

My Food, Your Food

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AUDIO

Audio with
Highlighting

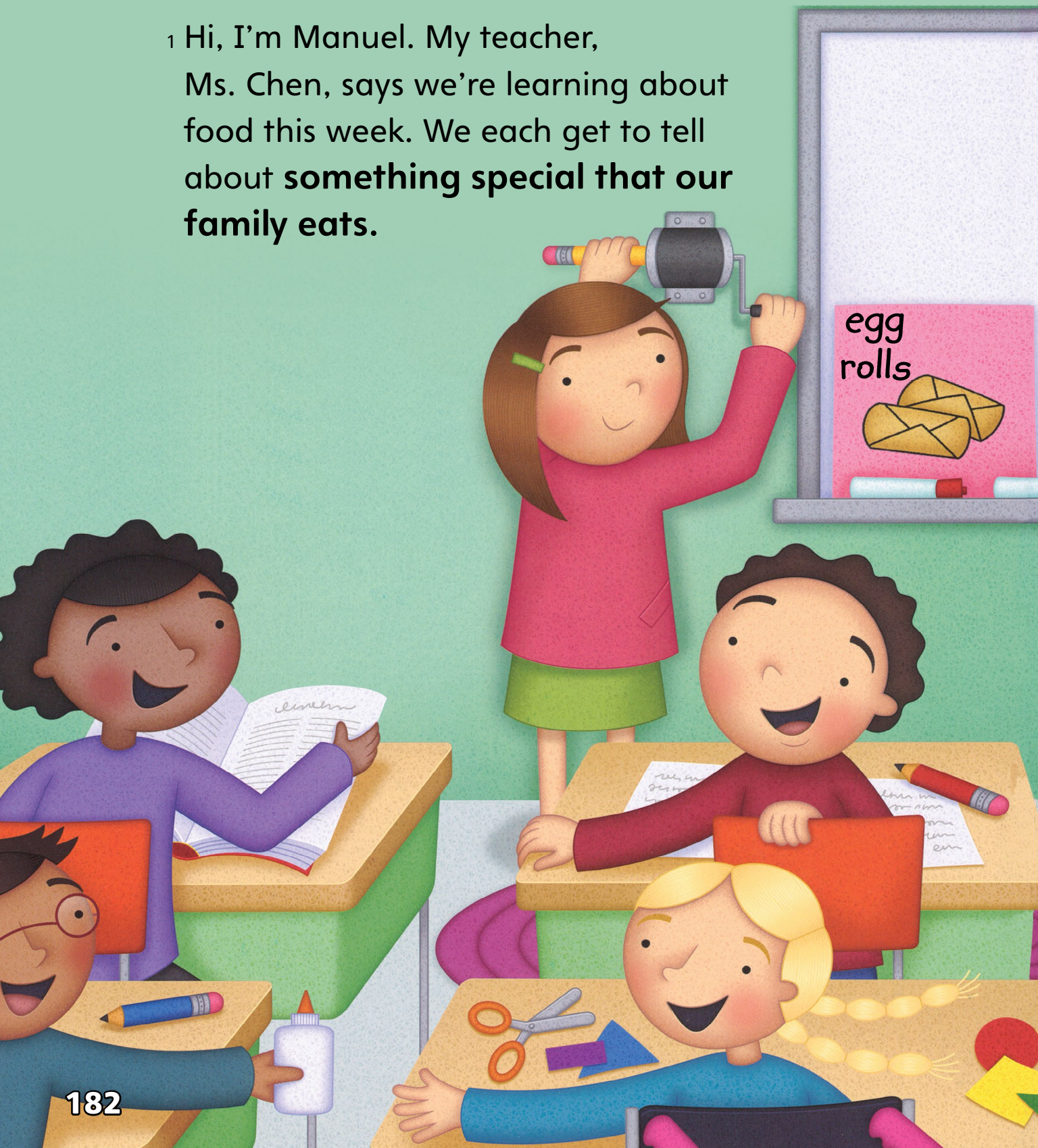


ANNOTATE

Chapter One

It's Food Week!

