

Interested in chess?
 Know how to play already?
 Want to learn how?

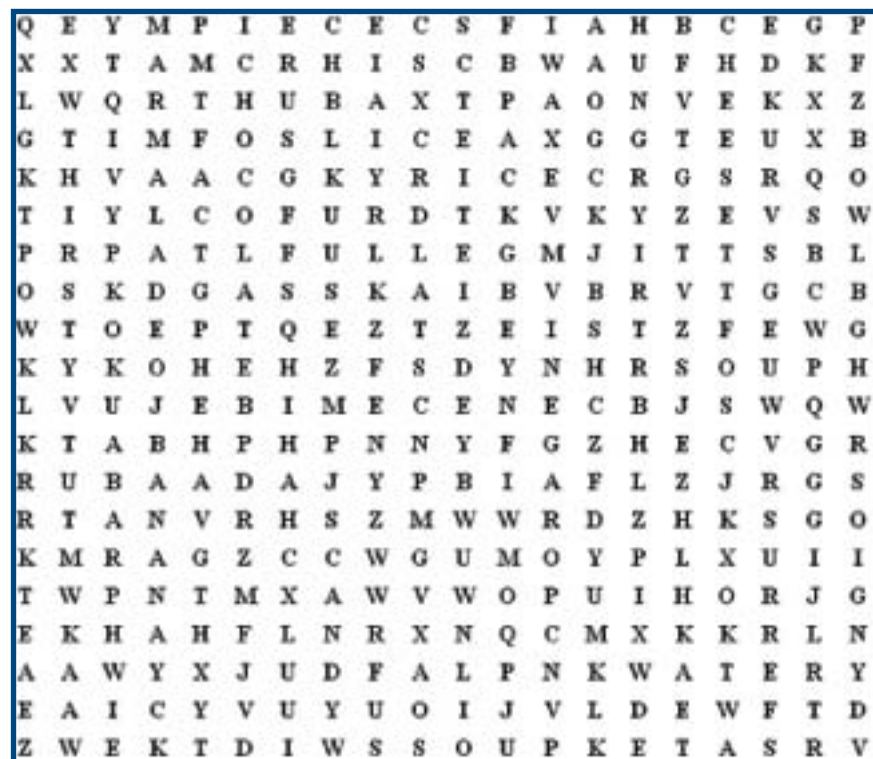
Join the **ETC Chess Club** and
 learn to play and test your
 skills with others!
All skill levels are welcome.

Every third Friday of the month
 4 - 5 p.m., **East Teen Center**

Questions?
 Contact **Antonia Krupicka**
 at 531-6333, x1317.



Food Word Find



chocolate marmalade noodles vinegar
 thirsty cheese grapes banana hungry
 candy pizza piece slice glass water
 milk rice soup pack full bowl soup
 gum tea cup bag bar

Feast of Books and Chocolate

East Library, 5550 N. Union Blvd.

NEW TIME! 3:30 - 5 p.m.

A discussion group for teens
 in sixth through 12th grade.

For more information,
 call 531-6333, x1317.

Thursday, December 11
The Unvisibles by Ian Whybrow

Thursday, January 15
The Book Thief by Marcus Zusak

Teen Reads That Will Make Your Stomach Growl

Fiction

Hot Lunch by Alex Bradley
Macaroni Boy by Katherine Ayres
Burger Wuss by M.T. Anderson
Julia's kitchen by Brenda A. Ferber

Nonfiction

**Restaurant Confidential: the Shocking Truth
 About What You're Really Eating When
 You're Eating Out**, Michael F. Jacobson
 613.23 J17R
**The Curious Cook: More Kitchen Science
 and Lore**
 Harold McGee, 641.5 M145C
**The Science Chef: 100 Fun Food
 Experiments and Recipes for Kids**, Joan
 D'Amico, 641.3 D158S
**Chew On This: Everything You Don't Want to
 Know About Fast Food**
 Eric Schlosser, 394.12 S345C
**While You're Waiting for the Food to Come:
 A Tabletop Science Activity Book**, Eric Paul
 Muller, 507.8 M958W
The Vegetarian Teen
 Charles A. Salter, 613.2 S177V



Fun with Food

As the holidays approach, the first thing that always comes to mind is food. Grandma's apple pie, Dad's secret recipe stuffing, mashed potatoes, hot cocoa on a snowy morning. Food can be comforting. Food can bring families together. Food can help make memories. We can't live without it, and why would we want to? Studies have shown that families that eat meals at a table together, without any TV or other distractions, are closer and more bonded. Children in these families do better with their schoolwork.

