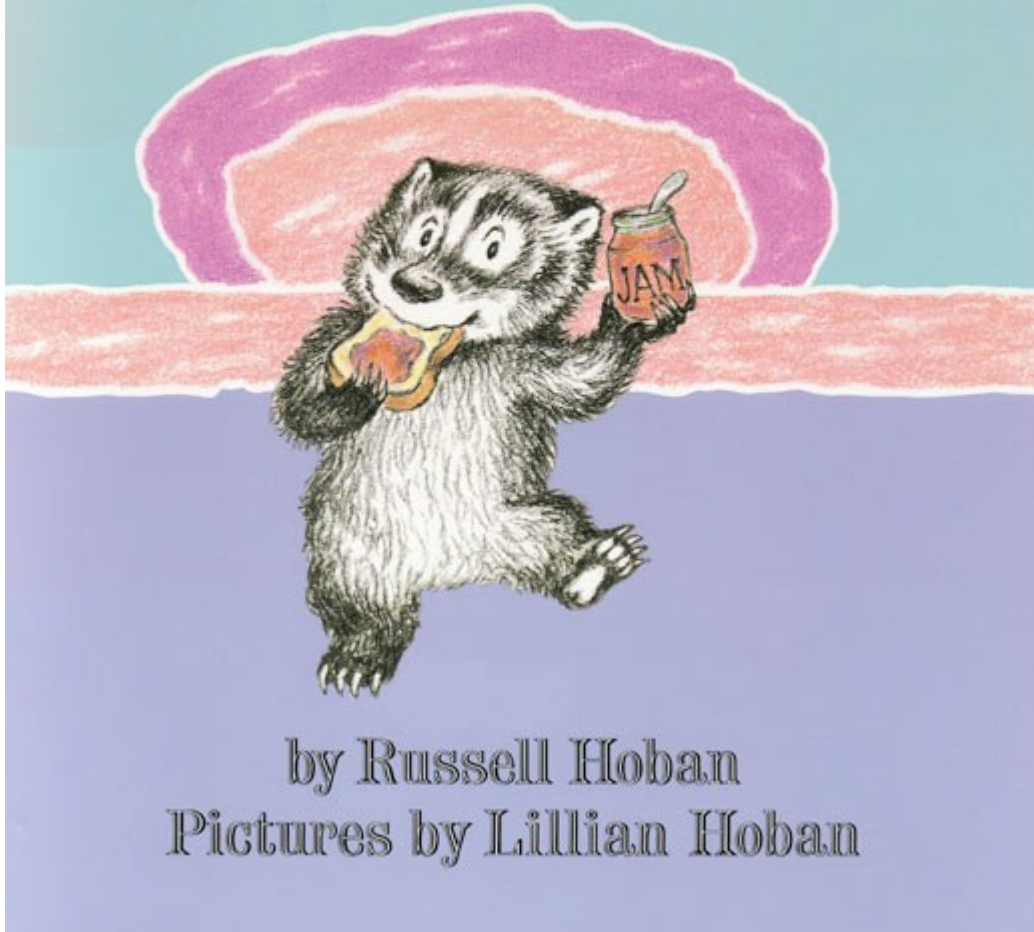


# BREAD AND JAM FOR FRANCES



## **Bread and Jam for Frances**

book by Russell Hoban

illustrations by Lillian Hoban

unit study by Crista Stepien

printables by Ami

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## **Social Studies**

### Following Directions

Using either real food, or pictures/drawings of food, read the section about how Albert eats his lunch. See if your child can do the same!

### Meals.

Frances' family eats dinner together. Do you share meals together? Why is this important?

### Favorite Foods

Frances loves Bread and Jam. What is your child's favorite food? Would he like to eat it for every meal? What does he think would happen if he ate it for every meal?

Use the shutter book to record Frances' favorite food and your child's favorite food.

## **Language Arts**

### Rhyming

Frances makes up little songs to sing to herself. Read the songs to your child, and see if they can come up with the missing word based on the rhyme.

Have your child create a rhyme of their own about food!

Complete the notebook page. Using a highlighter or light colored marker, have your student color the rhyming words the same color. Example: slide, inside = green; ways, days, eggs = yellow; toast, most = pink, etc.

### Personification

Personification is giving human characteristics to something that is not human. Frances does this with her eggs. For example, she says they lay on their stomachs. Can eggs really do that? What other examples of personification can you think of? (wind screaming, trees bowing, stars winking, pumpkin smiling, clocks moving their hands, lightning dancing across the sky, etc.).

### Menu

Have your child create a one day. If you are feeling adventurous, make those meals and let your child help! Use provided printable, if desired; you can type directly on the page.

(Note: you might want to do the lesson on balanced meals before you let your student do this!)

## **Art**

### Lunchbox

Have your child draw foods and paste them inside the lunchbox.

Make two lunchboxes and see if your child can make Albert's lunch and Frances' lunch.

