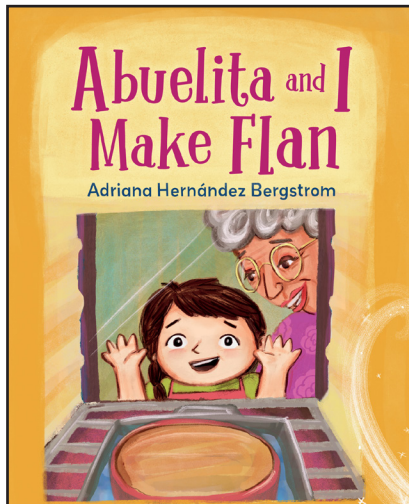


Abuelita and I Make Flan

ACTIVITY KIT

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Adriana Hernández Bergstrom
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About the Book

Anita is a very good helper—usually. But she just made a big mistake. She broke Abuelita’s special plate, the one she brought from Cuba long before Anita was born. Now how are they going to serve Abuelo’s birthday flan?

Maybe if she’s a very good kitchen helper, nobody will notice. But finally, the time comes to flip the flan out of the dish, and Anita has to tell the truth. This sweet story about intergenerational family bonds, shared culture, and forgiveness hits the spot!

About the Author-Illustrator

Adriana Hernández Bergstrom is a Cuban American artist and children’s literature author-illustrator. She has studied at University of Miami and Rhode Island School of Design. Adriana enjoys languages and lives in Florida. *Abuelita and I Make Flan* is her debut picture book.



Abuelita and I Make Flan

Activity Kit

Discussion Guide

Use these questions to kick off classroom discussion, guide pre-thinking and post-reading responses, or inspire a writing or drawing assignment!

Food

1. Anita loves Abuelita's flan de queso—it's a special treat. Can students think of a special treat in their own families, something that is only made for certain holidays or occasions? What makes it special?
2. Look at pages 9–10, where Anita helps Abuelita in the kitchen. Do students (or their older siblings) also help in the kitchen? What are some kitchen jobs that they do? Are there kitchen jobs they're not ready for yet, like using the oven or chopping ingredients?
3. On page 9, we also see Abuelita's recipe card. Have students followed recipes before? Where does their family keep or find recipes?

Family

1. Who are the people in Anita's family? How do students know?
2. Abuelita has arthritis, so Anita helps her with some tasks. What are some ways that students help others? What are some tasks that students get help with? Do they see adults in their life also give and receive help?
3. Abuelo and Abuelita came to the United States from Cuba. How do they share their culture and memories with Anita in this book?

Doing the Right Thing

1. Why does Anita wait so long to tell Abuelo and Abuelita that the special plate is broken? Why is it usually important to tell a trusted adult as soon as possible when you have an accident or break a rule (for example: Anita might have missed some broken glass when she swept up, which could hurt somebody)?
2. What does Anita do to try and make up for breaking the plate? What do students do to make things better when they do something wrong?
3. Look at page 21, where Anita apologizes. What does the illustrator do to make this page stand out? What emotions do you see in this page? What emotions do you hear in the words?

Abuelita and I Make Flan

Activity Kit

Flan Recipe

Enjoy more flavors of Abuelita's special flan with these delicious recipes! Always get an adult's help when working in the kitchen.

FLAN DE QUESO

Recipe makes 9" round flan
OR 6-8 little ramekins of flan

INGREDIENTS

1 can (12 oz.) evaporated milk
½ can (7 oz.) sweetened condensed milk
5 eggs
1 package [8oz.] cream cheese, cubed
1 tsp of vanilla extract
1 pinch of salt

For dry method caramel:
¾ cup of white granulated sugar

TOOLS

1 circular baking form
1 Bain Marie (baño de Maria)

INSTRUCTIONS

Preheat oven to 350°F (175°C)
Make caramel. Heat sugar over low/medium heat until amber. Pour caramel to cover bottom of the baking form.

In blender, combine the evaporated milk, condensed milk, eggs, vanilla, and salt. Add the cream cheese cubes. Blend until smooth. Pour mix into form and cover with foil. Place form in a baño de Maria with water reaching 1/3 up the outside of the baking form.

Bake in the baño de Maria for 50 min. to 1 hr, 15 min. or until the center is set, and it's not watery, just a bit jiggly. Let rest for 20 min. Chill in the fridge for 3+ hours or overnight.

To serve, run a knife along the outside of the form and flip that flan onto a bigger plate. Spoon the rest of the caramel on top. Enjoy!

