



# LET'S EAT!

## Foods from Here, There and Everywhere

### Teacher Guide

Written by Rina Singh · Illustrated by Flo Leung · Grades PreK–2

A joyful rhyming picture book showcasing kids and their families preparing and enjoying dishes from around the world (like shakshuka, maki and dumplings) and sharing them at a community block party.

This playful guide invites children to explore rhyme, rhythm, flavor and the world, one delicious page at a time.

### Curriculum Connections

ELA — Listening, Speaking, Phonics and Rhyme (K–2)

SOCIAL STUDIES — Culture and Community

VISUAL ARTS — Illustration and Design

SEL — Identity, Belonging and Celebrating Difference



### About the author

**Rina Singh** is a children's author whose curiosity and love for storytelling shape the heart of her books. Reflecting her interest in real-life events and the untold stories they hold, her writing spans themes of environmental justice, social change and the magic woven into everyday life. Her critically acclaimed titles include *Grandmother School*, winner of the Christie Harris Illustrated Children's Literature Prize; *Diwali: A Festival of Lights*, nominated for the Red Cedar Award; *Once, a Bird*, selected for IBBY Canada's Silent Books Collection; and *Barefoot Skateboarders*. She lives in Toronto.



### About the illustrator

**Flo Leung** is a food-loving illustrator and author of *The Tray of Togetherness* and *The Blue Bowl*. She has also been a pastry cook and food stylist and really wishes she had a green thumb. Flo believes that food has the power to tell us stories about who we are and hope to be. When she isn't reading old cookbooks and listening to glam rock, Flo can probably be found enjoying butter noodles with her daughter and chef husband in their cozy Toronto home.

### Before You Read — The First Bite

Get their taste buds tingling before a single page is turned.

**“What did you eat today? Was it crunchy? Sweet? Spicy? Juicy? Fun to eat?”**

Give students a moment to share. Tell them the book is full of foods from all over the world.



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## During Reading — The Flavor Performance

Turn the read-aloud into a full sensory experience.

### Echo Reading

Read each rhyming couplet aloud. Students echo it back with the same energy. Lean in, raise your voice, slow down on the rhyming words. Let them feel the rhythm in their bodies.

### Sound Effect Symphony

Every time you turn a page, the class makes a cooking sound together:

Chop-Chop-Chop! Sizzle-Sizzle! Bubble-Bubble! Pat! Pat!

## After Reading — Rhyme Toss

Build phonics confidence through food and play.

1. Pick a food from the book, for example, rice. Ask: “What rhymes with rice? Ice, mice, nice!”
2. Challenge: “Can we make a silly food rhyme?” Encourage real, silly and surprising answers. Example: “I like to eat rice... while playing with mice!”

## Poetry Potluck — A Global Buffet

Invite every student to bring their own heritage to the table.

1. Draw it. On a paper plate, students draw a favorite food from their home or culture. Encourage a bird’s-eye view—looking straight down at the plate.
2. Rhyme it. Write a simple two-line rhyme (a couplet). Prompt: “My [food] is [color/texture]; it tastes like [rhyme].” Example: “My taco is yellow and bright; I take a big crunchy bite!”
3. The Feast. Pin all the plates on a bulletin board.
4. Do a gallery walk and count how many countries are at your table.

## Dessert — Map the Meal

Read the book’s back matter and using a world map, place a food sticker on each country represented in the book.

Ask: “**How far did this food travel to get to our classroom?**”