### Bento Boxes

Explore the idea of a bento box (from <http://lunchinabox.net/faq/>): A bento lunch is a compact, balanced, visually appealing meal packed in a box. The practice comes from Japan. The general rule of thumb for bento make-up is 3 parts carbohydrates such as rice or pasta, 1 part protein, and 2 parts fruits and vegetables.

## **Math**

### Spatial Awareness

Make a lunch and have your child pack it into a lunchbox. If you make a large lunch (or have a small lunchbox) this might be a challenge!

Make a meal and try and eat it evenly like Albert did.

### Shapes

Make bread and jam sandwiches and see how many shapes you can cut the bread into: rectangles, triangles, squares, etc. Use cookie cutters for interesting shapes!

## **Science**

### Healthy Eating: Eating a Variety of Foods

Frances wants to eat only bread and jam. Discuss healthy eating with your student. Why is it important to eat a variety of foods? Discuss how fruits and vegetables are loaded with nutrients, vitamins, and minerals! Encourage your student to try new fruits and vegetables.

Try eating five servings of fruits and veggies each day. Remember, one whole fruit usually counts as 2 servings; ½ cup of fruit would count as 1 serving.

Use the chart provided to help your student chart how many fruits and veggies she is eating each day.

### Food Groups & Balanced Meals

Take this as an opportunity to explore the food groups: Fruits, Vegetables, Grains, Proteins, and Dairy.



Use the plate to discuss the different food groups.

Ask your student these questions:

Where are the vegetables? What do you see? (carrot, broccoli, artichoke, eggplant)

Where are the fruits? What do you see? (apple, banana, orange, strawberry)

Where are the grains? What do you see? (muffin, bread, roll) Note that pasta and oatmeal are also included in this category. Whole grains are superior to other kinds of grains.

Where is the protein? What do you see? (egg, sausage, steak, chicken)

Dairy products include cheese, milk, and yogurt. They are another form of protein.  
Where is the dairy product? What is it?

When we have items from most (or all) of the food groups present on one plate, we call it a balanced meal. Let's look some of the lunches from the book.

Albert

"I have a cream-cheese-cucumber-and-tomato sandwich on rye bread," said Albert.  
"And a pickle to go with it. And a hard-boiled egg and a little cardboard shaker of salt to go with that. And a Thermos bottle of milk. And a bunch of grapes and a tangerine. And a cup custard and a spoon to eat it with. What do you have?"

Was Albert's lunch balanced?

Frances

"I have a Thermos bottle with cream-of-tomato soup," she said. "And a lobster-salad sandwich on thin slices of white bread. I have celery, carrot sticks, and black olives, and a little cardboard shaker of salt for the celery. And two plums and a tiny basket of cherries. And vanilla pudding with chocolate sprinkles and a spoon to eat it with."

Was Frances' lunch balanced?

Notebook Printables: Cut and paste the pictures to the plates to show the balanced lunches.

## **Cooking**

### Making Eggs

Make eggs in a variety of different ways! Which way does your student like them best? Even a young student can learn how to crack and scramble eggs.

### Making Jam

Eat jam and talk about how it is made (this is a generic overview):

Pick berries.

Clean the fruit and remove stems, etc.

Crush the fruit.

Add some of the sugar.

Add pectin to berries (pectin is a natural product made from apples...it helps the jam "set" or thicken).

Bring the berry/sugar/pectin mixture to a boil on the stove.

Add the rest of the sugar, and bring to a boil again, check to make sure that it has thickened.

Remove from heat, and can!

**My  
Favorite  
Foods**

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**Frances'  
Favorite  
Foods**

**Directions:** Cut on solid lines. Fold on dotted.

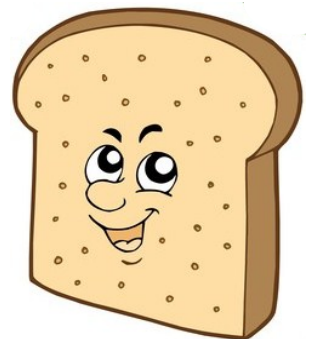
# rhyming words

I do not like the way you slide,  
I do not like your soft inside,  
I do not like you lots of ways,  
And I could do for many days  
Without eggs.



Jam on biscuits, jam on toast,  
Jam is the thing that I like the most.  
Jam is sticky, jam is sweet,  
Jam is tasty, jam's a treat --  
*Raspberry, strawberry, gooseberry, I'm*  
very

FOND...OF...JAM!





# my menu plan

breakfast

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lunch

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dinner

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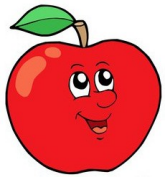
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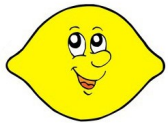
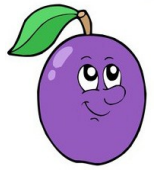
my lunch box



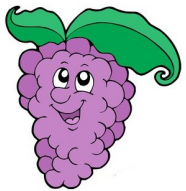
# Can you eat five a day?



