

TEACHER'S GUIDE & ACTIVITY KIT



ALYSSA REYNOSO-MORRIS * ILLUSTRATED BY MARIYAH RAHMAN



ATHENEUM BOOKS FOR YOUNG READERS

CLASSROOM GUIDE

This classroom guide is designed for students in kindergarten through third grade but can be adapted for older students. Teachers should adapt these activities according to their needs and the abilities of individual students. The activities and discussion questions in this section have been developed using current Common Core Standards, which are listed below.



A Teacher's Guide & Activity Book

Plátanos Are Love

Written by Alyssa Reynoso-Morris

Illustrated by Mariyah Rahman

Atheneum Books for Young Readers

SBN-13 : 978-1665902731

Dear reader,

My name is Alyssa Reynoso-Morris, author of Plátanos Are Love. I wanted to be an author since I was 7 years old but tried other things before finding my way back to writing.

As a mom and daughter of an ESL Educator, I realized there was a need for more stories that reflected my experiences and culture as a Black Latine individual with Dominican and Puerto Rican roots. I know these types of stories positively affect student engagement, confidence, and comprehension.

I wrote and wrote and wrote. I edited and tweaked and fixed my manuscripts and now I am happy to share that my debut picture book Plátanos Are Love comes out into the world on April 11th, 2023.

It is a delicious picture book about the ways plantains shape Latinx culture, community, and family, told through a young girl's experiences in the kitchen with her abuela.

Abuela says, "plátanos are love."

I thought they were food.

But Abuela says they feed us in more ways than one.

With every pop of the tostones, mash of the mangú, and sizzle of the maduros, a little girl learns that plátanos are her history, they are her culture, and—most importantly—they are love. I hope you enjoy this book as much as I enjoyed writing it.

With love and gratitude,

Alyssa Reynoso-Morris

PRE-READING ACTIVITIES - MAKING PREDICTIONS

- Look at the front cover illustrations and read the title. What are some details you notice about the cover? Who do you think the characters on the cover are?
- Have you ever eaten plátanos before? If yes, do you have favorite plátano dishes you would like to share?
- Based on the cover, where do you think this story takes place?

AFTER READING - COMPREHENSION

- Who is the main character of the story? How do you know?
- The opening sentence says, “En el mercado,” how do the illustrations help us know what these words mean?
- Where does this story take place?
- What are the three dishes Esme learns to make?
- Can you describe mangu? Can you describe tostones? Can you describe maduros?
- Why does abuela know every recipe by heart?
- Are plátanos for sharing? How do you know?
- What else does Esme learn?
- What do Esme and her sister give their abuela in the end?

ENGLISH LANGUAGE ARTS - COMMON CORE STANDARDS

- CCSS.ELA-LITERACY.RL.K.1

With prompting and support, ask and answer questions about key details in a text.

- CCSS.ELA-LITERACY.RL.1.3

Describe characters, settings, and major events in a story, using key details.

- CCSS.ELA-LITERACY.RL.K.6

With prompting and support, name the author and illustrator of a story and define the role of each in telling the story

- CCSS.ELA-LITERACY.RL.2.7

Use the information gained from the illustrations and words in a print or digital text to demonstrate an understanding of its characters, setting, or plot.

- CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

- CCSS.ELA-LITERACY.L.2.3

Use knowledge of language and its conventions when writing, speaking, reading, or listening.

