prep tasks, and tips on hygiene and safety. The "Recipes" tab offers a variety of delicious dishes, complete with an appetizing full-color photograph, prep time, and step-by-step directions that identify tasks to be performed by kids, adults, or together. Also included are weekly cooking tips and family dinner conversation starters. The "News" tab provides links to current articles on an array of foodie topics, and you'll find toolkits geared towards families and educators. [thekidscookmonday.org](http://thekidscookmonday.org)

## Kid's Activity: Sourdough Bread Starts with Starter

Best served warm and crusty, sourdough bread can be made in your own kitchen in a few steps. You can grow your own living science project, then eat it up. Yum!

### Day 1: Make the Initial Starter

4 ounces all-purpose flour (¾ cup plus 2 tablespoons)  
4 ounces water (½ cup)

Weigh the ingredients and combine in a 2-quart glass or plastic container (not metal). Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or a clean kitchen towel secured with a rubber band.

Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

### Day 2: Feed the Starter

4 ounces all-purpose flour (¾ cup plus 2 tablespoons)  
4 ounces water (½ cup)

Wild yeast have started making themselves at home in your starter. They will eat the sugars in the flour and release carbon dioxide CO2 (the bubbles) and alcohol. They will also increase the acidity of the mixture, which helps fend off any bad bacteria. At this point, the starter should smell fresh, mildly sweet, and yeasty.

Repeat this process for about 4 days. Then it is time to bake your bread! Visit [tinyurl.com/doughppld](http://tinyurl.com/doughppld) for directions. For origin story: [tinyurl.com/ppldorigin](http://tinyurl.com/ppldorigin)

**Try your own experiment:** Change the variables - variations in sourdough starters can change the flavor of your bread.

**Variations include:** time, temperature, location, flour (white, whole wheat, other), wet vs. dry

## Teen Activity: Make Your Own Hummus

### Ingredients

(1) 15.5 oz. can of chickpeas  
(1) large lemon  
(2) garlic cloves  
½ cup tahini  
¾ tsp salt  
10 shakes of pepper  
¼ tsp ground cumin  
3 Tbsp. extra-virgin olive oil, plus more to drizzle  
Add any other seasoning you want! (Ideas: za'tar, thyme, oregano, marjoram, sumac, sesame seeds)

### Directions

1. Open can of chickpeas part-way. Drain the chickpeas, then put them into food processor or blender.
2. Cut lemon in half and squeeze all the juice onto the chickpeas.
3. Smash garlic cloves with flat side of knife and remove peel. Continue to mash with side of knife until a paste forms. Add in to the food processor/blender.
4. Add tahini, salt, pepper, and 2 Tbsp. water.
5. Put on lid and process until smooth (~1 minute).
6. While food processor/blender is still running, stream in 3 Tbsp. olive oil. Continue to process until light and creamy (~1 minute longer). Taste and season with more salt or cumin if needed.
7. Transfer hummus to bowl and top with optional spices, and drizzle with olive oil. Enjoy with raw veggies!
8. Source: [tinyurl.com/recipesppld](http://tinyurl.com/recipesppld)

Questions? Contact Joy at [jfleishhacker@ppld.org](mailto:jfleishhacker@ppld.org)



