

HANDS ON

Cooking Projects for Children & Parents

Recipes and Activities from the Bloomington Developmental Learning Center

Bloomington, Indiana

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Cooking Projects for Children & Parents

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**Bloomington Developmental Learning Center
Bloomington, Indiana**

Printed in the United States of America
Recipes marked with an asterisk (*) denote an alternative recipe.
(Child and/or adult supervision required for all recipes.)

Acknowledgements

*This book is dedicated to the children and parents of the
Bloomington Developmental Learning Center*

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Introduction

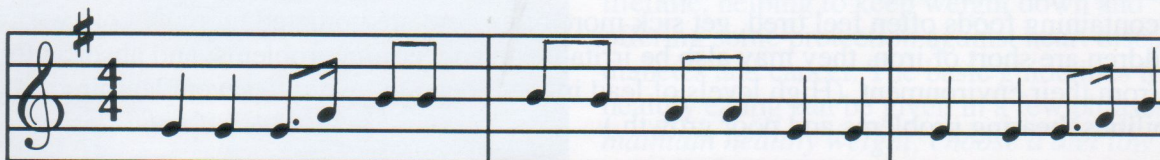
The purpose of this cookbook is manifold. The main goal is to give children the opportunity to discover, test, experience, understand, and define the world of cooking in fun and exploratory ways. We've included nutritionally sound recipes that children enjoy and that they can make with their parents at home. Recipes which are also appropriate for child care center cooking are starred in the table of contents. Favorite children's activities, including those that parents most often request from child care staff, are suggested to help deepen the learning process.

The book is also aimed at promoting healthy eating habits and manners and increasing families' nutritional awareness. We've included nutritional information both in the "Tips for Healthy Eating" section and in the nutritional analysis that follows each recipe. The "Enjoying Meals Together" section suggests ways to make mealtime a pleasant, sharing-and-caring part of the day.

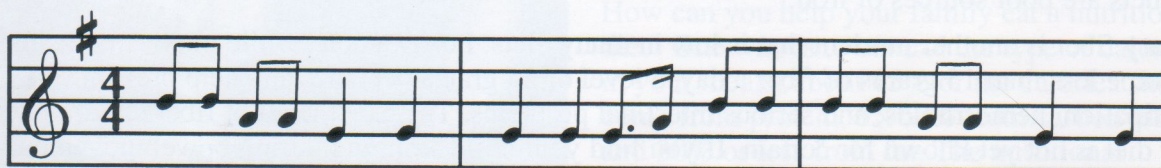
Children learn best through participation, and cooking projects are an ideal way to let kids see, taste, smell, feel and hear the total nutrition process. Cooking will give children a real sense of accomplishment, of pride in their work, along with providing early practice in lifelong learning skills in the language arts, math, and science.

Child care professionals recognize the benefits cooking activities offer children, but are limited by the health regulations mandated for institutions. (For example, children cannot set the table, eat family style, or participate in group cooking experiences.) This book strives to strengthen the link between child care centers and home by providing a varied selection of nutritious and fun-to-make recipes, integrated with suggestions for favorite book, songs, and hands-on discovery activities for the whole family to enjoy.

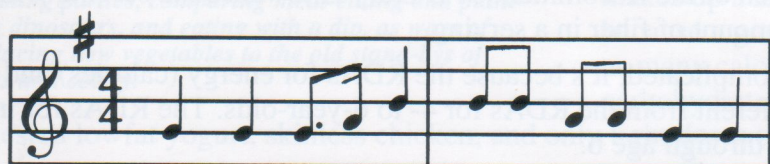
Stir, Stir, Stir the Muffins



Stir, stir, stir the muf - fins. Stir the muf - fins, Kel - ly.† When your turn is up,



pass it on to Mom - my.†† Stir, stir, stir the muf - fins. Stir the muf - fins, Mom - my.



When your turn is up, pass it on to Kel - ly.†

†Substitute your child's name as you sing. This song is fun and functional! The "stirring pot" is passed back and forth from child to child (for taking turns) or from child to adult (to ensure that ingredients are well mixed).

††Substitute Daddy, sister, etc. as appropriate to get the "stirring pot" passed. Substitute other food names for "muffin" when preparing other recipes.



Bread and Grains

Banana Muffins

You need

Muffin tins (for 12 muffins)
No-stick cooking spray
Mixing bowls and spoons
Measuring cup and spoons

Ingredients

1 egg
1/3 c. 2% milk
1/3 c. vegetable oil
1 c. mashed bananas
(2 medium)

1 c. whole wheat flour
1 c. all-purpose flour
1/3 c. brown sugar
1 t. baking powder
1/2 t. salt

Directions

Heat oven to 400°F. **Children and parents:** Spray muffin tin. Beat egg; stir in milk, oil and mashed bananas. In separate bowl, combine remaining (dry) ingredients, then add to banana mixture, stirring until flour is moistened; batter will be lumpy. Fill muffin cups 3/4 full. **Parents:** Bake until golden brown, about 20 minutes. Serving size, one muffin. Makes one dozen muffins.

Song: "Do You Know the Muffin Man?" **Books:** *If You Give a Moose a Muffin* (Laura Jaffe Numeroff, Scholastic 1991), *Caps for Sale* (Esphyr Slobodkina, Addison Wesley 1968), *Molly and Grandpa* (Sally G. Ward, Scholastic 1968). **Activities:** Sort items using muffin tins; empty and sort again. Play with muffin tin papers and sort them. Sort old colored crayons into tins. Melt and make new "muffin" crayons.

