

# Storytime Activity Guide

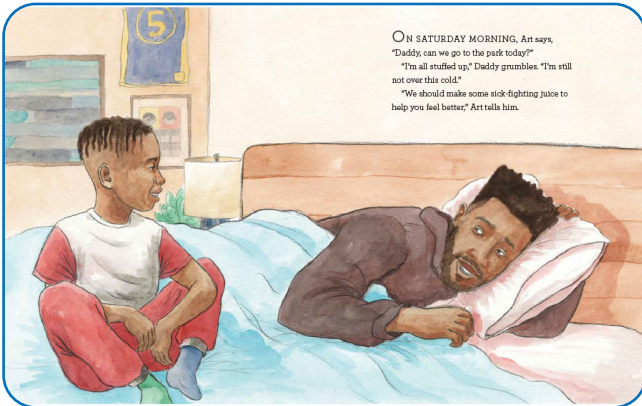
## *Fresh Juice*

written and illustrated by Robert Liu-Trujillo

When Art's dad wakes up with a cold, they go on a journey to find the best ingredients to make sick-fighting juice. They visit the farmer's market, the co-op, and the corner store collecting fresh fruits and vegetables, along with advice from community members. This story shows how a little community support can go a long way.

### Did you know?

Asking questions about what will happen next, comparing ideas, and making predictions are all parts of developing **critical thinking**! Let your child practice making predictions and asking questions as you read *Fresh Juice* together.



### Words to Practice

germs  
vitamins  
minerals  
antioxidant  
generator  
electricity

### Talk about it!

- What kind of ingredients would you want to put in your sick-fighting juice?
- How do these ingredients help fight your sickness?
- Who in your community helps you out when you are sick or need a hand? What kinds of things do they do that are helpful? How do you help others in your community?

### Find More Online

Scan this QR code for more free resources.



<https://qrco.de/FreshJuice>

## Create!

### Make your own healthy juice!

**Materials needed:**

- blender
- fruits
- vegetables
- Optional: milk, juice, water, yogurt, ice



1. Gather your fruits and vegetables. They can be fresh or frozen!
2. Wash and cut fruits and vegetables.
3. Add all your desired ingredients to the blender.
4. Blend your ingredients until they are smooth.
5. Enjoy!
6. Try experimenting with different combinations and asking your child to guess what color the juice/smoothie will be once it is blended!



### Play: I Spy the Rainbow

*Directions: This activity can be done at home, the grocery store, or the farmer's market!*

Look for a fruit or vegetable in every color of the rainbow. When you find the food, ask your child if they have tasted it. If it is a food they have never tried, ask them to make some guesses about how it would taste. Is it sweet or tart? Is it smooth or crunchy? Is it juicy or dry?