# Homeschool Connections

An Educational Resource Tool WINTER 2019 - 2020

## LOCATION KEY

- EA** East Library  
(719) 531-6333, x7014  
5550 N. Union Blvd.
- PE** Penrose Library  
(719) 531-6333, x7015  
20 N. Cascade Ave.
- LI** Library 21c  
(719) 531-6333, x7012  
1175 Chapel Hills Dr.
- CH** Cheyenne Mountain Library  
(719) 531-6333, x7001  
1785 S. 8<sup>th</sup> St.
- CA** Calhan Library  
(719) 531-6333, x7013  
600 Bank St., Calhan
- FO** CyberShelf  
Open 24 hours a day,  
7 days a week
- FO** Fountain Library  
(719) 531-6333, x7002  
230 S. Main St., Fountain
- HI** High Prairie Library  
(719) 531-6333, x7003  
7035 Old Meridian Rd., Falcon
- MA** Manitou Springs Library  
(719) 531-6333, x7004  
701 Manitou Ave., Manitou Springs
- MO** Monument Library  
(719) 531-6333, x7005  
1706 Lake Woodmoor Dr., Monument
- OL** Old Colorado City Library  
(719) 531-6333, x7006  
2418 W. Pikes Peak Ave.
- PA** Palmer Lake Library  
(719) 531-6333, x7007  
66 Lower Glenway St., Palmer Lake
- RO** Rockrimmon Library  
(719) 531-6333, x7008  
832 Village Center Dr.
- RU** Ruth Holley Library  
(719) 531-6333, x7009  
685 N. Murray Blvd.
- SA** Sand Creek Library  
(719) 531-6333, x7018  
1821 S. Academy Blvd.
- UT** Ute Pass Library  
(719) 531-6333, x7011  
8010 Severy Rd., Cascade

## Cooking with Kids

There's hardly a better way to bond as a family than working together in the kitchen. Involving your children in meal planning and preparation also equips them to be self-sufficient adults. Some of the benefits of time together in the kitchen include fine motor skill development, language development, science concept practice, math practice, reducing the likelihood of picky eating, and making memories, of course!



### Children of all ages can help in the kitchen. Here are some ideas:

**Toddlers** can make sandwiches! They love spreading peanut butter and jelly on bread and smushing those slices together. They will likely get messy, but it's great practice.

**Preschoolers** can help stir, crumble cheese, tear lettuce leaves, mash potatoes, rinse produce, roll dough, spread butter, and help set the table.

**Elementary Schoolers** can measure out ingredients, practice reading the instructions (while learning lots of great vocabulary), grate and peel produce and cheese, rinse beans, and maybe even work at the stove or dice vegetables (although fine motor skills and maturity vary a lot in this age group, so do this activity together first).

**Tweens** can learn to use a microwave, use a can opener, put away leftovers, and understand the importance of making sure appliances are unplugged and turned off.

**Teens** can start learning to cook basic foods, like an egg or pasta, that they can build on later with more complex recipes.

### Here are some fresh ideas to help motivate reluctant family members in the kitchen:

- Plot to surprise another family member with a special meal or treat
- Have your child choose between two recipes you pick out, or look for a recipe together
- Create a meal based off of your child's favorite TV show or movie
- Find a cookbook based off a children's book. Make some treacle pudding just like what Harry Potter eats!
- Turn your kitchen into a pretend restaurant. Put together a menu, find a notepad and an apron, and let your child wait on you!

## Websites

**Cooking skills to teach your child, no matter the age:**

[tinyurl.com/CookingSkills2019](http://tinyurl.com/CookingSkills2019)

**New York Times article on cooking with kids:**

[tinyurl.com/KidsWhoCook](http://tinyurl.com/KidsWhoCook)

**Some tips that actually help YOU have fun, too:**

[tinyurl.com/FunKidsCook](http://tinyurl.com/FunKidsCook)

To contact PPLD's Homeschool Committee, please email [jfleishhacker@ppld.org](mailto:jfleishhacker@ppld.org).



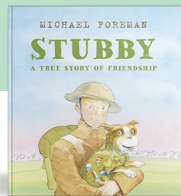
## The NEW Bookshelf

### Kid to Kid's Books: Engaging Picture Book Biographies

#### **Stubby: A True Story of Friendship** by Michael Foreman

Set during World War I, this superb picture book biography touches upon a complex topic by introducing school age kids to the heroic efforts of a small, stray dog who wandered into an army training camp and then went to war with the soldiers.

