

Dear Mom,



One of the important jobs you do every day is to help your children develop healthy eating habits during meals and snacks. The choices you offer on a regular basis make a big impact on the habits your children develop.

Nutrition experts tell us that because young stomachs are small, children can't always get the nutrients they need in a day through meals alone. They need smaller portions of food more often. Similarly, educators tell us that children need more opportunities to read every day to feed their growing minds. That's why **Bagel Bites®** brand and Scholastic have teamed up to create an exciting program that encourages children and their families to enjoy books and **Bagel Bites®** snacks together!

The following pages offer some background and nutritional information about **Bagel Bites**, tips for smart snacking, and ideas for hosting **Bagel Bites Book Nights** at home with family and friends. Also check out the details of our **Bites for Books Promotion** and learn how you can help your child's class earn 30 FREE books by saving the UPCs from your **Bagel Bites** packages and sending them in to your child's teacher.

Enjoy a good book and satisfying **Bagel Bites** snacks with your family today!



Get FREE BOOKS for your child's classroom. Details on back.



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Smart & Healthy Snacking

Bagel Bites Ingredients Are Tasty and Real!

You can feel good about offering your child **Bagel Bites** as a snack or mini-meal because they are made with quality ingredients from four of the major food groups. A single serving of **Cheese & Pepperoni Bagel Bites** (4 pieces) has 9 grams of protein and 6% of the daily recommended daily allowance of calcium. **Bagel Bites** are also a good source of iron. Here are a few more reasons why everyone loves **Bagel Bites**.

-  Made with real cheese
-  0 grams of trans fats per serving
-  Packed with 7 grams of Protein per serving
-  Sharable finger food
-  A mini-pizza your little ones can enjoy all to themselves
-  It looks like real pizza because it is real pizza



Shown: 2 Servings

When you compare the nutrition information of **Bagel Bites** with other kid-friendly foods, it is clear that they are a good choice no matter how you slice them.

	Servings	Calories	Fat	Sugar
Bagel Bites	4 Bagel Bites	210	7.0g	3g
Grilled Cheese	1 Sandwich	289	15.2g	5g
Pepperoni Pizza	1 Slice	296	15g	4g
Chicken Nuggets	5 Nuggets	260	17g	0g
Hamburger	1 Burger	391	20g	3g
Hot Dog	1 Hot Dog	257	5g	9g
Peanut Butter & Jelly	1 Sandwich	379	18g	16g

(Source: USDA www.usda.gov)



Did You Know?

America's favorite pizza topping is pepperoni, with 36% of all pizza orders requesting it on top.

(Source: ezinearticles.com)



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Smart & Healthy Snacking

Teaching your children to make healthy snack choices now will set the stage for a lifetime of healthy snacking. Here are a few tips to put your family on the path to smart snacking.

Give your kids a say. Let your children help shop for some healthy food items at the grocery store. Offer several choices at home when preparing snacks and meals. They will be more likely to eat something that they helped choose.

Watch serving sizes. There is such a thing as too much of a good thing. Keep portions in check by serving sensible snack amounts on plates rather than letting kids eat straight from the bag or box. Four **Bagel Bites** equals a single serving.

Combine food groups. Snacks from at least two food groups (grains, fruits, vegetables, milk, and meat & beans) have more nutrients and are more likely to satisfy your child's hunger for longer. **Bagel Bites** are a satisfying mini-meal that includes up to four of the food groups — real tomato sauce, real cheese, grains, and meat & beans.



Think outside the bagel. Adding variety to the food choices you offer your family not only keeps snack time and mealtimes interesting, it is also a good way to make sure they get the different nutrients they need.

Promote independence. Make it easy for older children to help themselves to snacks that you approve in advance. Keep small yogurt cups, string cheese, and ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Stock fruit cups, whole-grain crackers, and low-sugar cereals on easy-to-reach shelves in your pantry.

Love those leftovers. A small serving of last night's dinner can make a great snack.