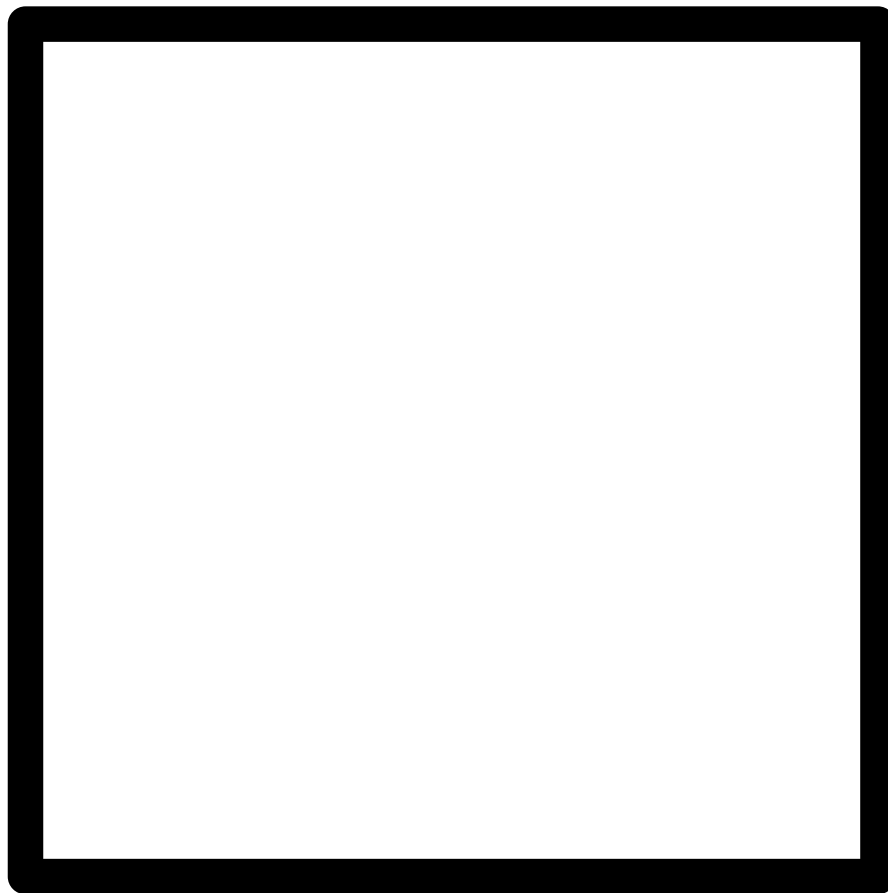
- CCSS.ELA-LITERACY.L.3.5

Demonstrate understanding of figurative language, word relationships and nuances in word meanings.

For 4-6 Ages

MY FAVORITE FOOD

Mi Comida Favorita



NAME : _____

My favorite food
is _____

It tastes sweet or
salty or sour.

Circle above.

I eat it with

(What do you eat your favorite food with?
Esme eats tostones with salami and queso
blanco.)

My favorite food
is _____

It smells like

(Mangu smells like the onions we cook it with. What are some ingredients your favorite food smells like?)

I make it for

(Do you make it for a special holiday? Do you make it for breakfast, lunch, dinner or as a snack?)

My favorite food
is _____

It sounds like

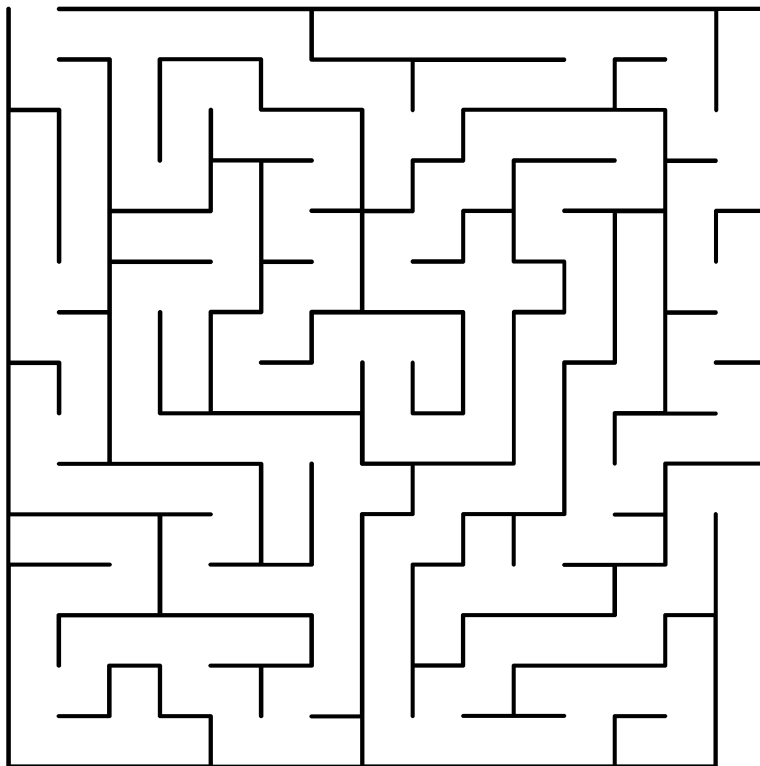
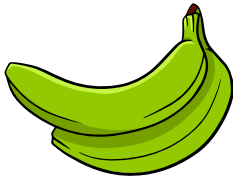
(What sounds does it make while you
make it? CRACK? Smash? Sizzle? Pop?)

(Write the name of your favorite food above.)

are LOVE.