1 Hi, I'm Manuel. My teacher, Ms. Chen, says we're learning about food this week. We each get to tell about **something special that our family eats.**





2 I whisper to Ms. Chen what I want to talk about. I'm going to surprise our class!

This week:
**Foods of
the World**

borscht



kimchee



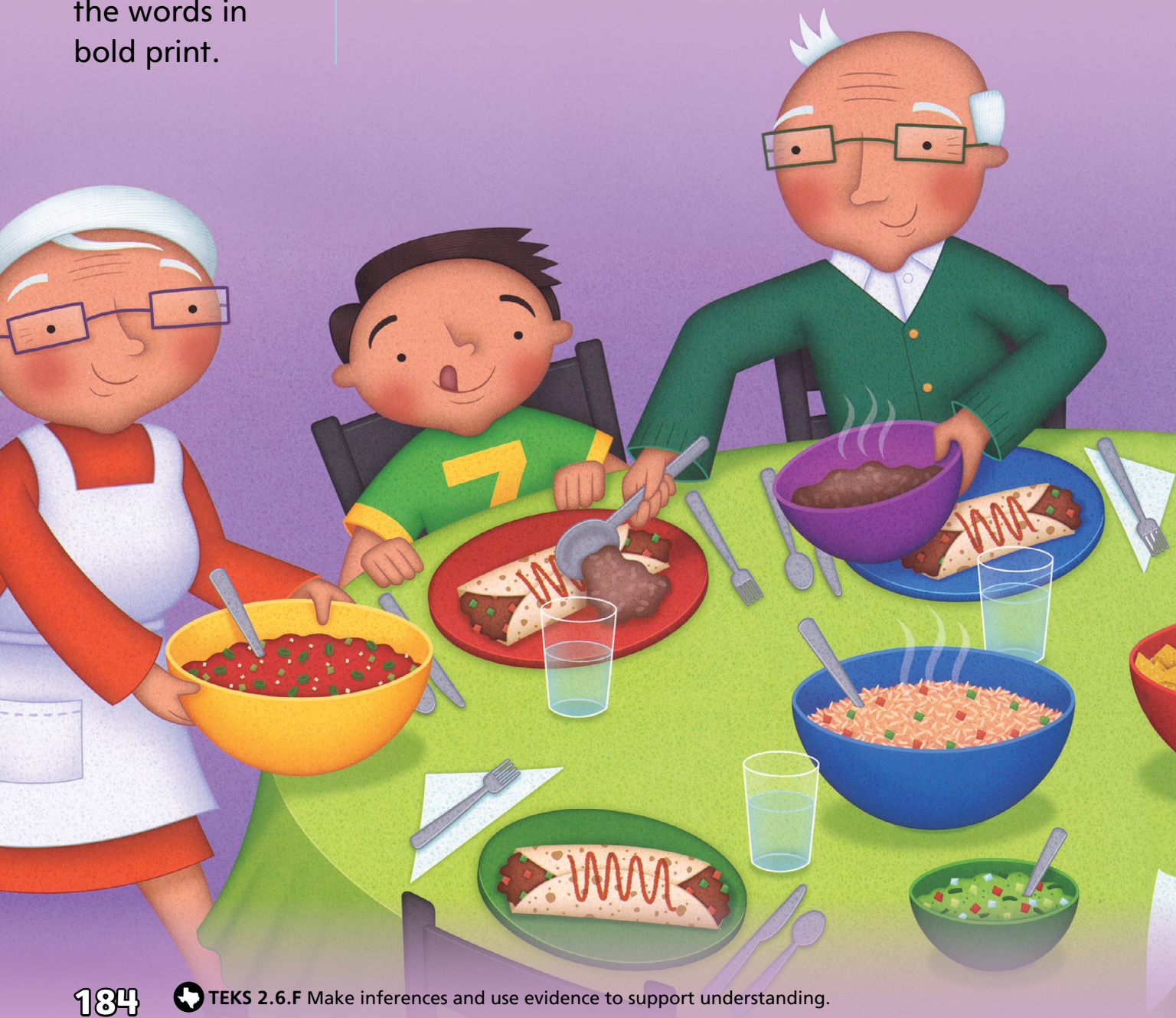
Ms. Chen



Make Inferences

Highlight the words that help you infer, or figure out, what foods Manuel may be thinking of when he says the words in bold print.