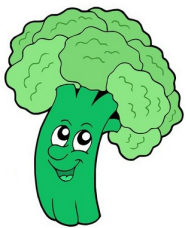
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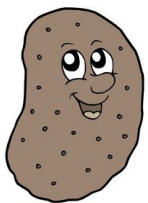
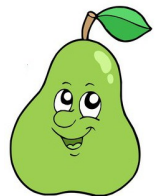
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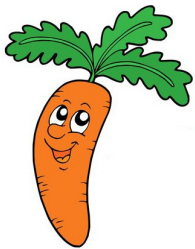
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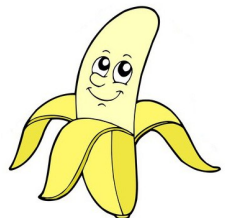
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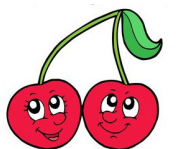
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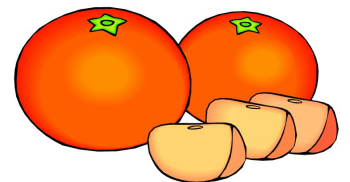
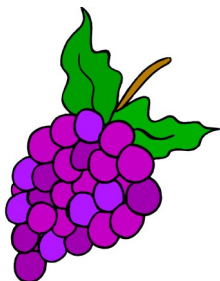
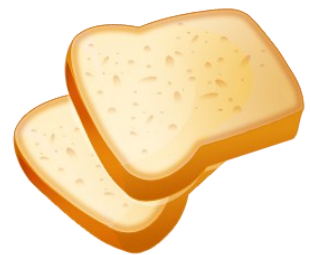
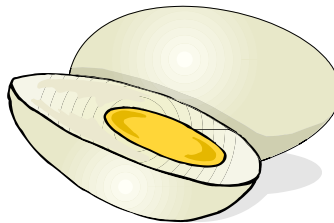
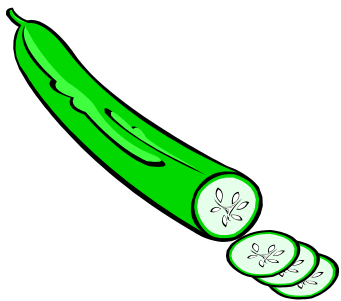
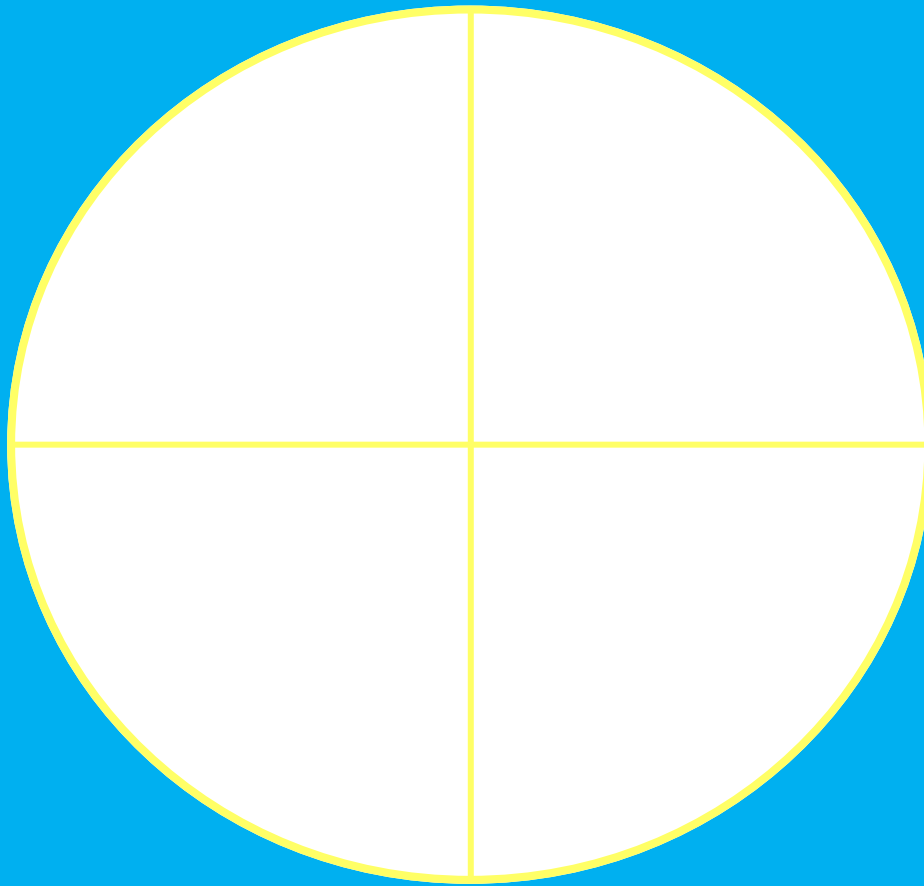
Saturday



Sunday



# Albert's Balanced Lunch



# Frances' Balanced Lunch