Also, it is a fact that picky little eaters are more willing to try new foods if they helped grow and prepare them. Though it is too late in the season to start a new garden, let your children pick out apples at the market, or better yet, take them to an apple orchard to pick their own. Food can be a wonderful tool to teach with as well. Create science experiments with baking soda and vinegar (a volcano!). Add and subtract noodles for hands-on math. Make a battery out of a potato. Or create your own yummy edible sculpture out of homemade play dough. The possibilities are endless, and you may even end up with something unexpected on your dinner plate!

Websites for cooking with kids

realsimple.com/realsimple/package/0,21861,1168444-1169208,00.html

kidshealth.org/kid/recipes

childrensrecipes.com

chefmom.com/recipebox/Kids/Cooking_with_Kids/

thatsmyhome.com/recipes-for-kids

Edible Play Dough

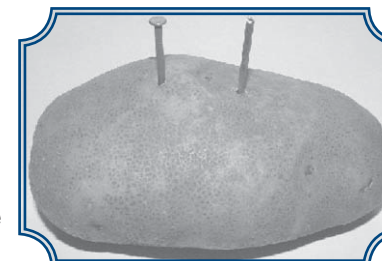
- 1 cup flour
- 1 cup water
- ½ cup salt
- 1 tablespoon cooking oil
- 2-3 teaspoons Cream of Tartar
- 1 package Kool-Aid Mix (any flavor of unsweetened)
 or 1 package of "unsweetened" Jell-O

Mix all ingredients together and cook over medium heat, stirring constantly until consistency of mashed potatoes. Let cool and knead with floured hands until dry.

Storage: This recipe needs to cool completely before putting it in an airtight container.

Potato Battery

- Large potato
- About 4 inches of steel wire (wire from coat hanger, paper clip, etc.) or galvanized nail
- About four inches of stiff copper wire
- dc voltmeter



1. Put one end of the steel wire into one side of the potato.
2. Stick one end of the copper wire into the other side of the potato.
3. Connect the negative probe of the meter to the steel wire.
4. Connect the positive probe of the meter to the copper wire. (The meter should read about 1/2 volt)
5. Try moving the two wires together to see if the voltage changes.
6. The voltage exists because of the chemical action of the potato and the steel and copper wire.

Build a Volcano!

- 6 cups flour
- 2 cups salt
- 4 tablespoons cooking oil
- Warm water
- Plastic soda bottle

- Dish washing detergent
- Food coloring
- Vinegar
- Baking dish or other pan

1. First make the 'cone' of the volcano. Mix 6 cups flour, 2 cups salt, 4 tablespoons cooking oil, and 2 cups of water. The resulting mixture should be smooth and firm (more water may be added if needed).
2. Stand the soda bottle in the baking pan and mold the dough around it into a volcano shape. Don't cover the hole or drop dough into it!
3. Fill the bottle most of the way full with warm water and a bit of red food coloring (can be done before sculpting if you don't take so long that the water gets cold).
4. Add 6 drops of detergent to the bottle.
5. Add 2 tablespoons baking soda to the liquid.
6. Slowly pour vinegar into the bottle. Watch out - eruption time!



The science behind the eruption:

1. The cool red lava is the result of a chemical reaction between the baking soda and vinegar.
2. In this reaction, carbon dioxide gas is produced, which is also present in real volcanoes.
3. As the carbon dioxide gas is produced, pressure builds up inside the plastic bottle, until the gas bubbles (thanks to the detergent) out of the 'volcano'.

