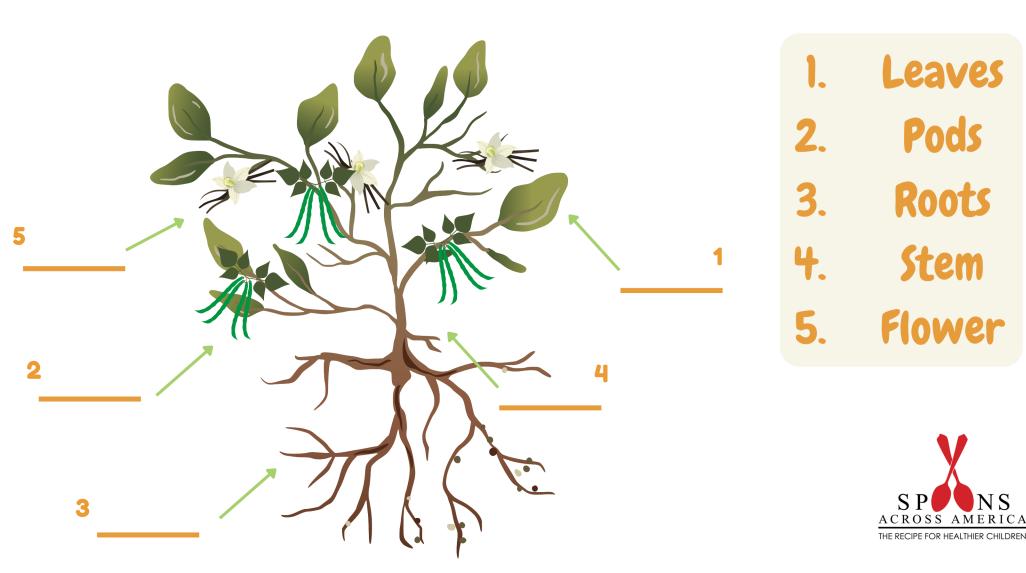
FARM TO BOOK STORYTIME

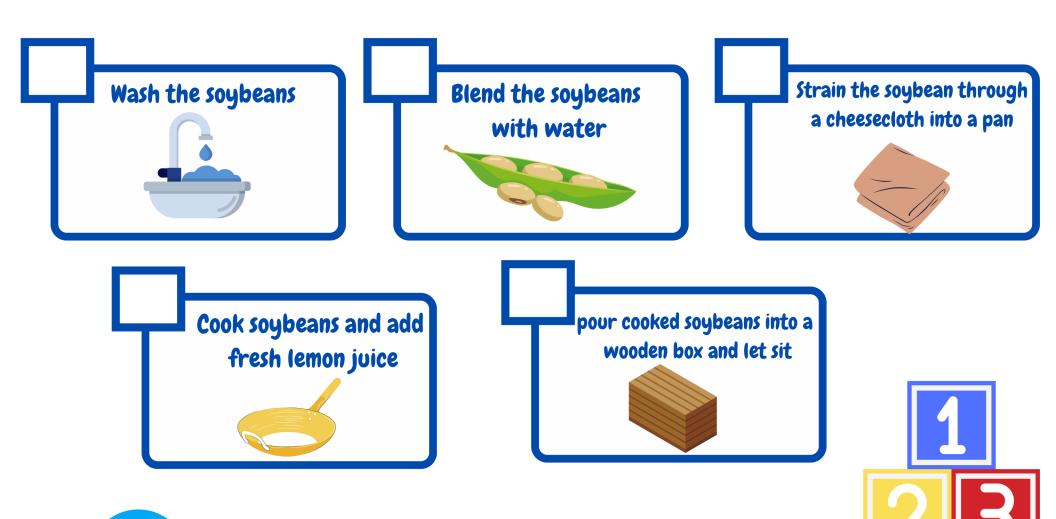
Tofu Is made from Soybeans. Did you know beans come from a plant? Let's name each part of the soybean plant. Fill in the black with the corresponding number.