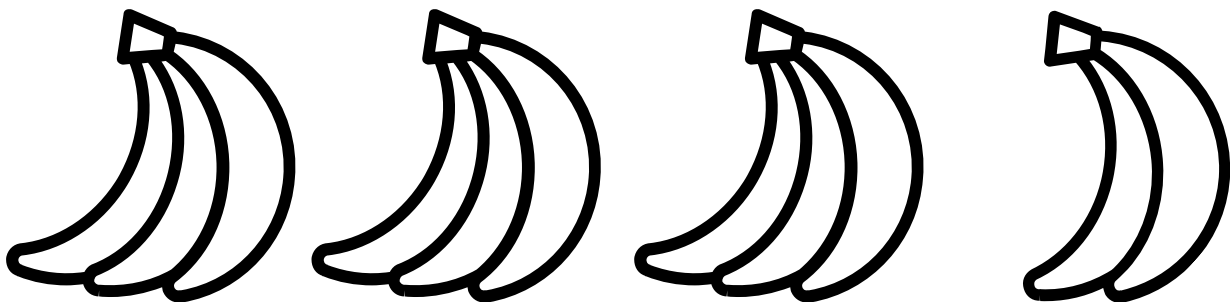
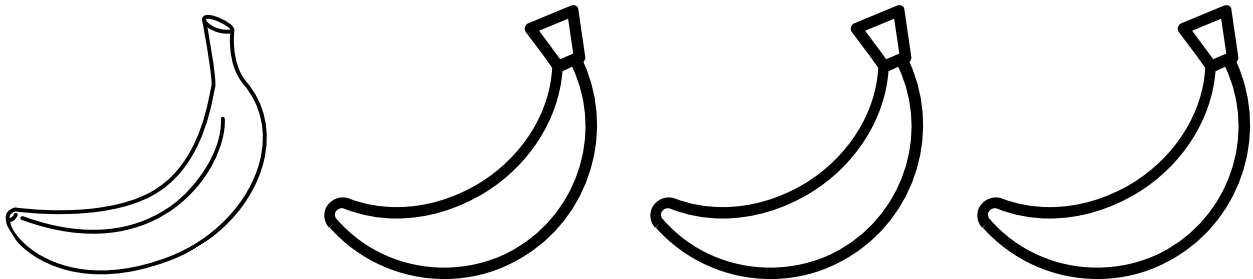
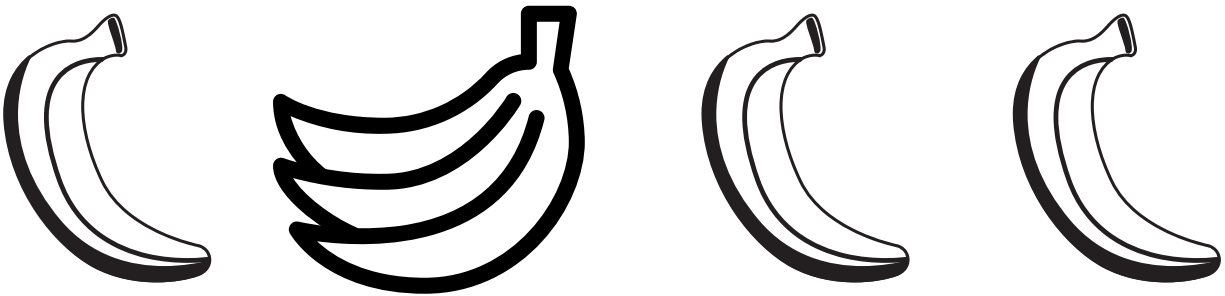
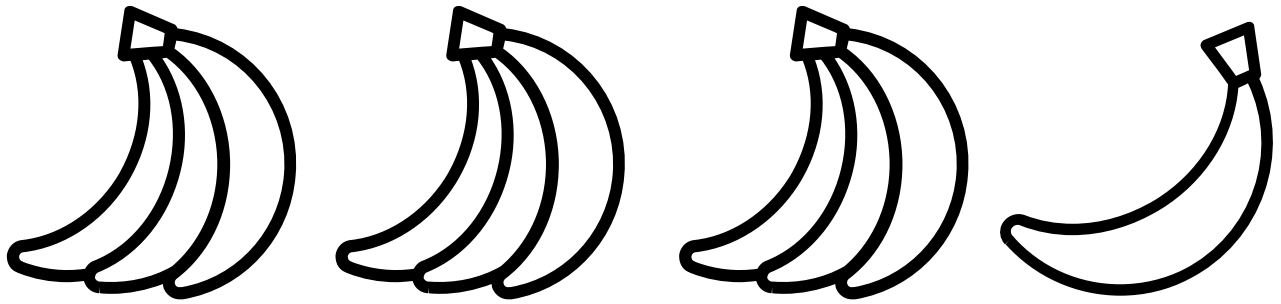
PLÁTANO MAZE

Help Esme find her way through the maze
to reach the plátanos.