To contact PPLD's Homeschool Committee, please email akrupicka@ppld.org



The BookShelf
Great new books for inquisitive kids!

Duck Soup by Jackie Urbanovic
This is the second duck story from Urbanovic. Read **Duck at the Door** first. Then prepare to read this with all the melodrama you can muster. Duck likes to cook and steps away to get some ingredients. When his animal friends come into the kitchen, they mistakenly believe that Duck has fallen into his own cooking pot!

The Luck of the Loch Ness Monster: A Tale of Picky Eating by A. W. Flaherty
"Once upon a time, a little girl named Katerina-Elizabeth took an ocean liner to visit her grandmother in Scotland." And so begins this funny story. Katerina-Elizabeth does not like oatmeal and throws it out the porthole. A sea worm eats the oatmeal, and gets bigger and bigger, following the ship all the way to Scotland. The author includes fabulous information about the science of supertasters, and how to tell if you or your child happens to be one.

I'm Bad! by Kate McMullan
This T. Rex is bad, bad, bad. He chases and hunts and terrorizes everything. But he just cannot seem to catch anything to eat. Finally, his mommy brings him some food. And be forewarned, mommy does not bring him a salad. She has a dead dinosaur for him to eat. Which, of course, is what T. Rexes eat. You will want to read the others by this author, **I'm Dirty!** and **I Stink!**

Apples & Oranges: Going Bananas with Pairs by Sara Pinto
This silly book has two similar objects; it asks the reader how they are alike, which is obvious, and then gives a silly answer. "How are an apple and orange alike?" Turn the page and ... "They both don't wear glasses."

Database Focus: Bon Appetit

The topic of food usually draws us to the kitchen or fridge, or maybe your favorite restaurant, but there are also lots of delicious food and nutrition web sites to whet your appetite and improve your nutrition knowledge.

Go to our homepage at ppld.org, click on **Kids Web**, then go to **Explore the Web**, to **Kidspace**, then **Health & Nutrition**, then **Food & Nutrition**. You'll find a virtual buffet of appetizing web sites. One of them is **Got Milk?** (gotmilk.com). Here you'll find recipes, games, and nutrition facts. How about whipping up a Luscious Loveliness Smoothie or a Steamed Vanilla Dream? There are even recipes preventing bad hair days and promoting a good night's sleep. Sweet!

If you're one of the many kids who have to worry about food allergies, take a look at **Kids' Food Allergy Network** (fankids.org). It's a pain when you can't have peanut butter or your favorite candy, but this web site will help. First of all you'll find out just exactly how many people, especially kids, have food allergies and what the most common food allergies are. FanKids explains why and gives you lots of alternatives for those favorite foods you can't have. There are even food word games. And speaking of games and food, at smart-mouth.org you can build your own menus and find out how good (or bad) they are for you.

What's the real story about your favorite fast food restaurant? Are the food ads you see on TV telling the whole truth? Which is better for you: Wendy's Chicken Sandwich or McDonalds Chicken Salad with Ranch Dressing? Check the **Real Truth about Fast Foods and Nutrition** website (library.thinkquest.org/4485/frames.htm). You'll be a smarter consumer and a healthier, happier person.

We are so lucky in the USA to have an abundance of healthy, yummy food. Other kids in the world aren't so fortunate. Click **Kids Can Make a Difference** (kidscanmakeadifference.org) to find

out just how many kids go to bed hungry each night and how you can help. Another simple way to help is through **Free Rice** (www.freerice.org). Play a one-word vocabulary game and 20 grains of rice will be donated to hungry kids. Visit the website as often and for as long as you want to help end world hunger as well as learn some new vocabulary words. So far more than 47 billion grains of rice have been donated through this program. Now that's a recipe for success.