Water coolers. Offer lots of water with snacks and between meals. Your kids can drink it with a squeeze of lemon or lime through curly straws for a change of pace.

Keep it fun! Make silly faces with different foods, eat with chopsticks, or make up funny names for your snack and meal creations. Try making "Bagel Bunnies" by adding carrot stick ears to **Bagel Bites** snacks.



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Eat 'Em Up!

Children are more likely to enjoy snacks and meals when they are involved in the preparation and presentation.

Bagel Bites Burgers

Make mini hamburgers or turkey burgers to sandwich between two **Three Cheese flavored Bagel Bites**. Add a dill pickle chip, one slice of a small tomato (plum or cherry), and a piece of baby lettuce for a mini burger treat your kids will love.



Bagel Buddies

- Serve two **Bagel Bites** on a white paper plate and suggest that these are the eyes for any kind of creature your child wants to create.
- Offer alfalfa sprouts and shredded coconut for hair, sliced peppers or apples for ears, raisins, nuts, and other small food items to use for noses, mouths, and other body parts.
- When the bagel buddy is done, your child can gobble him up and make another!



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Fun Facts

How are bagels made?

Bagel makers mix, knead, and shape the dough into the traditional round bagel shape with a hole in the middle. They chill the dough for about 12 hours and then boil it in water for about 10 minutes. Finally, the bagels bake in a hot oven until golden brown.



Did You Know?



Bagel is a term used for someone who sleeps 12 hours straight. The term refers to the fact that the clock goes around in a full circle.

In London, bagels were traditionally displayed and sold in groups of three called a **prangle** or a **frackle** of bagels.



A flat bagel is known as a **flagel**. What do you call a square bagel? A **squagel**!



Bagels Around the World

Ring-shaped pastries and breads have many names around the world.

Russia

bublik

East Slavs

baranki and sushki

Lithuania

riestainiai or baronkos

China

girdeh nan

Turkey

açma or simit

Austria

beugel

Romania

covrigi



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Bagel Bites Book Nite

Gather your family together every Friday night to read and discuss books, play book-related games, and eat **Bagel Bites** snacks to fuel your fun. The informal book group will soon become a family tradition that your children will look forward to and remember for years to come.

Bagel Bites Book Night How-To

List

Make a list of books that you think your entire family will enjoy reading. Consider the ages and the reading levels of your children when making selections. Your local librarian or **scholastic.com** will have lots of book recommendations.

Plan

Set a regular time and place for your **Bagel Bites Book Night**. If Friday nights are not convenient for your family, pick another time that works. Settle on the best place to meet — perhaps around the kitchen table, in the living room, family room, or porch — and make sure televisions and computers are off. Plan to meet for an hour, adjusting the time as needed based on the ages of your children and your schedule.

Snack!

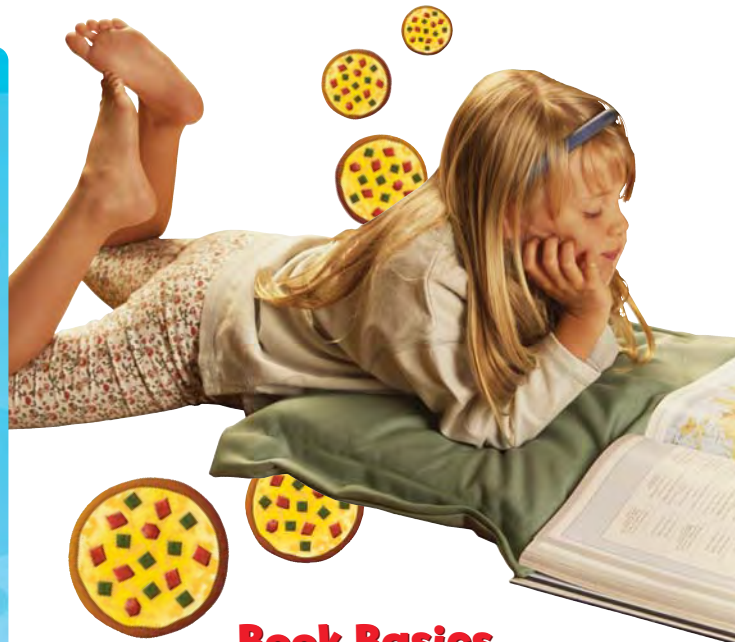
Take a break to enjoy a **Bagel Bites** snack made with real cheese, sauce, and real mini bagels. The brain food will help keep your book banter lively and interesting. Have the kids help you prepare the **Bagel Bites** with you either by opening the box or helping get the plate, or if they are older, setting up the oven temperature if you think they can handle it.

