



Bobby's Books

Book: How Are You Peeling? Foods With Moods

Possible Themes: Emotions, Differences, Reactions to Situations

Publisher, Publishing Date and ISBN Number: Arthur A Levine Books, 1999, 0-439-10431-9

Authors and Illustrators : Saxton Freymann and Joost Elffers

Recommended Age of Child: 2 - Adult

Description of Book: This book is filled with individual fruits and vegetables expressing themselves! “To create these sculptures, markets throughout the New York metropolitan area were plumbed for expressive produce. These were carved using a simple Exacto knife and enhanced with other natural materials, such as black-eyed peas (for eyes) and beet-juice coloring (for mouths). The sculptures were then photographed against plain and colored background sculptures to achieve the desired effect and mood.’

Quote from Book: “Wired? Tired? Need a kiss? Do you know anyone like this?”

Lesson Plan Ideas: This book includes the following emotions: shy, secure, not sure, amused, confused, frustrated, surprised, attacked, timid, bold, angry, pouting, whining, crying, screaming, shouting, feeling sorry, ashamed, embarrassed, blamed, jealous, disappointed, hurt, smiling, safe, proud, wired, tired and in need of a kiss. This book lends itself to quite a few discussions but also to a lot of fun. Stop at the grocery and pick up misshaped fruits and vegetables. The more the little bumps and blemishes, the more fun the children will have looking for expressions and emotions. Don't forget the dried black-eyed peas and a can of beets. The children can choose how the veggie or fruit should look. Only an adult should be using the knife!

An additional activity would be for the kids to make other items into emotion filled beings--- such as an angry washing machine or a sad bed. Then of course, the facilitator can have the child talk about their feelings at the moment.

Materials: Fruits and vegetables, dried black eyed peas, can of beets, small paint brushes, exacto knife, paper, writing and drawing supplies