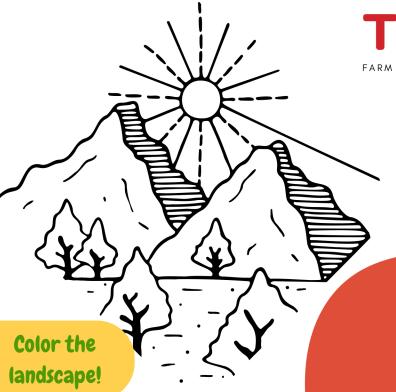


FOOD EXPLORERS CLUB



Starting with one, write in each box the order of how the soybean is made into tofu.





FARM TO BOOK STORYTIME



# Landscape

China is home to the Himalayan Mountains. The Himalayan mountain are the tallest on Earth.

Sandy deserts, dense forests, and rivers.



# Population

China has the largest population in the world with 1.402 billion people



China also has the largest man-made structure in the world called "The Great Wall"

# Language

Mandarin



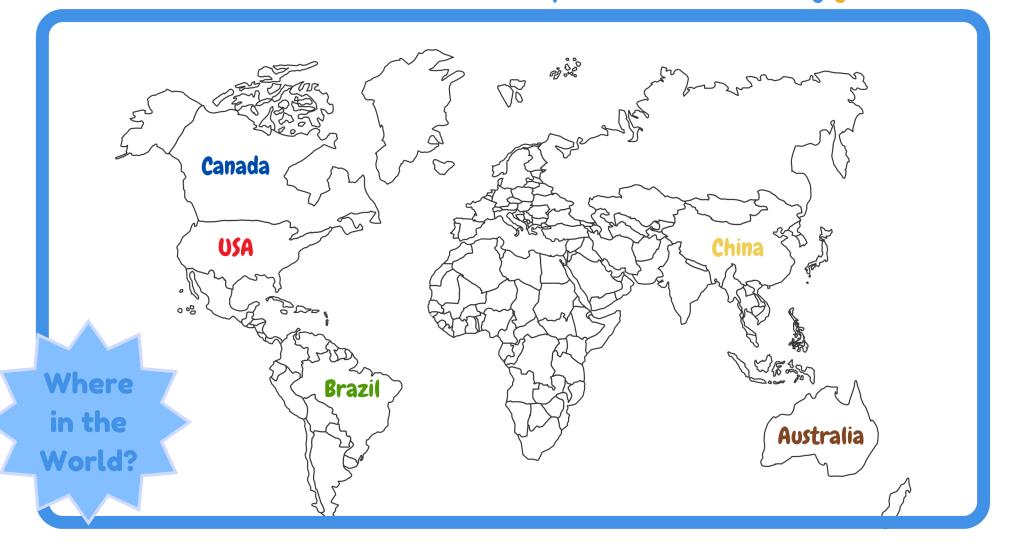


SPNS ACROSS AMERICA THE RECIPE FOR HEALTHIER CHILDREN

FARM TO BOOK STORYTIME



Lin is from China. Find China on the map and color the country yellow.



#### MENU

#### **Tofu Takes Time**



FARM TO BOOK STORYTIME

Vegetable Dumpling



Egg Roll



Stir-fry vegetables



Steamed Noodles \$3



Orange Chicken



**Chow Mein** 



Vegetable fried rice



Shrimp fried rice



Steam vegetable bun



Have you tried all the different Chinese foods on the menu? Add the menu items together to find the total amount each order will cost.













FOOD EXPLORERS CLUB

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14 oz	Extra firm tofu
1/4 C	All-purpose flour
1/4 tsp	Garlic Powder
1/4 tsp	Smoked paprika
1/4 tsp	Salt
1C	Panko crumbs
2	Eggs

#### Directions for Yum Yum Tofu Crisp Bits

- Remove the tofu from the package and place onto a towel-lined plate. Place on top towel and a second towel and a second plate. Let sit for at least 40 minutes and up to 2 hours. (This will absorb extra moisture/ liquid .)
- Preheat the oven to 375 degrees F and place a wire rack in a rimmed baking sheet. Coat the rack well with nonstick spray or wipe down with vegetable oil.
- Add the panko to a shallow dish or pie plate and stir in the garlic powder, smoked paprika and salt.
- Break the eggs into another shallow bowl and beat lightly.
- Add the flour to a third shallow bowl and sprinkle with salt.
- Dredge the tofu cubes in the flour, then the egg, and then panko and place on the baking sheet. Spray lightly with nonstick spray.
- Bake for 16-18 minutes or until completely cooked through and lightly golden brown.