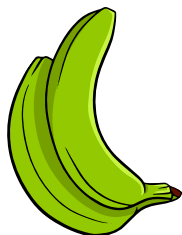
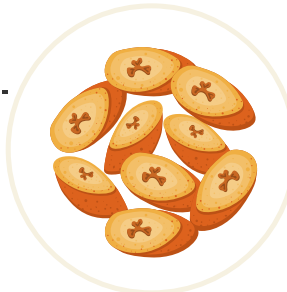
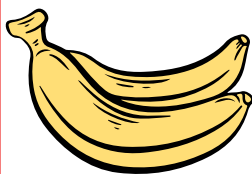
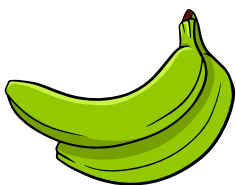
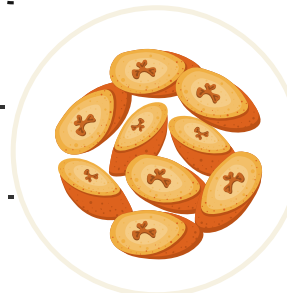
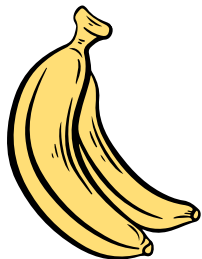
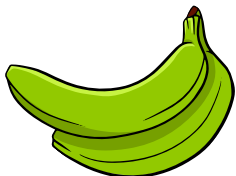
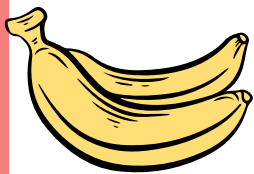
Plátanos Are Love Same and Different

Color the plátanos that are different.



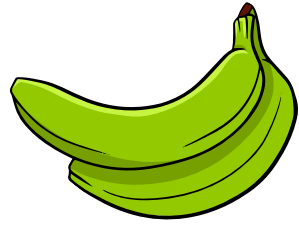
PRE WRITING ACTIVITY

Trace the line to connect the plátanos
to the food.



PLÁTANOS

Word Search



Find the hidden words.

P L A T A N O S U R D P
H B S P N A L E C K A A
P O N C H A P O E T R T
A L O S F H O L L Y M A
S I W F U F U T E R A C
T N M T N T B H B K N O
E I A E S A N T A S G N
L G N R G A L D A Y U E
L K E L E W E L E I O S
E T P A S T E L O N I A
S M O F O N G O R A F N
B T O S T O N E S N E L

BOLI

FUFU

MANGU

PASTELON

MOFONGO

TOSTONES

PLATANOS

CHAPO

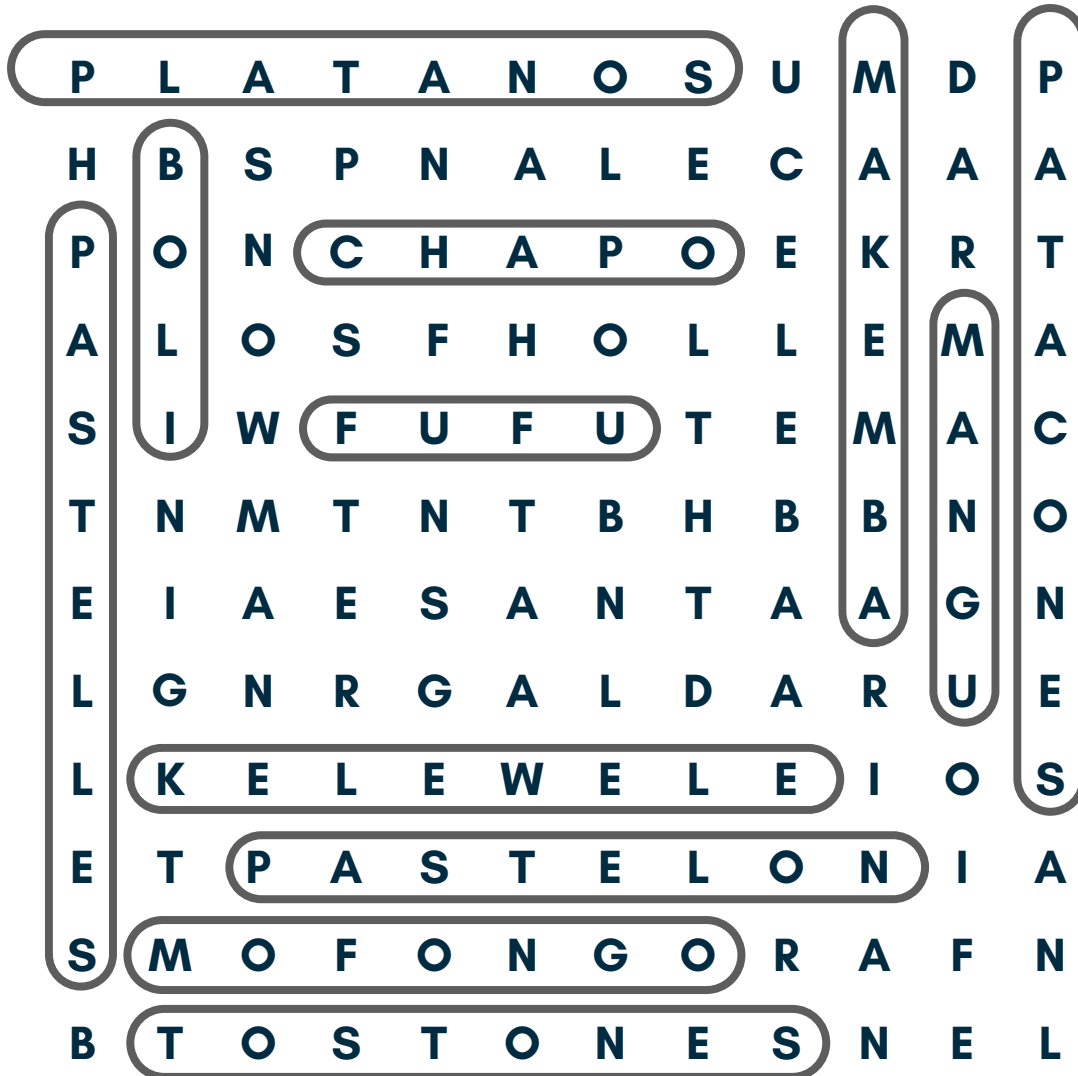
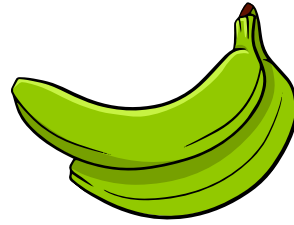
PATACONES

