



## “Little Nita’s Big Idea / La gran idea de la pequena Nita”

By Anna W. Bardaus, Translated by Marta Nunez

Little Nita wants to make the world's largest fruit salad and is successful with the help of her community. This book celebrates different languages and diversity, with a nod toward fresh, healthy foods.

### **Before you read this book:**

Ask children some questions, such as; what is their favorite fruit? What is their least favorite fruit? Share some observations they can share about these fruits such as size, color, and taste. Have a discussion about sharing. Discuss that this book has words from many different languages from all around the world.

### **While you read this book:**

- Reference the glossary at the end of the book for translations of the different languages.
- Ask children to point out different fruits and vegetables that they see in the pictures.
- Talk about how Nina shared the fruit salad. Who did Nina share the fruit salad with?

### **After you read this book:**

- Talk about how Nina felt when no one wanted to help her in the beginning. What did Nina do to overcome this obstacle? Ask if there was a time when the children did not have anyone to help them. What did they do?
- Draw and share about the different fruits they saw.

### **Try this at home:**

- Ask a trusted adult to look at a local grocery store, a farmer’s market, or a community garden to look for all the interesting fruits that they can find.
- Encourage children to make healthy choices of eating fruits and vegetables.

### **Additional resources:**

“The Community Garden” by Floyd Stokes. A parent guide is provided by University of Wisconsin Extension Educators located at:

<https://finances.extension.wisc.edu/files/2023/06/The-Community-Garden-Book-Guide.pdf>

Information about healthy food choices can be found at: <https://www.myplate.gov/>

“A Song of Frutas” by Margarita Engle

“My Food, Your Food, Our Food” by Emma Bernay