

Parents Participate

This page was designed and intended to help parents instill a greater love of reading into their child, while at the same time, being actively involved with what their child is learning.

Kailey's Ag Adventures

Today your child enjoyed the book, *Growing Up Strong*, written by Dank Yunk, former Executive Director – CEO of Kansas Farm Bureau.

Growing Up Strong is the fifth in a book series about a girl named Kailey who learns many fascinating things about agriculture. In this book, Kailey is taught the importance of staying healthy. She is excited to share with her grandma all that she learned and informs her of the impact that eating a variety of foods and getting plenty of exercise will have on staying healthy and growing up strong.

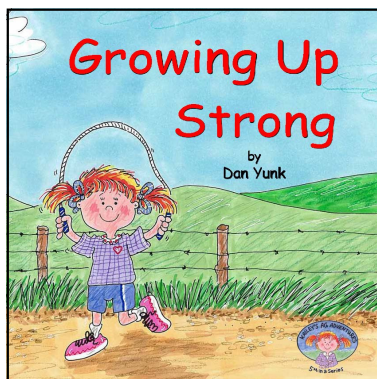


Benefits of Reading With Your Child

- It strengthens the bond between the parent and child.
- Pre-school children who are exposed to reading tend to do well in school.
- It promotes a longer attention span, which is an important skill to help with concentration.
- It builds listening skills and imagination.

Tips for Parents

- Let your child see you read books, and let them know that reading is a fun part of life.
- Make it interesting! When you read to them, add variety and "life" to your voice.
- Choose books that your child is most interested in.
- Run your finger under the print as you read, and take time to answer your child's questions or remarks.



Check out all of the Kailey Ag Adventure Books!

Milk Comes From a Cow?
The Soil Neighborhood
Farmers and Ranchers Care about their Animals!
Celebrate Wheat
Growing Up Strong
Kailey's Pig 'Tales'

Visit www.kfb.org/educationoutreach for activities and lesson plans for each book.

Just a "Slice" of Healthy Eating

Below is a list of toppings that are on a slice of pizza. Write the names of the toppings where they belong on the MyPlate food chart.

- | | | |
|---------|--------------|-------------|
| Cheese | Tomato sauce | Mushroom |
| Onions | Pineapple | Peppers |
| Sausage | Pepperoni | Pizza Dough |