PASTELLES

KELEWELE

MAKEMBA

ANSWER KEY



BOLI

FUFU

MANGU

PASTELON

MOFONGO

TOSTONES

PLATANOS

CHAPO

PATACONES

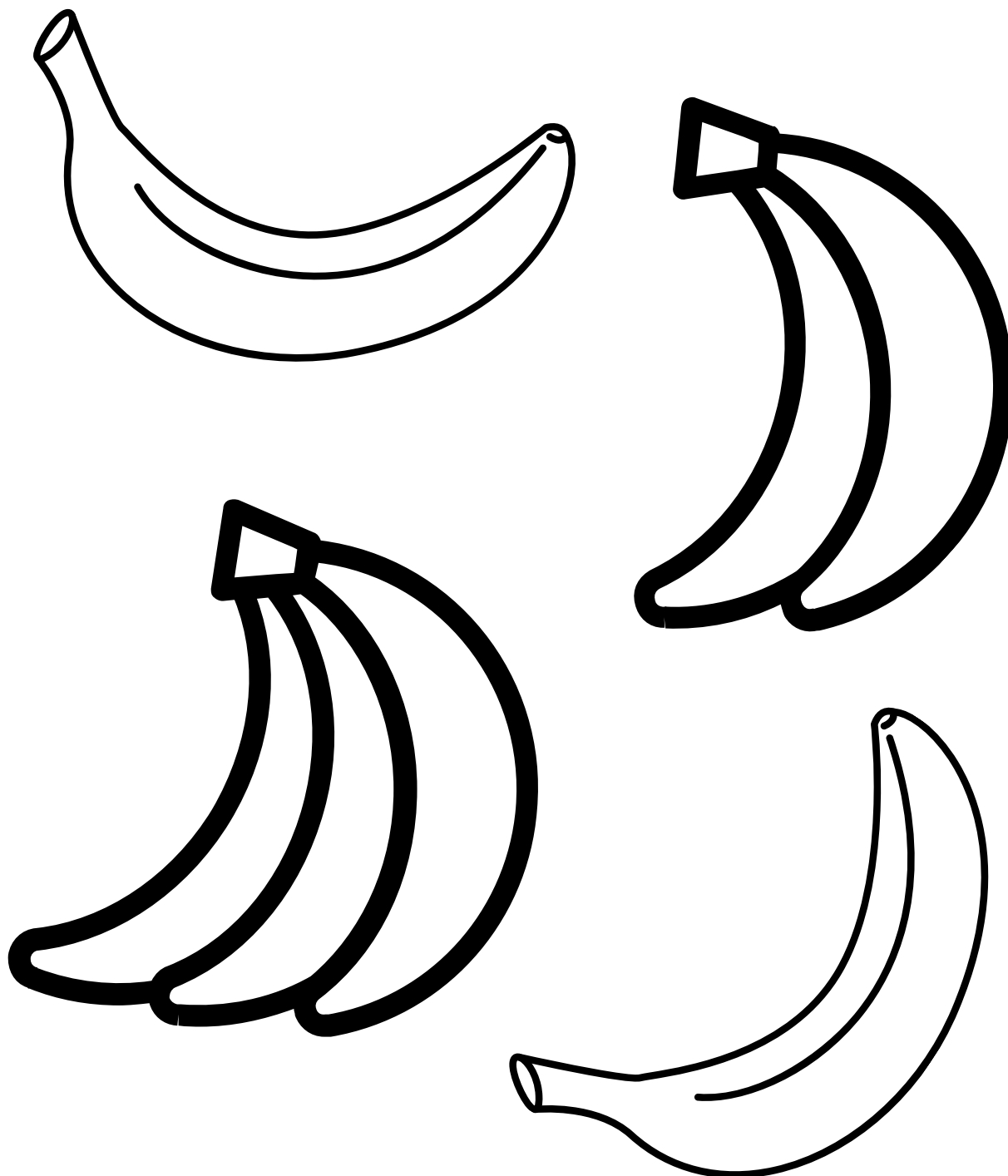
PASTELLES

KELEWELE

MAKEMBA

COLORING

Color the plátanos.



