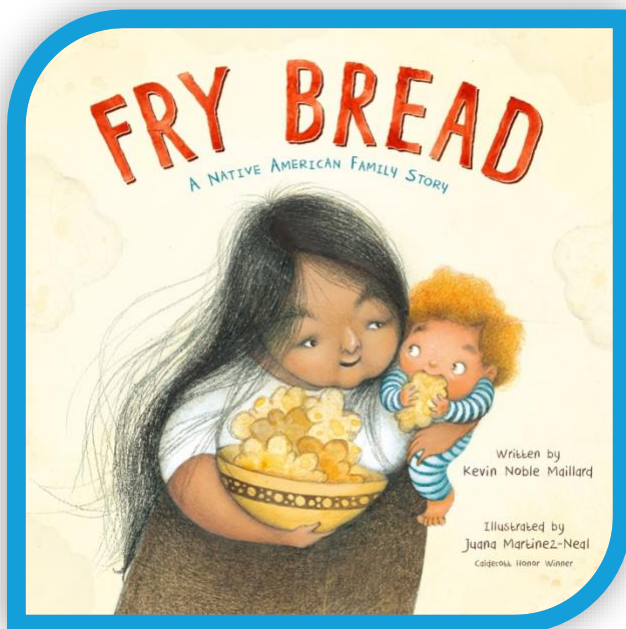




Book of the Month

Presented by ADL's Education Department

About the Book of the Month Parent/Family Discussion Guide: This collection of featured books is from Books Matter: The Best Kid Lit on Bias, Diversity and Social Justice. The books teach about bias and prejudice, promote respect for diversity, encourage social action and reinforce themes addressed in education programs of [A World of Difference® Institute](#), ADL's international anti-bias education and diversity training provider. For parents, guardians and family members, reading the books listed on this site with your children and integrating the concepts into your interactions with them is an excellent way to help children grapple with and learn about these important principles.



Fry Bread

Kevin Noble Maillard (Author), Juana Martínez-Neal (Illustrator)

ISBN: 978-1626727465

Publisher: Roaring Brook Press

Year Published: 2019

Age Range: 3–7

Book Themes

Native American/Indigenous People, Culture, History, Identity

About the Book

Fry bread is food. Fry bread is time. Fry bread is nation. Fry bread is us. This book is a celebration of old and new, traditional and modern, similarity and difference—telling the story of a modern Native American family.

Conversation Starters

Whether you read the book aloud or children read it on their own and you discuss it later, use these open-ended questions to deepen the conversation. Remember not to judge their responses and to listen thoughtfully and engage in a give-and-take that helps them expand upon their understanding of the book and its themes.

- What is the book about?

- What is fry bread? How is fry bread part of everyday life and special occasions?
- What did you learn about fry bread by reading the book?
- How is fry bread important in Native American/Indigenous people and culture?
- What foods are important in our culture or family traditions?
- How are the children in the book both similar and different?
- What did you learn about Native American/Indigenous people by reading the book?
- What have you learned about Native American/Indigenous people from other stories or in school? What connections can you make to this book?
- What do you think is the overall message of the book?

Talking Points

Below are some important considerations to highlight in order to make this a learning opportunity for your child and your family.

1. Food and Identity

This book explores fry bread, a food that is particularly important to Native American people and their culture. Ask your child what they learned about Native American/Indigenous people that is reflected throughout the book. Spend time reading the “Authors Note” starting on page 32 to learn more about how fry bread is reflective of Native American people, history, diversity and culture. Then talk with them about food(s) that may be important to your family—either because those foods are part of your culture, they have a special meaning in your family or there is a history or tradition for your family. If you have more information about that food and why it’s important to your family, history or culture—share that with your child. Talk with them about other people in your life and the foods that may be important to them and their culture, especially people who belong to different identity groups than you. As a follow-up, you can make fry bread together (use the recipe from the book on pages 30 and 31) or make a recipe from your family’s history, culture or tradition. While food is an important part of culture, be mindful not to reduce culture to only food. Culture is complex, but sometimes people focus on things like food and holidays when discussing culture.