ADRIANA HERNÁNDEZ BERGSTROM
AUTHOR-ILLUSTRATOR OF ABUELITA & I MAKE FLAN

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FLAN DE GUAYABA

Recipe makes 1.5qt baking dish, 9" round, or
6 little ramekins of flan

INGREDIENTS

1 can (12 oz.) evaporated milk
½ can (7 oz.) sweetened condensed milk
7 oz. of a guava paste brick (roughly half)
5 eggs
1 tsp of vanilla extract
1 pinch of salt

For wet method caramel:
1 cup of white granulated sugar + ¼ C water

Decorations:
Leaf shaped slices of guava paste

TOOLS

1 circular baking form
1 Bain Marie (baño de Maria)

INSTRUCTIONS

Preheat oven to 350°F (175°C)
Make caramel. Heat over medium heat until amber. Pour caramel to cover bottom of the baking form.

Blend the evaporated milk, condensed milk, eggs, vanilla, and salt. Add the guava paste in little pieces. Blend until smooth.

Pour into form and cover with foil. Place form in baño de Maria with water at about 1-2 knuckles high. Place baño with flan form in the oven.

Bake for 50 minutes to 1 hr, 15 min or until toothpick comes out clean, and it's not watery, just slightly jiggly. Let rest for 20 min. Chill in the fridge for 3+ hours or overnight.

Ready to serve? Flip that flan onto a bigger plate. Spoon caramel on top. Decorate!

ADRIANA HERNÁNDEZ BERGSTROM
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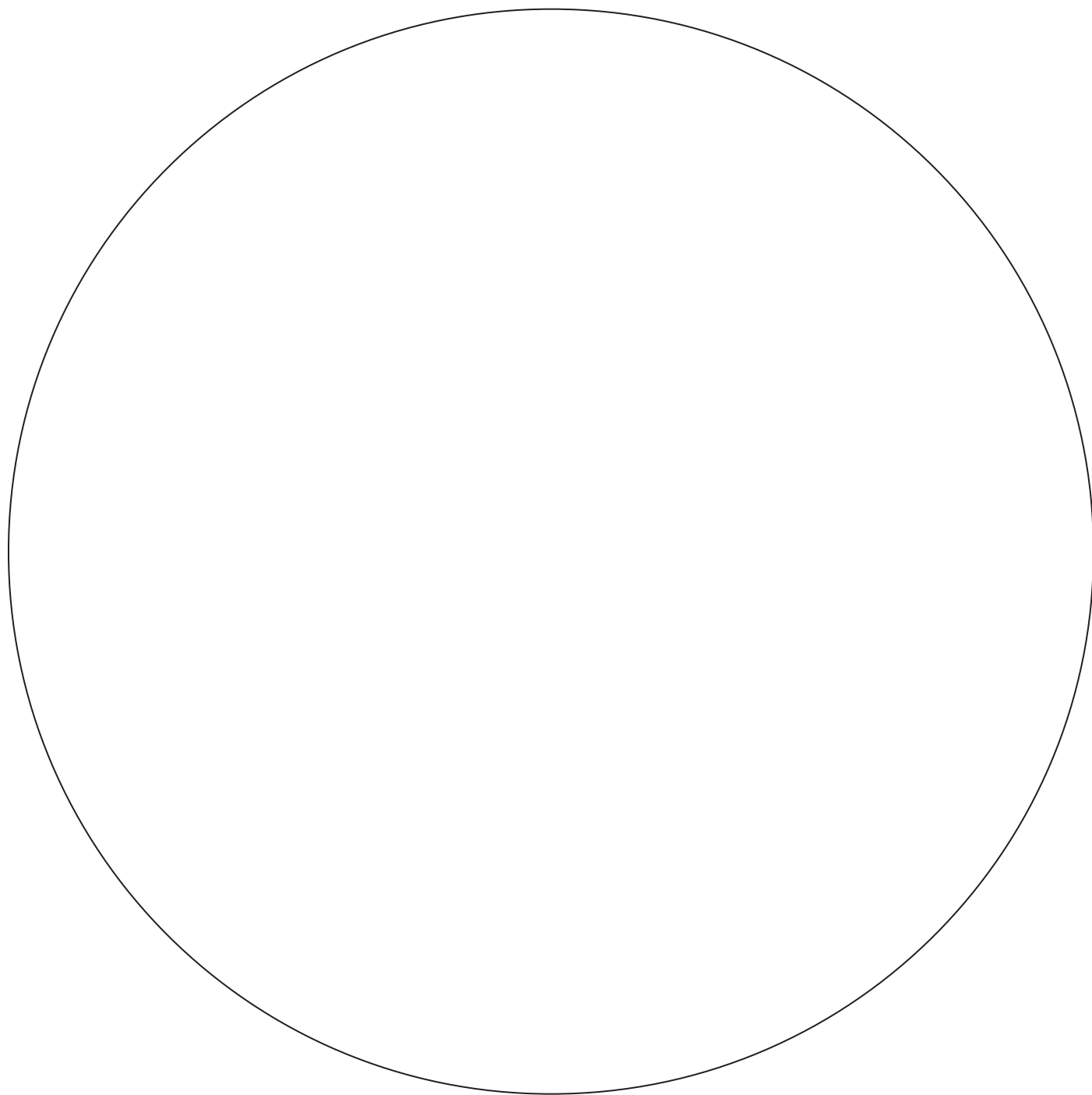
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Abuelita and I Make Flan

Activity Kit

Draw Your Own Special Plate

Abuelita's special plate isn't just a plate—it's a connection to her family history. Use the space below to draw a fancy plate pattern that represents something special about you and your family!