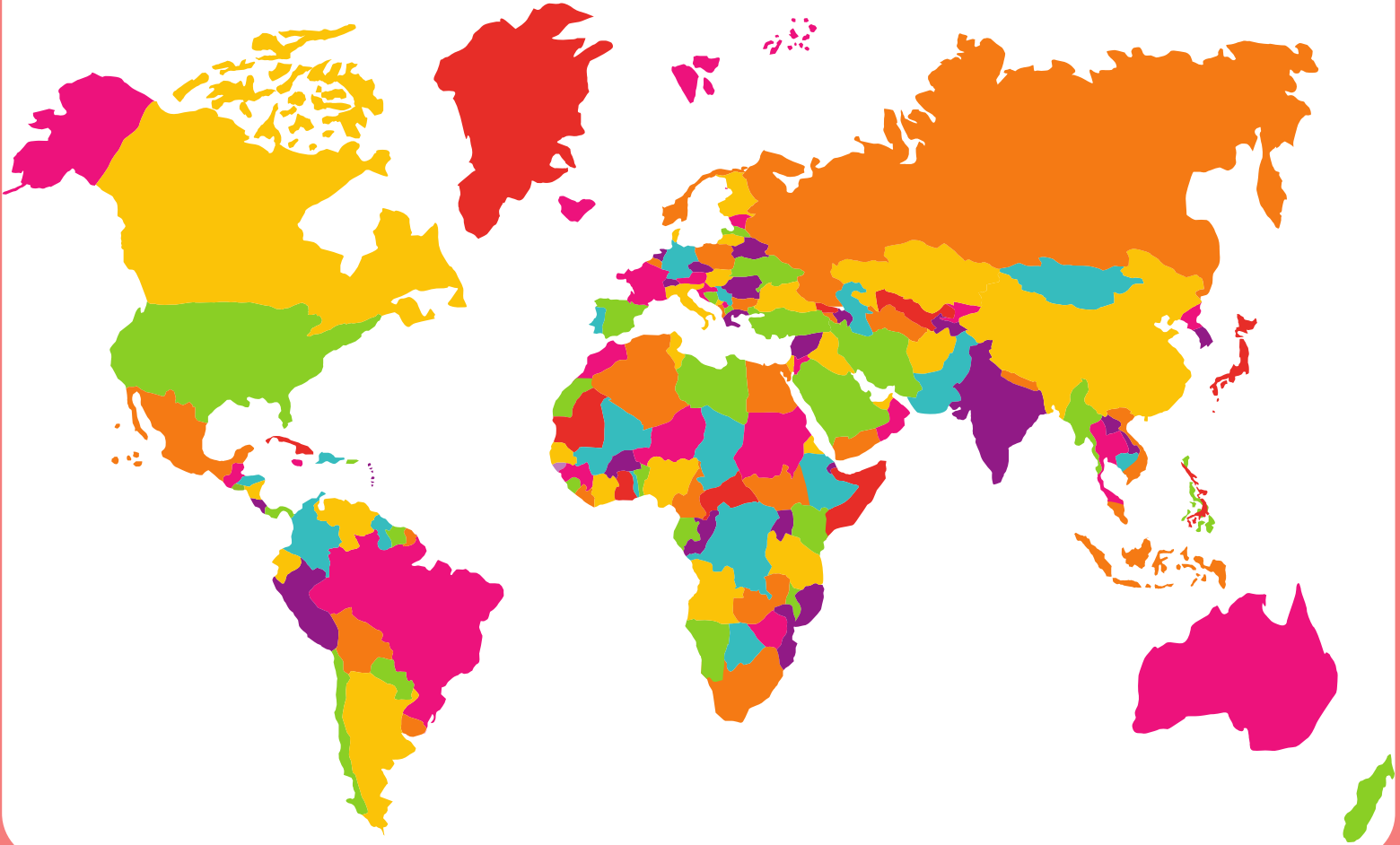
COLORING

Color the picture of Esme and Abuela.



Plátanos Around The World

Did you know plátanos are eaten all over the world?



Plátanos are eaten all over the world, especially in Central America, South America, the Caribbean, and Africa. Plantains are originally from Africa and were brought to what we now call North and South America during the transatlantic slave trade. People from the large and diverse continent of Africa were forcefully brought over to work in North and South America. Against their will, they left behind their home and were often separated from their families, language, and culture. Parts of their culture still lives on in the foods we eat.

To contact Alyssa visit - www.alyssaauthor.com/contact

Plátanos Around The World

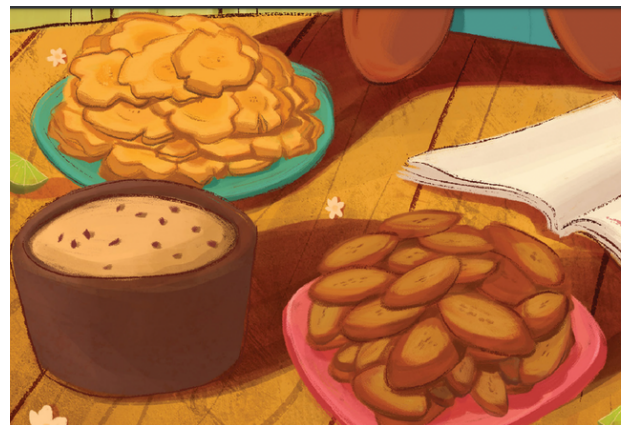
Did you know plátanos are eaten all over the world?

Central America and The Caribbean



Three of the dishes you might remember from the book are:

- **Maduros or Tajadas:** a sweet dish made of ripe (yellow or black) plantains that are fried in rings or slices.
- **Tostones or Patacones:** twice-fried green plantain slices.
- **Mangú:** a recipe from the **Dominican Republic** prepared by boiling green plantains and mashing them up with butter and salt. Some families also add milk and/or cream cheese.



Plátanos Around The World

Did you know plátanos are eaten all over the world?

More dishes from Central America and The Caribbean



Mofongo: a popular **Puerto Rican** dish made with fried green plantains, mashed with garlic, and small pieces of crunchy chicharron (fried pork skins). It is mashed to get a consistency that is can form a bowl that is stuffed with fried meat or seafood.

