

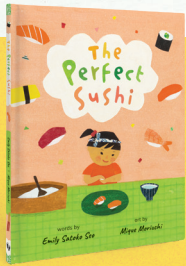
FROM THE HEART

Illustration adapted from *The Perfect Sushi*  
(Barefoot Books), written by Emily Satoko Seo  
and illustrated by Mique Moriuchi

e  
FOR  
KIDS

# *edible* **FOR KIDS**

Activities, recipes, stories (and more!) created for family sharing



## Read to Learn More:

Discover the key ingredient for  
any dish in *The Perfect Sushi*!

[barefootbooks.com/perfect-sushi](http://barefootbooks.com/perfect-sushi)



Barefoot Books

*edible* **FOR KIDS** is created in partnership with indie, award-winning, Concord, MA-based  
children's publisher, Barefoot Books. Learn more by visiting [www.barefootbooks.com](http://www.barefootbooks.com).





# LET'S EAT!

## Homemade Sushi Recipe

*The perfect sushi is unique — made with kokoro (heart) by you!*

**Time:** 45 minutes    **Makes:** 12–15 pieces of sushi



**Note:** It's important you get very fresh, high-quality fish if you plan to eat it raw. You can ask for "sushi-grade" or "sashimi-grade" fish at the store to make sure it is safe to eat.

Ask an adult for assistance and wash your hands before you begin.

### Prepare the rice:

1. With the help of an adult, place the rice and water in a small saucepan and bring to a boil. Once boiling, turn the heat to low and cover with a lid. After 15 minutes, turn off the heat and let it cool for 10 minutes, keeping the lid on to steam the rice.
2. Meanwhile, in a small bowl, stir the rice vinegar, sugar and salt together. Then heat the vinegar mixture in a microwave on high for 30 seconds or until the sugar and salt have dissolved. Alternatively, you can mix these ingredients together in a small saucepan on the stovetop with the help of an adult.
3. To help cool down the rice and make it shine, fan the rice as you add the vinegar mixture to it.

### Prepare the toppings:

1. Ask an adult to help you slice your toppings into very thin pieces that are about 2½ inches long, 1 inch wide and ¼ inch thick.



### Make your sushi:

1. In a small bowl, add a little vinegar to cold water. Wet your hands with this mixture before making each new piece of sushi.
2. Place a small ball of sushi rice in your palm. Gently squeeze your fingers around the rice to form an oblong shape slightly smaller than your topping slices.
3. Join the topping with the rice by carefully gripping them together. As you do this, think of someone you adore. Repeat to create more sushi with kokoro.

### You will need:

- 1 cup short grain sushi rice, rinsed
- 1 cup water
- 1 Tbsp rice vinegar
- 1 Tbsp sugar
- ½ tsp salt

### Topping ideas:

- cucumber
  - avocado
  - sashimi\* (raw fish)
- \*sa-shee-mee





# Guide for Cooking with Kids

Embracing imperfection is the key for successful collaboration with young chefs!

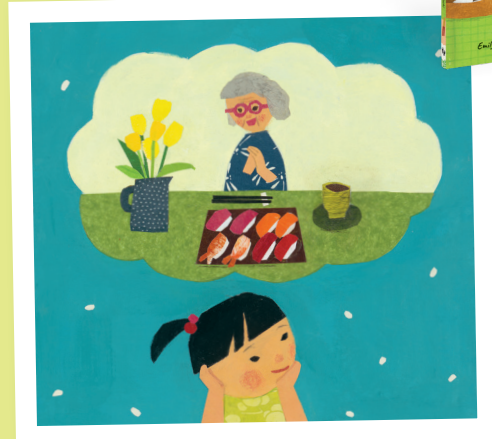
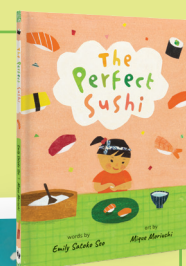
- **Allow extra prep time**  
Leave enough time for children to complete tasks at their natural (slower) pace.
- **Gather ingredients and tools before you start**  
Keep items just out of younger children's reach, giving them one at a time as needed. Ask older kids to help gather the materials before starting.
- **Encourage maximum independence**  
Use a kitchen tower or stool to bring the child to the right height. Obtain child-sized cooking tools or select tools your child can use successfully with minimal supervision.
- **Expect messes**  
Kids learn by trying, so allow them to make mistakes! You can minimize mess by spreading dish towels flat under your child's work area.
- **Lead with your heart**  
Your child will remember how it felt to cook with you more than how the dish turned out. Reassure older children that effort and thought are more important than a perfect final product.

## Phrases to Use:

- "Wow you worked really hard on that."
- (calm and friendly) "Here's a towel to clean that up."
- "Look how much of this meal you prepared!"
- "Would you like to help serve the meal?"

*Illustration and text adapted from The Perfect Sushi (Barefoot Books), written by Emily Satoko Seo and illustrated by Mique Moriuchi. Guide for Cooking with Kids written by Stefanie Paige Wieder, M.S.Ed.*

Learn more about Japanese culture and Miko's story at [barefootbooks.com/perfect-sushi](http://barefootbooks.com/perfect-sushi)



For her grandmother's birthday party, Miko wants to make her the perfect sushi,



but not a single piece looks perfect...



...until she creates one with kokoro (heart).



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# ACTIVITY

## Kind Deeds Coupons

*Give someone you love a gift of kindness.*



**Adult Helper Needed!**

### You'll Need:

- paper
- scissors
- markers
- stapler



1. Fold a piece of paper in half, then fold it in half again. Unfold it and cut along the folds to make four rectangles.
2. Repeat with two more sheets of paper so that you have 11 rectangles for coupons, plus one rectangle for a front cover.
3. Which family member would you like to give your coupons to? What kind deeds would they appreciate? Write or draw one idea on each coupon. For example:
  - I will give you a hug
  - We can read a story together
  - You can choose a game to play



4. Decorate the cover and write your family member's name on it.
5. Stack the coupons with the cover on top. With an adult helper, staple them together into a booklet.
6. Give your coupon book to your family member. They can choose when and where to use their Kind Deeds Coupons.



Discover 50 activities for cultivating kindness in the Kind Kids activity deck at [barefootbooks.com/kind-kids](http://barefootbooks.com/kind-kids)



*Illustration and text adapted from Kind Kids (Barefoot Books), written by Dr. Helen Maffini and Whitney Stewart and illustrated by Mariana Ruiz Johnson*



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