



Bite into a Book: Explore Culture and Stories through Food

Description & Book: *The Astonishing Color of After*, by Emily X.R. Pan

Get a taste of Taiwan and take a look at cultural identity through shared stories. Sample popular Taiwanese foods and ones mentioned in the featured book while discussing other cultures, family histories and secrets.

Materials:

- Your choice of popular Taiwanese Foods and ones mentioned in the book. Suggestions: bubble milk tea, egg yolk pastry (danhuang su 蛋黄酥), pineapple cakes (fengli su 鳳梨酥), iron eggs (tiedan 鐵蛋), fried bread (youtiao 油条) dipped in warm soy milk, or, for the more daring, stinky tofu (chou doufu 臭豆腐)
- Food serving tools: sample cups, spoons, toothpicks, food serving gloves, plates, paper
- print out of food descriptions and text references
- Chart for participants to mark their favorites and make comments

Estimated Cost: ~\$30 - \$50

Prep time: (Mainly travel and research time depending on if you will be buying these at the store or buying them online.) Food prep + set up time = ~30 minutes.

Instructions:

- Research 3-8 food items you would like to feature in your program.
- Create placards that include food descriptions, book references, and ingredients in case of allergies.
- Prepare foods into sample size servings
- Be ready with talking points for the foods people will be trying and include any personal stories. Engage the participants to share their own stories. Display the featured book.
- Create a chart listing everything that was made available. Participants may vote for their favorites, write comments, etc.
- Always be mindful about food allergies. Limit the age to 8 and above, so that the individual can tell you if they have any allergies or dietary restrictions.

Additional Resources:

- CNN - Taiwan's 40 best foods and drinks
- <http://www.cnn.com/travel/article/40-taiwan-food/index.html>
- Your local Asian markets
- The Food of Taiwan: Recipes From the Beautiful Island by Cathy Erway
- Fortune Cookie Chronicles: Adventures in the World of Chinese Food by Jennifer 8 Lee

Learning Objective:

- Teens will engage in literature while gaining empathy for the Taiwanese culture.

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