Pasteles: a popular dish in the **Dominican Republic** and **Puerto Rico**, that is similar to tamales. Instead of a corn "masa", unripe green plantain and root vegetables (viveres) are used to create the base. The masa is typically stuffed with beef or chicken.



The pastel is then wrapped and tied up in a banana leaf and parchment paper with twine to make it a bit more waterproof and preserve the flavors inside while it is boiled in salt water. This dish is typically eaten during the Christmas season. I like to eat it with a mix of ketchup and hot sauce.

To contact Alyssa visit - www.alyssaauthor.com/contact

Plátanos Around The World

Did you know plátanos are eaten all over the world?

More meals from Central America and The Caribbean

Pastelon: a classic **Puerto Rican** dish made with layers of thinly-sliced plantains, ground beef, and cheese; many know it as Puerto Rican lasagna.



Plátanos machos: a sweet **Mexican** dish made of plantains, sugar, orange juice, butter, whipped cream, and nuts

Plátanos Around The World

Did you know plátanos are eaten all over the world?

Latin America or South America



Patacones: a dish of twice-fried green plantains; the Colombian term for tostones

Chapo: a beverage made of sweet ripe plantains, water, and spices. The recipe's origins are traced to the Matsés and Shipibo people of the Peruvian Amazon jungle. It is made from boiled sweet plantains spiced with cinnamon and cloves.

Piononos de plátanos maduros: a dish of fried ripe plantain rolls stuffed with minced meat - the perfect snack.