Chocolate Peanut Butter Coated Apples

Ingredients:

12 wooden ice cream sticks
12 medium apples, stems removed
10 ounces peanut butter chips
1/2 cup vegetable oil
2/3 cup confectioners' sugar
2/3 cup cocoa

Options for decorating apples:

chopped peanut butter chips
chopped or mini chocolate chips
chopped vanilla chips
flaked coconut
colored sprinkles
chopped nuts

Insert wooden stick into each washed and dried apple. Cover a baking sheet or tray with waxed paper. In a medium microwave-safe bowl, stir together peanut butter chips and oil. Microwave on high 1 1/2 minutes or until chips are softened. Stir until melted. Stir together confectioners' sugar and cocoa; gradually add to melted chip mixture, stirring until smooth. Microwave on high 1 minute or until very warm. Dip apples into mixture, twirling to remove excess coating. (If coating becomes too thick, return to microwave for a few seconds). Roll coated apple in chopped chips or coconut if desired, or sprinkle toppings onto apples. Allow to cool on prepared baking sheet or tray. **Yield:** one dozen apples.

NextReads for Homeschoolers

There's something for everyone!

Go to ppld.org, click on **Library Services**, then **NextReads - Email Reading Lists**, then check the box next to **Homeschooling**. Topics include **Sports, African-American History, Energy, and Space**.



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Second Annual Home School Art Show

Children age 5 to 12 may each submit one piece of unframed art, drawing, photograph, or sculpture to be exhibited in East Library's Children's Department in March 2009.

Art may be brought to the Children's Department the week of February 22, 2009, and must be picked up by April 15, 2009.

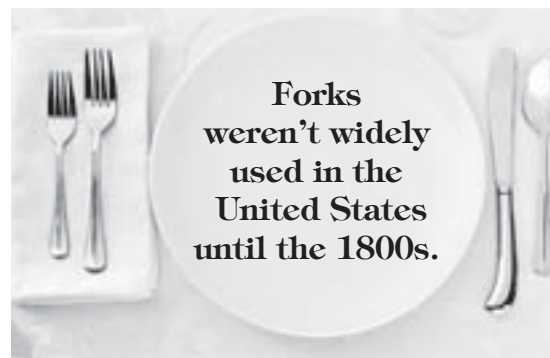
For more information, please contact Mary Grant at 531-6333, x1407, or mgrant@ppld.org.

Teens age 13 to 18 may each submit one piece of hanging art to be exhibited at the East Library Gallery in March 2009.

Art may be brought to the East Teen Center the week of February 22, 2009, and must be picked up by April 15, 2009.

For more information, please contact Antonia Krupicka at 531-6333, x1317, or akrupicka@ppld.org.

A reception will be held for all artists and their families and friends on March 15, 2009, from 2 - 3 p.m. at East Library. Refreshments will be provided.



Fun Food Books for Kids

Nonfiction

Bread Comes to Life by George Levenson
Cooking Art by MaryAnn Kohl
Cooking Up U.S. History by Suzanne Barchers
Cowboy Cooking by Mary Gunderson
Eating the Plates by Lucille Recht Penner
Let's Eat by Beatrice Hollyer
Food (Eyewitness) by Laura Buller
Kids' Fun and Healthy Cookbook by Nicola Graimes
Oregon Trail Cooking by Mary Gunderson
Snack Art by Elizabeth Meahl
Soda Science by Bernie Zubrowski
True Tale of Johnny Appleseed by Margaret Hodges
The Usborne Little Round the World Cookbook by Angela Wilkes
Vegetarian Cooking Around the World by Alison Behnke



Food Game

Where do these foods grow? Answers may be used more than once.

1. Rice
2. Oranges
3. Carrots
4. Green beans
5. Walnuts
6. Chocolate (cacao beans)
7. Corn
8. Potatoes
9. Raspberries
10. Peanuts

- A. Thorny bush
- B. Bushy plant
- C. Tree
- D. In water
- E. Stalk
- F. Underground

Answers: 1D, 2C, 3F, 4B, 5C, 6C, 7E, 8F, 9A, 10F



J Easy (picture books)

Fast Food (and others) by Saxton Freymann
How to Make an Apple Pie and See the World by Marjorie Priceman
The Apple Pie That Papa Baked by Lauren Thompson