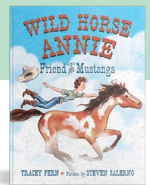
**Ages 8 - 12; History, World War I**  
(J-Biography 940.483 STUB)



#### **Wild Horse Annie: Friend of the Mustangs** by Tracey Fern

In 1950, Velma Bronn Johnston (1912-1977), nicknamed "Wild Horse Annie," saw wild horses being rounded up and killed in cruel and inhumane ways and began writing letters to stop the atrocities. The text describes how Annie, who contracted polio at age 11 and was placed in a cast from head to hips, credited her love of horses with helping to take her pain away. As part of her later efforts, she encouraged children to write their congressman to enact laws to protect the American mustangs.

**Ages 8 - 12; American History, Animal Rights**  
(J-Biography 636.13 JOHN)



#### **Magic Ramen: The Story of Momofuku Ando** by Andrea Wang

This origin tale of a favorite food makes a great read-aloud for the entire family. After World War II, there was very little to eat in Japan. Ando saw the lines of hungry people, and wanted to make something that would be ready instantly. This is the story of how he worked and worked to make a product that would meet their needs.

**Ages 6 - 12; History, Japan World War II, Food Science**  
(J-Biography 641.8 ANDO)



#### **Doctor Esperanto and the Language of Hope** by Mara Rockliff

Esperanto is spoken by two million people around the world. This simple, invented language follows straightforward rules so words are easy to learn, remember, and use. Read about the reason Leyzer Zamenhof (1859-1917) wanted to make a language in which everyone in his Polish town could converse rather than using the many different languages spoken by different ethnic groups.

**Ages 6 - 12; History, Languages**  
(J-Biography 499.992 ZAME)



#### **Just Like Rube Goldberg: The Incredible True Story of the Man behind the Machines** by Sarah Aronson

Zany is a word to describe Rube Goldberg's (1883-1970) inventions, which utilized complex sequences to accomplish simple tasks like turning on a light. Still today when people try to think of complicated steps to perform a simple task they will build a "Rube Goldberg machine" to demonstrate their ideas.

**Ages 6 - 12; Inventions, Cartoonists, Creativity**  
(J-Biography 741.56973 GOLD)



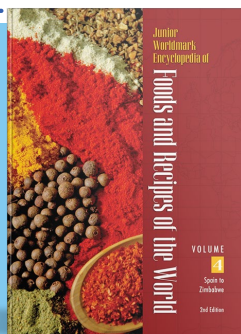
### Little-Known Secrets: Travel the world from the comfort of your own kitchen!

Is your child interested in exploring your family's culinary heritage, or connecting with another culture through food? Your library card gives you access to Junior Worldmark Encyclopedia of Foods and Recipes of the World! This database contains recipes from 70 countries and cultures, accompanied by short essays on the history, geography, and customs of the region. Enjoy sweet potato pie while reading about the history of the American South, or go farther from home by wrapping fresh dolmas while learning about religious holidays celebrated in Iran.

#### HERE'S HOW:

1. Visit [ppld.org/kids](http://ppld.org/kids).
2. Click on "Homework."
3. Choose "All Databases."
4. Scroll through the alphabetical list of databases.
5. After selecting the Junior Worldmark Encyclopedia of Food and Recipes of the World, log in using your library card number and PIN.

Countries and cultures are listed in alphabetical order and separated into four volumes. Use the drop-down list under "Table of Contents" to find a specific country, or use the "Book Index" to find both countries and specific recipes. Happy travels!



Junior Worldmark Encyclopedia of Foods and Recipes of the World  
by Karen Hanson, editor

### Events: Teens

#### Bookswap

Bring a book, take a book! Bring a book of your own to swap, and leave with a new (to you) book of your choice. Don't have a book to swap? No problem! Every person is guaranteed to leave with a book. For ages 12 - 18. Programs will take place across Pikes Peak Library District. Visit our calendar at [ppld.org](http://ppld.org) for details.

#### AfterMath

Is math homework getting you down? Do you need to brush up before the ACT, SAT, or GED? Our experienced math tutors can help improve your grades and take the stress out of math. Just drop in; no appointment needed.

