

Why not send your questions to our reading doctor at hello@scoopthemag.co.uk

www.readingdoctor.co.uk

ailment

Dear Reading Doctor,

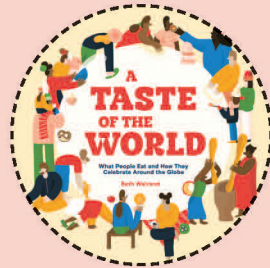
It was my brother's birthday last week, and my mum made the biggest chocolate cake that I've ever seen (even bigger than the one that Bruce Bogtrotter eats in Matilda)! She always says that food is the most important part of celebrating. When it's Eid, we have loads and loads of special cakes and biscuits. I love reading just as much as I love eating ... What sort of food do characters in books eat on days like these?

Rayan, age nine

Prescription

Dear Rayan,

Reading a brilliant book and eating some good food go together like bread and butter, or cheese and biscuits! Lots of authors and illustrators love writing about and drawing pictures of delicious dishes – you'll find plenty of picnics and midnight feasts in lots of popular books, enjoyed by everyone from Harry Potter to the Famous Five. When it's time to celebrate, characters from books often cook up something extra special. For fantastic festive food, have a read of the three books ...



1 **A Taste of the World** by Beth Wolrund is also about the different foods that are prepared for special occasions. Did you know that people in Mexico eat pan de muerto (bone-shaped bread) on the Day of the Dead? Or that Nowruz (Iranian New Year) is celebrated with seven types of food that all begin with the letter 'S'? Read *A Taste of the World* to find out why people eat rice cakes for luck, apples for peace and noodles for a long and happy life!



2 **A Poem for Every Day of the Year** by Allie Esiri is full of unusual and memorable gifts – poems! There's a poem to make your mum smile on Mother's Day, to make your sister scared on Halloween and to make your friends laugh on April Fool's Day. Read them out, copy them into cards, print them onto little pieces of paper and hide them under pillows ... poems make excellent presents for everyone.



3 In *Lunch at 10 Pomegranate Street* by Felicitia Sala, everyone is preparing for a party with their neighbours. Jeremiah is baking peanut butter and chocolate cookies, Pilar is cooking a pot of salmorejo (a Spanish tomato soup), and Mister Ping is frying 'little trees' (small pieces of broccoli). You'll get a glimpse into each character's kitchen, learn how they make their favourite foods and see how tasty treats can bring people together on important days.

The Reading Doctor