- 3 Tonight, Abuela is making a **tasty dinner**. Abuela means “Grandmother.” She cooks the kind of food she grew up eating, first in Mexico and then in California.



4 Her burritos and salsa make my stomach happy! Now I can't wait for my turn to talk on Friday.



Does your family
have a favorite
dinner?



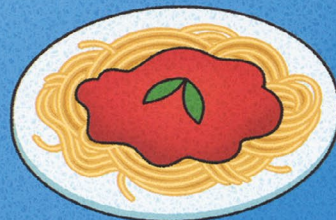
sauce a liquid served with food to make the food taste better

Chapter Two

Noodles from Different Places

Italy

spaghetti



5 At school on Tuesday, it's Tony's turn to talk. "My great-grandparents came here from Italy," he says. "My family loves **spaghetti with marinara sauce**. That's a kind of tomato sauce."



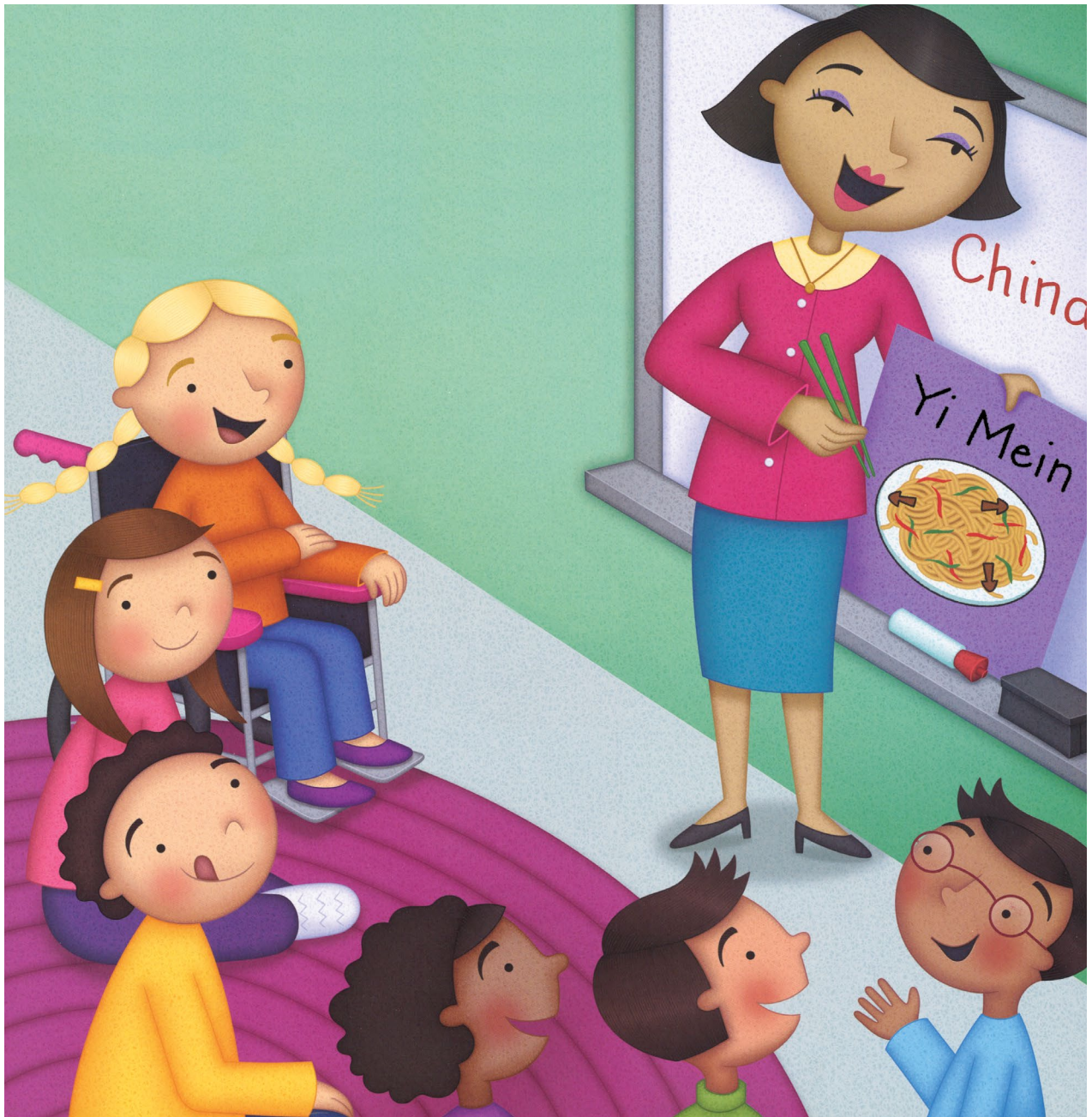
- 6 Ms. Chen tells us that people have moved to the United States from all over the world. They still make many of the foods from their home countries. **Spaghetti and marinara sauce are Italian foods.**