**Monument Library**  
Mondays  
3:30 - 7 p.m.

**Sand Creek Library**  
Tuesdays  
5 - 6 p.m.

**Library 21c**  
Wednesdays  
3:30 - 6 p.m.

**East Library**  
Thursdays  
4 - 6 p.m.

## Spatial Reasoning And Child's Play

What do reading a map, building a Magna-Tiles tower, and getting Little Red Riding Hood safely to Grandma's house have in common? They all strengthen a skillset vital to success in math and science. Spatial intelligence, or spatial reasoning, allows us to mentally picture the locations of objects, their shapes, their relations to each other, and the paths they take as they move. In daily life we use this ability to find our way home from the store, interpret diagrams and charts, and understand how objects relate to each other.

The Educational Resource Center ([ppld.org/ERC](http://ppld.org/ERC)) has many hands-on activities that can help your kids cultivate this critical skill needed for hitting a softball or building a LEGO structure. Here are a few of your options:

#### Gravity Maze Falling Marble Game

Arrange colorful towers in a variety of structures. For each one, your child will need to carefully visualize a path that will carry a marble from the Start Position to the Target Tower.

#### Geoblocks with Puzzle Books

Featuring small blocks in various shapes and guide books, this activity requires imagining the placement of each piece prior to building the structure. Challenges grow in sophistication, demanding increased spatial-visual reasoning.

#### Little Red Riding Hood Board Game

In this brain game for ages 4 - 7, children build upon their spatial insight while planning and problem solving to conquer mapping challenges ranging from "starter" to "master."

#### Tangram Puzzles

Puzzles consist of seven colorful pieces that can be rearranged into many different animals, people, and objects. This creative activity has been proven to increase a child's spatial ability, all under the guise of artistic fun.

#### Map My Town

Children place vehicles, buildings, and landmarks on a simple town map. Use activity cards that emphasize directional vocabulary and provide opportunity to practice spatial relations.

#### Legos and Magna-Tiles

Children use spatial skills to visualize as they build, ensuring a structure stays balanced. Take it a step further by trying a round of "match-my-design" to challenge your child's spatial reasoning skills. Adding a storytelling context has been found to increase these skills even more.

### Visit [ppld.org](http://ppld.org) for more events.

Homeschool Programs across the District (December 2019 - February 2020). Check [ppld.org](http://ppld.org) for dates and locations.

#### Explore Ancient Egypt

Discover a long-ago world where time is read by water, stories are written in pictures, and the most extravagant buildings are tombs. Simple STEAM activities will spark your child's interest in history. For ages 7 - 12.

#### Epic Engineering Disasters: The Unsinkable Titanic

Explore the history of this luxurious ship, which set sail on its maiden voyage on April 10, 1912. Learn about the engineering mistakes and principles such as buoyancy and overflow. For ages 5 - 12.

#### The Northern Lights Science and Art Experience

Homeschoolers will learn about this scientific phenomenon and its causes. Plus, create a Northern Lights art project using chalk pastels. For ages 6 - 12.

#### 3D Koi Fish Masterpiece

Homeschoolers will be introduced to the many variations of Japanese koi fish and their habitat. Then create a 3D koi and paint it in realistically bright colors. For ages 7 - 12.

#### Mess around with Sound

What makes sound? How does it travel? Come and enjoy an interactive program about the basics of sound. For ages 7 - 12.

#### Annual Homeschool Science Fair

Homeschooled students are invited to demonstrate a science project for other families. There are no rules or guidelines for this noncompetitive event - planning is left up to individual families. Please register online at [ppld.org](http://ppld.org). Registration opens Fri., Jan. 24, 2020.

**Fri., Feb. 21 • 10 - 11:30 a.m. • Venue @ Library 21c**

#### Homeschool Science @ East

These awesome science-based programs offer kids an engaging variety of learning experiences. Check [ppld.org](http://ppld.org) for more information.

**3<sup>rd</sup> Friday of every month • 1 p.m.  
East Library Community Room**

Questions? Contact Joy at [Jfleishhacker@ppld.org](mailto:Jfleishhacker@ppld.org)