Read!

You may decide to take turns reading the books aloud as part of your book night. This works especially well with young children. With older children, you can ask everyone to read the book (or certain chapters/pages) in advance.

Wrap Up

Don't worry if you don't have enough time to get through an entire book in one gathering. You can always continue reading and chatting about a book at the next **Bagel Bites Book Night**. Once your family develops a regularly scheduled **Book Night**, consider inviting friends or neighbors to join the group.



Book Basics

Talk about the book as a family. You can keep the conversation moving by focusing on the **5 Ws** at first:

- **Who** are the main characters?
- **What** is the book about? What happens in the story?
- **When** does the story take place? Past, Present, or Future?
- **Where** is the book set?
- **Why** did the author write the book? To entertain, teach, or make a point?

Once you've covered the basics, ask deeper, more thought provoking questions. For example: *What can we learn from this book?* Be sure to spend some time talking about the author and illustrator of the book, too. Of course everyone can say what they like or don't like about the characters, story, and illustrations. Younger children can describe the pictures they see and how the pictures make them feel.

Consider organizing a family scavenger hunt with items from the book. For example, if the story is *Charlotte's Web*, the hunt list could include toy or stuffed farm animals, and any number of food items that Wilbur and Templeton might find in Wilbur's slop bucket.



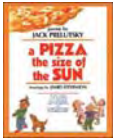
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Bagel Bites Book Nite

Pizza and Bagels in Books! What Could Be Better?

These books are a great addition to your
Bagel Bites Book Nite theme:



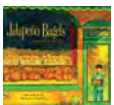
A Pizza the Size of the Sun
by Jack Prelutsky and James Stevenson



**Dragons Don't Cook Pizza
(The Adventures of the
Bailey School Kids, #24)**
by Debbie Dadey, Marcia T. Jones,
and John Steven Gurney



**The Pizza Mystery
(Boxcar Children Mysteries)**
by Gertrude Chandler Warner
and Charles Tang



Jalapeno Bagels
by Natasha Wing and Robert Casilla



Where on Earth Is My Bagel?
by Frances Park (Author) and Ginger Park (Author),
Grace Lin (Illustrator)



Storybook Charades

In this version of the classic family game, one player acts out the words of a book title for others to guess. It's a great game to play in between book discussions or while enjoying your **Bagel Bites** snack.

Here's how to play:

1. Using the books on your child's shelf, write out the titles of a dozen books on strips of paper, fold them up, and drop them in a hat or bowl.
2. One player selects a strip of paper from the hat, indicates the number of words in the title by holding up that number of fingers, and then begins acting out the words in the book title for others to guess. He may not talk or use props while pantomiming the words.
3. It is helpful for the person acting out the title to tell the guessers which word he is focusing on. For example, for the book *Charlotte's Web*, the actor might choose to act out the word *Web* first. If so, he should hold up two fingers and then get to the business of drawing a web in the air with his fingers or acting like a spider spinning a web.
4. It may be easier, at times, to act out similar sounding words rather than the actual words in a title. For example, to act out *Charlotte*, you might be able to act out "car" and "lots" and then indicate with hand motions that the guessers should put those words together. Car...lots...web isn't too far from *Charlotte's Web* and the Charade ends successfully!
5. Players take turns acting out book titles, while everyone joins in the guessing game fun. After several rounds, you will all be ready for a **Bagel Bites** break.



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