Abuelita and I Make Flan

Activity Kit

Word Search: Spanish

N	E	O	L	Q	A	F	H	E
Ó	V	D	P	Ó	Z	I	S	T
R	A	É	M	F	Ú	S	R	Á
C	I	F	S	L	C	E	H	Z
M	N	T	H	A	A	H	U	G
Ú	I	H	Ú	N	R	T	E	L
K	L	E	C	H	E	L	V	É
A	L	Í	Q	U	E	S	O	F
B	A	S	N	Z	W	K	S	Ó

AZÚCAR
HUEVOS
LECHE

VAINILLA
QUESO
FLAN

Abuelita and I Make Flan

Activity Kit

Word Search: English

S U S F E H U B Z
H P U H T R G C L
R E G G S D I H F
D O A V A L R E E
F L R C O U S E X
L R B T I T Q S D
A M I L K R E E M
N J V A N I L L A
L K G H S M W A N

SUGAR

EGGS

MILK

VANILLA

CHEESE

FLAN

Abuelita and I Make Flan

Activity Kit

Vocabulary Matching

Match the English and Spanish ingredients!

Name: _____ Class: _____

Sweetened
Condensed Milk

Sugar

Flan

Vanilla

Eggs

Spoon

Evaporated Milk

- Leche
evaporada

- Huevos

- Azucar

- Cuchara

- Vainilla

- Flan

- Leche
condensada
azucarada

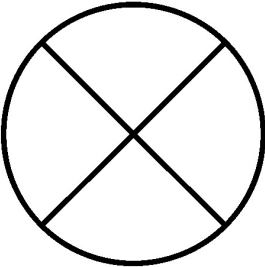
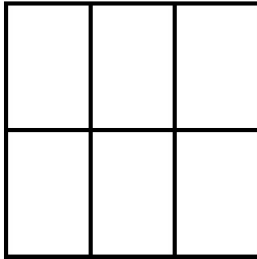
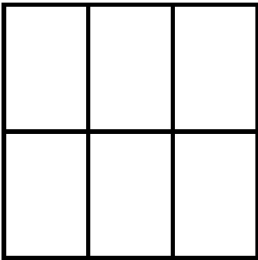
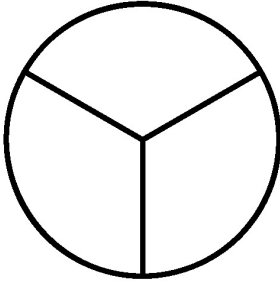
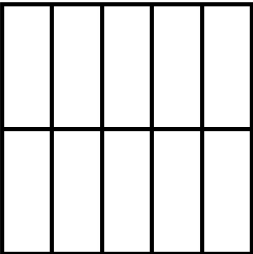
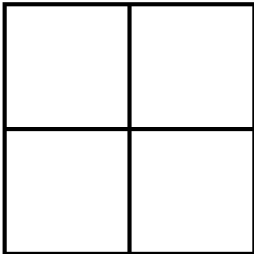
Abuelita and I Make Flan

Activity Kit

Flan-tastic Fractions!

Shade in the following fractions:

Name: _____ Class: _____

 $\frac{3}{4}$	 $\frac{4}{6}$
 $\frac{2}{6}$	 $\frac{1}{3}$
 $\frac{7}{10}$	 $\frac{2}{4}$

Abuelita and I Make Flan

Activity Kit

Prediction Table

As each event occurs in the book, write what you think will happen next. Use the words and pictures as clues. Then write what really happened in the story and compare it to your prediction.

Name: _____ Class: _____

Event	Prediction	Clues	What really happened?


Abuelita and I Make Flan


Activity Kit


Making Flan

Write out the sequence of steps in making flan. Draw a picture in the box for each step.

Name: _____ Class: _____

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Abuelita and I Make Flan

Activity Kit

Creative Writing

Complete the paragraph below using the prompts provided.

Name: _____ Class: _____

On my birthday, I like to

for 3 reasons.

First,

Second,

Third.

This is why I like to

on my birthday.

Abuelita and I Make Flan

Activity Kit

Cursive Practice

Name: _____

Class: _____



Abuelita and I Make Flan

Activity Kit

Find the Ingredients!

Can you help Anita find all the flan ingredients?