Caldo de bolla: a typical Ecuadorian soup of green plantain balls or plantain dumplings stuffed with meat and served in a delicious broth with corn and yuca.

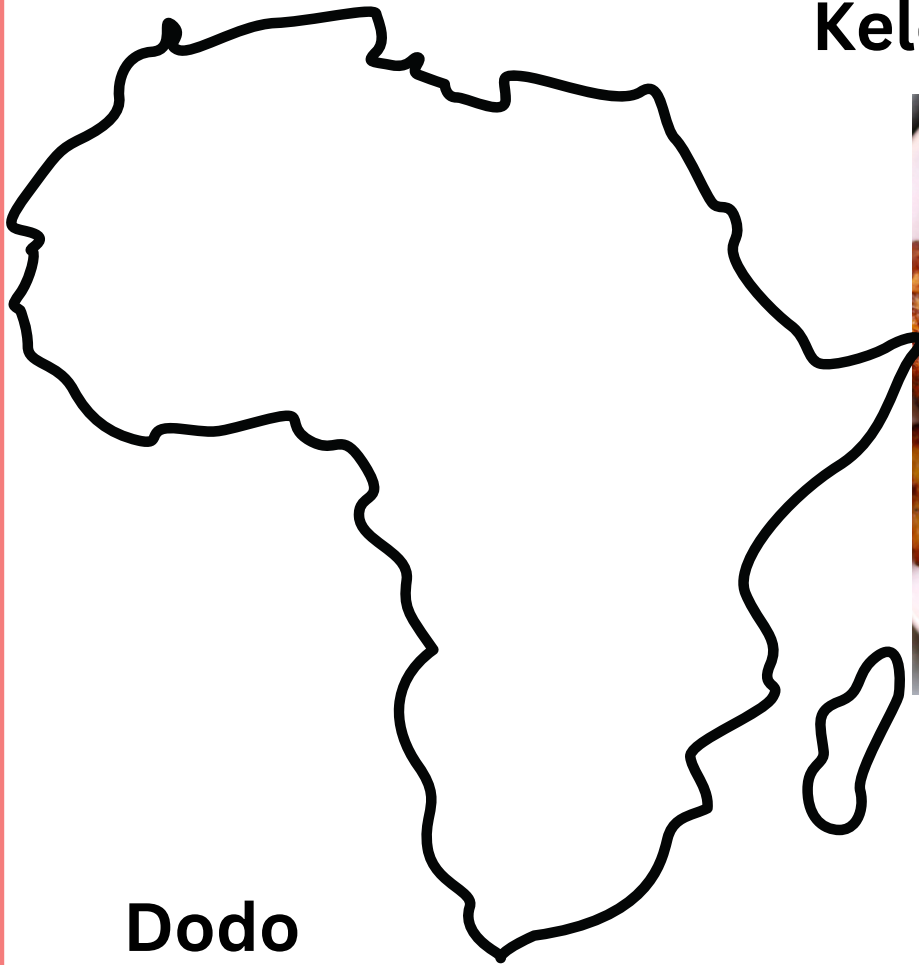
Aborrajados de plátanos: a Colombian dish of deep-fried and stuffed plátano maduros. Typically, the plátanos are stuffed with cheese but can be stuffed with sweet guava too. Abborrajado refers to an egg and flour batter used to fry sweet or savory foods in a manner similar to fritters.

Plátanos Around The World

Did you know plátanos are eaten all over the world?

Plátanos in Africa

(Explanations of the delicious foods below)



Kelewele or Makemba



Boli



Dodo



Plátanos Around The World

Did you know plátanos are eaten all over the world?

Plátanos in Africa

- **Boli**: a popular dish in **Nigeria**. Ripe (yellow) plantains are roasted in an oven or grilled. It is often enjoyed with roasted nuts, grilled fish, or pepper sauce. Boli is considered a “street food” in Nigeria but many prepare it at home.
- **Dodo**: a sweet dish made of ripe (yellow or black) plantains that are fried in rings or slices. Fried sweet plantains are referred to as dodo in Yoruba, a language spoken in **Nigeria**. Dodo is similar to the maduros Esme and her sister eat in the book.
- **Kelewele**: a popular food in **Ghana** made of fried plantains seasoned with spices similar to the maduros, which Esme and her sister eat in the book.
- **Makemba**: a sweet dish made of ripe (yellow or black) plantains that are fried in rings or slices. Makemba is the term given to fried sweet plantains in **Congolese** culture. Makemba is similar to the maduros Esme and her sister eat in the book.

Plátanos Are Love

THANK YOU FOR READING!

I hope you enjoy Plátanos Are Love. Somos familia.
We are family now.

For more information, including school visits, go to
www.alyssaauthor.com

