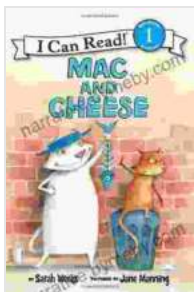


# Mac and Cheese Can Read: A Journey to Literacy for All

Mac and Cheese Can Read is a groundbreaking new book that is changing the way we think about literacy. Written by Dr. Carla Shalaby, a leading expert in early childhood education, this book provides a comprehensive guide to teaching children to read using the power of food.

Dr. Shalaby's research has shown that children who are exposed to food-based literacy activities are more likely to develop a love of reading and become successful readers. This is because food is something that all children can relate to and enjoy. It is also a powerful way to teach children about the world around them.



## Mac and Cheese (I Can Read Level 1) by Sarah Weeks

★★★★☆ 4.8 out of 5

Language : English

File size : 4820 KB

Print length : 32 pages

FREE

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Mac and Cheese Can Read is filled with fun and engaging activities that will help your child learn to read. These activities include:

- **Reading stories about food**
- **Singing songs about food**

- **Playing games about food**
- **Cooking food together**
- **Eating food together**

These activities are not only fun, but they are also effective. Dr. Shalaby's research has shown that children who participate in food-based literacy activities are more likely to:


- **Develop a love of reading**
- **Become successful readers**
- **Have a healthy relationship with food**
- **Be more curious about the world around them**

If you are looking for a way to help your child learn to read, Mac and Cheese Can Read is the perfect book for you. This book is filled with fun and engaging activities that will help your child develop a love of reading and become a successful reader.

### **Free Download Your Copy Today!**

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**Nestle®**  
**Carnation®**



**MACARONI & CHEESE**  
 (Makes 6 servings)

1-2/3 cups (8 oz.) dry small elbow macaroni, cooked and drained  
 2 Tbsp. cornstarch  
 1 tsp. salt  
 1/2 tsp. dry mustard  
 1/4 tsp. ground black pepper

1-1/2 cups (12 fl. oz. can) NESTLE CARNATION Evaporated Milk  
 1 cup water  
 2 Tbsp. butter or margarine  
 2 cups (8 oz.) shredded cheddar cheese, *divided*

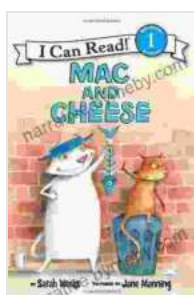
**PREHEAT** oven to 375° F. Grease 2-quart casserole dish.

**COMBINE** cornstarch, salt, mustard and pepper in medium saucepan. Stir in evaporated milk, water and butter. Cook over medium-high heat stirring constantly, until mixture comes to a boil. Boil for 1 minute. Remove from heat. Stir in 1-1/2 cups cheese until melted. Add macaroni; mix well. Pour into prepared casserole dish. Top with *remaining* cheese.

**BAKE** for 20 to 25 minutes or until cheese is melted and light brown.

**NOTE:** To transform Macaroni & Cheese from a simple side dish to a savory one-dish meal, add 1 cup chopped ham or hot dogs after milk mixture comes to a boil.

*For more great recipes visit us at: [www.VeryBestBaking.com](http://www.VeryBestBaking.com)*



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