Understand Text Features

Look for the feature in a box that asks you questions. Underline the first question in the box.

What parts of the world does your family come from? Do they like to eat any special foods from those places?





- 7 Ms. Chen shows us another kind of noodle dish. It's called yi mein. "Many cultures eat noodles," she says. "My parents moved here from China. They use **chopsticks** to eat their noodles."



CLOSE READ

8 A cafeteria worker brings in plain noodles so we can try using chopsticks. Ms. Chen shows us how.

9 **Noodles sure are sneaky!**

Make Inferences

Highlight the sentence that helps you know how Manuel feels about using chopsticks.

plain simple; nothing on it



Chopsticks are very common in parts of Asia. Do you know how to use them?



Chapter Three

Flat Bread, Puffy Bread

10 On Wednesday, Marit and Raj share different breads. I can see that the breads are both flat and round like Abuela's tortillas.





- 11 Raj's bread is called roti. His dad ate it growing up in India. It's chewy and good.
- 12 Marit's bread is called lefse. It's from Norway. That's where her family comes from.

13 **It melts in my mouth.**

Make Inferences

In the sentence shaped like a hill, **highlight** the words that help you know if Manuel likes lefse.





CLOSE READ

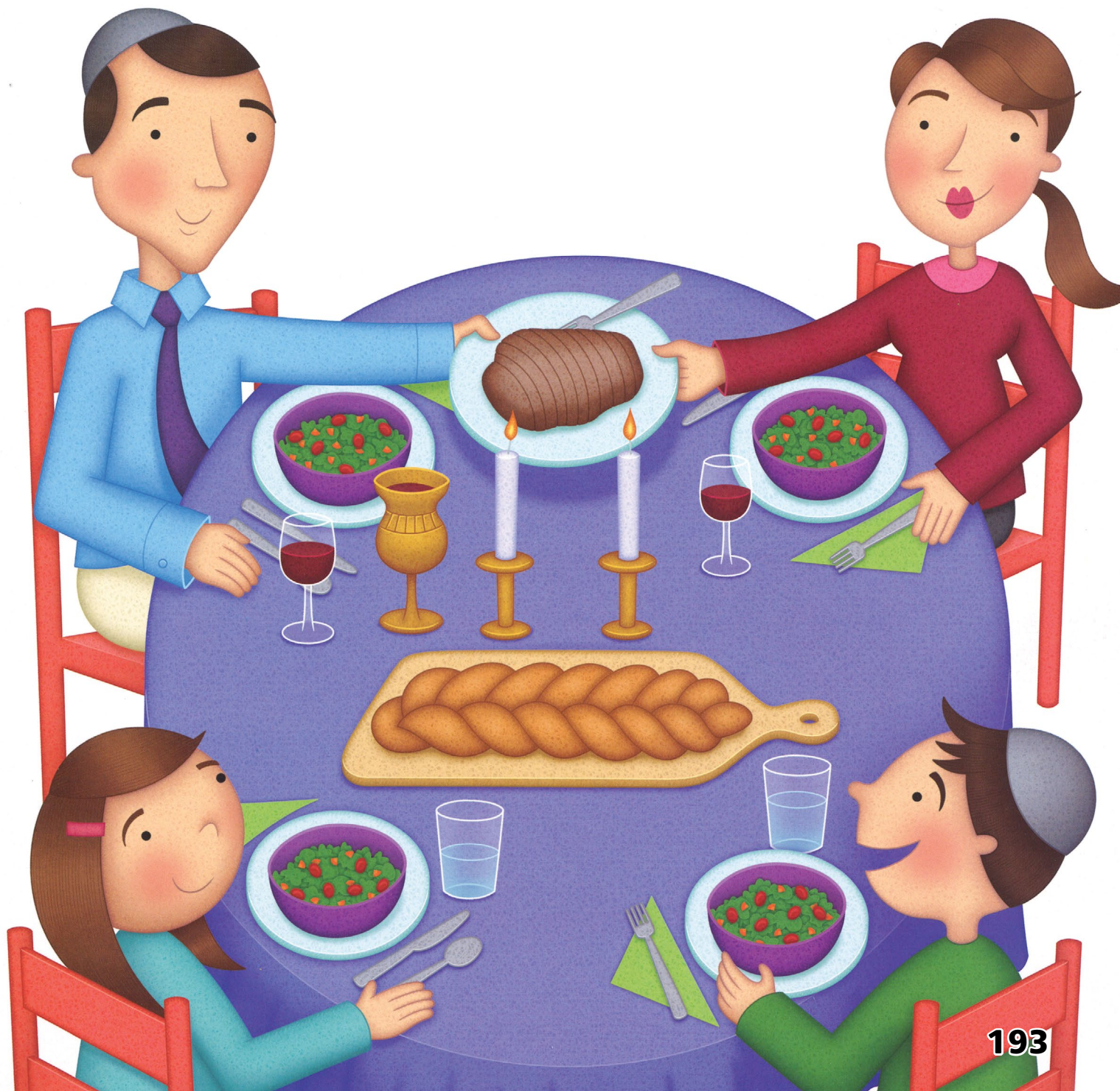


Vocabulary in Context

Underline words that help you understand what **Shabbat** means.

- 14 Then Lara shows us a braided bread called challah. It's puffy instead of flat.
- 15 Lara's family is Jewish. They eat challah every Friday night. It's part of their religious tradition called **Shabbat**.

16 Ms. Chen tells us that many religions have traditions with food. For example, some people don't eat pork because of their religion.