2. People, History and Culture

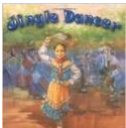
In the book, we learn about Native American/Indigenous culture through the exploration of fry bread. As you read the book, ask about or point out those elements of history and culture in the book (e.g., powwows and festivals, art, stolen land, tribes/nations, etc.). You can describe culture as “parts of daily life that are seen in food, customs, holidays, music and more that a group of people share.” Explain that these aspects of culture are often handed down from one generation to another through relatives and ancestors. They are also sometimes—but not always—connected to their geographic location or country where people’s relatives originally came from. Talk with your child about the aspects of culture(s) that are important in your family. Explain how you would define your family’s culture(s) and identify what foods, holidays, customs, naming traditions, etc. are important to your family. Your family may connect with more than one culture or may not have a strong cultural identity at all; that can also be discussed. Talk with your child about what they know and don’t know about their culture, what they may have found out about their culture from you, grandparents or other relatives; what more they want to know and the questions they can ask in order to learn more. You may also want to highlight other people in your life (your child’s friends and family friends) who have

similar or different cultures from your own. Emphasize that culture is part of who we are but not all of who we are.

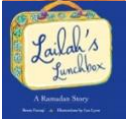
3. Native American Heritage Month

Explain to your child that the month of November is Native American Heritage Month—an annual celebration of the history, culture, achievements and contributions of Native American and Indigenous people. Explain to your child that the reason a month is dedicated to honoring Native American people is because it is important to highlight Native American people, their history and culture. They are not always well represented (in media, books, curriculum, etc.); their stories are often reduced or excluded when we discuss and teach history; and there is a history of exclusion, bias and discrimination against Native American people. Talk with your child about overcoming obstacles, and how difficult that can be when faced with stereotypes (the false idea that all members of a group are the same and think and behave in the same way) and bias. Discuss why stereotypes and discrimination are harmful and explain that it is important we work to challenge bias and stereotypes when we encounter them. Share with your child how you have challenged bias in your life and talk with them about how they can do the same.

Other Books You May Like



Jingle Dancer by Cynthia Leitich Smith and Ying-Hwa Hu, www.adl.org/education/educator-resources/childrens-literature/jingle-dancer



Lailah's Lunchbox: A Ramadan Story by Reem Faruqi, www.adl.org/education/educator-resources/childrens-literature/lailahs-lunchbox-a-ramadan-story



Thunder Boy Jr. by Sherman Alexie, www.adl.org/education/educator-resources/childrens-literature/thunder-boy-jr



When We Were Alone by David Robertson, www.adl.org/education/educator-resources/childrens-literature/when-we-were-alone

ADL Additional Resources

The following are curriculum and educational resources on Native American/Indigenous People, Identity and Culture.

Curriculum Resources

Lewis and Clark: The Unheard Voices, www.adl.org/education/educator-resources/lesson-plans/lewis-and-clark

Who Am I? Identity Poems, www.adl.org/education/educator-resources/lesson-plans/who-am-i-identity-poems

Websites

Considerations for Inclusive Holidays and Observances

www.adl.org/education/resources/tools-and-strategies/considerations-for-inclusive-holidays-and-observances

Holiday celebrations are an excellent opportunity to provide a window into a culture or understand more about a group of people, as well as reinforce the diversity of all people. Here are some important considerations when planning holiday observances in your classroom or school.

Native American Heritage Month

www.adl.org/education/resources/tools-and-strategies/native-american-heritage-month

Provides a collection of curriculum and other educational resources to bring the themes of Native

Parent, Family and Caregiver Resources

www.adl.org/education/resources/tools-and-strategies/parent-family-and-caregiver-resources

Strategies, tips, guiding principles and resources to help parents, family members and caregivers impart values and principles to the children in their lives.

The Question Corner: Early Childhood FAQs

www.adl.org/education/resources/tools-and-strategies/question-corner

A collection of answers to frequently asked questions about anti-bias issues faced by early childhood professionals and family members interested in promoting respect for diversity among young children.

Safe and Inclusive Schools for All

www.adl.org/education/resources/tools-and-strategies/safe-and-inclusive-schools-for-all

Tips to foster a safe, respectful and inclusive learning environment.

Table Talk: Family Conversations about Current Events

www.adl.org/education/resources/tools-and-strategies/table-talk

Provides the tools parents and family members need to engage their families in conversations about important news stories and other timely discussions about societal and world events. Includes discussion guides containing a topic summary, questions to start the conversation and dig deeper, ideas for taking action and additional resources. See Table Talk "[Why We Need Diverse Books](#)"

Children's Books

Below are links to lists of recommended anti-bias and multicultural books for the indicated category.

People, Identity & Culture: Native American & Indigenous People, [www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?tid\[213\]=213](http://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?tid[213]=213)