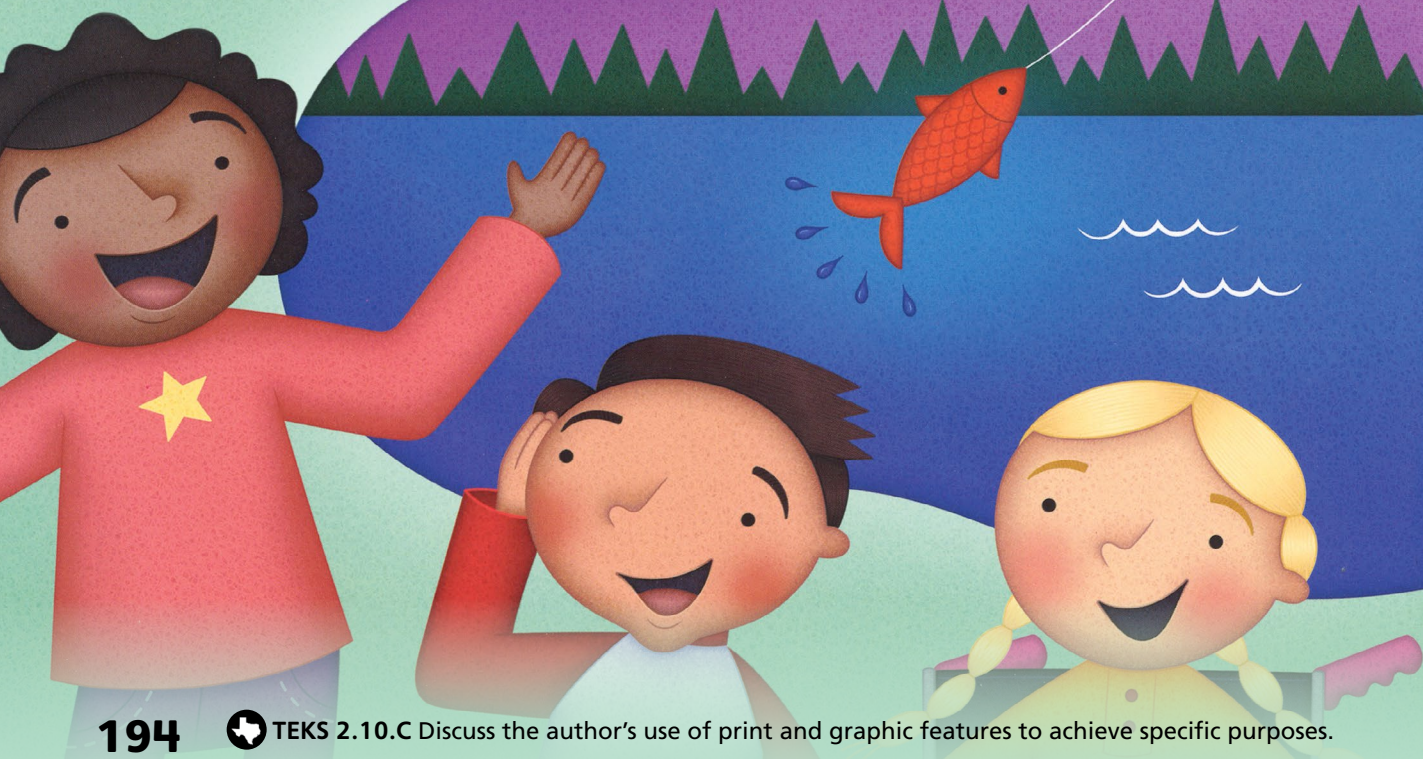
Understand Text Features

Underline the heading that tells you the topic of this chapter.

Chapter Four

Families Make Different Choices

- 17 On Thursday, Jayla shows us her fishing pole. She tells us about fishing with her dad. They **cook** and **eat** the fish they catch.
- 18 “People have hunted and fished for food for thousands of years,” Ms. Chen says.





19 She also says some families choose not to eat meat or fish. Others don't eat anything from animals.

20 That means no meat, eggs, or dairy products.

products things people use or eat



Ms.



Understand Text Features

Underline the bold words that tell what is happening.

21 Thursday after school, Abuela and I get busy in the kitchen. **We're making the food I'm going to talk about in school.**





Do you help your family cook meals? What food would you like to learn how to make?



Vocabulary in Context

Underline the words that help you know what **salsa** means.

spicy having a strong, sharp flavor

Chapter Five Finally, Friday

22 It's finally Friday. Have you guessed my food? "**Salsa** is a Mexican sauce," I say. "Abuela and I make ours with tomatoes. I like it spicy."





23 Ms. Chen brought salsa for everyone.
“There are tomatoes in lots of foods,” she says. “Remember, they’re in Tony’s Italian marinara sauce too.”

24 Here’s what I learned this week: **even when food is different, it still can be alike!**





Understand Text Features

Underline the numbered step that describes what the picture shows.

ingredients foods you use to make a dish

25 Make Your Own Salsa

Ingredients

1 can (28 ounces, or 794 grams) diced tomatoes

1 can (4 ounces, or 113 g) diced green chiles

2 green onions, thinly sliced

1 clove minced garlic

1 tablespoon lemon or lime juice

1/8 teaspoon salt

1/8 teaspoon pepper

Directions

You can make salsa just like Manuel did! You'll need an adult to help you with some tasks, such as opening cans, chopping, and using a blender.

- 1) Wash your hands.
- 2) Drain the tomatoes. Set aside 1/4 cup of the tomato juice.





- 3) In a large bowl, mix together 1/4 cup tomato juice, drained tomatoes, and the other ingredients. You can leave out the green chiles if you don't like spicy food.
- 4) For chunky salsa, stir together and enjoy!
- 5) For smoother salsa, put everything into a blender. Blend on the slowest setting for just a few seconds. Continue blending a few seconds at a time until the salsa is as smooth as you like.
- 6) Serve the salsa with tortilla chips or with Mexican dishes like tacos or burritos.

Vocabulary in Context

Antonyms are words with opposite meanings. Underline a word that is the opposite of **chunky**.