Nutritional Analysis: Carbohydrate 25 g (57%), fat 7 g (36%), protein 3.4 g (7%). Calories 172 (13% RDA, age 1-3; 9% RDA age 4-6); protein 3.4 g (21% RDA, age 1-3; 14% RDA age 4-6); iron 1 mg (10% RDA age 1-6); calcium 24 mg (3% RDA age 1-6); dietary fiber 2 g.

Measuring and mixing ingredients are valuable skills in math and chemistry. Children are eager cooks and scientists.



Blueberry Pancakes

You need

Measuring cups and spoons
Mixing bowl and spoon
Spatula (pancake turner)
Pancake griddle or skillet
No-stick cooking spray

Ingredients

1 c. whole wheat flour 3/4 c. 2% milk
1 t. baking powder 1 egg
1 T. sugar 1/2 c. blueberries
1 T. vegetable oil

Directions

Children and parents: Measure flour, baking powder, sugar, oil, and milk into a mixing bowl. In another small bowl, lightly beat the egg. Add to ingredients in first bowl. Mix just until all ingredients are moist; texture will be lumpy. Stir in blueberries (or your favorite fruit).

Parents: Spray cold griddle with no-stick spray. Heat griddle and pour out pancakes about 4" across. When the pancake batter starts to bubble, turn pancake and brown

other side. Try to turn only once. Children should be encouraged to eat pancakes without a topping -- it's much healthier. If you add a topping, try using preserves and omit the sugar from the batter, or just heap on more fresh blueberries. Makes about nine four-inch pancakes. One pancake per serving. *Variation:* Try making silver dollar-size pancakes or pancakes in various shapes -- people, mice, sunflowers.

Books: *Blueberries for Sal*† (Robert McCloskey, Penguin 1976); *Pancakes, Pancakes* (Eric Carle, Scholastic 1990); *Pancakes for Breakfast* (Tomie de Paola, HBJ 1978).

Activities: †Taste blueberries with *Sal and Little Bear*. Go on a "circle" hunt in your house or on a walk and find things that are round. *Make playdough pancakes.*

Nutritional Analysis: Carbohydrate 13.3g (59%), fat 2.7 g (27%), protein 3.2 g (14%). Calories 87 (6% RDA age 1-3; 4% RDA age 4-6); protein 3.2 g (20% RDA age 1-3; 13% RDA age 4-6); iron 0.62 mg (6% RDA age 1-6); calcium 37 mg (4% RDA age 1-6); dietary fiber 1.9 g.



Kindergarten age children, with supervision, can take the first steps into cooking with heated elements. Pancake flipping is a good place to start.

Cornbread

You Need

Measuring cups and spoons
Large mixing bowl and spoon
8" x 8" x 2" baking pan
No-stick cooking spray

Ingredients

1-1/2 c. cornmeal	3 T. vegetable oil
1/2 c. all-purpose flour	1-1/2 c. buttermilk
1 t. sugar	2 eggs, beaten
1 t. baking powder	1 t. salt

Directions

Preheat oven to 450°F. **Children and parents:** Spray baking pan. Mix all ingredients thoroughly. Pour into pan. **Parents:** Bake 25-30 minutes until golden brown. 12 servings.

Song: "Jimmy Crack Corn." **Books:** *Corn Is Maize: The Gift of the Indians* (Ailiki, Crowell 1976); *Journey Cake, Ho!* (Ruth Sawyer, Viking 1978). **Activities:** Put cornmeal in a tub for pouring, measuring and sifting. Get ears of Indian corn and make a centerpiece. Pop or pull kernels off Indian corn, then sort, count or make a shaker.

Nutritional Analysis: Carbohydrate 19 g (56%), fat 4.8 g (32%), protein 4 g (12%). Calories 139 (10% RDA age 1-3; 7% RDA age 4-6); protein 4 g (25% RDA age 1-3; 16% RDA age 4-6); iron 1 mg (10% RDA age 1-6); calcium 45 mg (5% RDA age 1-6); dietary fiber 1 g.

Monster Mix

You need

"Witch's Kettle" (bowl) for mixing
Large spoon for stirring
Measuring cups

Ingredients

2 c. dirt (Cheerios)	1-1/2 c. eyes (raisins)
1 c. bat wings (carob chips)	1/2 c. monster hair (coconut)
1/4 c. warts (peanuts)	2 c. spider eggs (puffed wheat)
2 c. dinosaur claws (Rice Chex)	

Directions

Children and Parents: Mix all together and eat! Stores well in tightly covered container for snacks. Makes 14 servings.

Books: *Where the Wild Things Are* (Maurice Sendak, Scholastic 1963); *Hansel and Gretel*† (James Marshall, Scholastic, Inc., 1990); *Curious George Goes Hiking* (Margaret Rey, Houghton Mifflin, 1990). **Activities:** †Use the mix instead of bread crumbs to play *Hansel and Gretel*. Eat the mix with chopsticks to exercise fine motor skills. Take a hike and eat the mix!

Nutritional Analysis: Carbohydrate 20 g (59%), fat 5 g (33%), protein 3 g (8%). Calories 131 (10% RDA age 1-3; 7% RDA age 4-6); protein 3 g (17% RDA age 1-3; 11% RDA age 4-6); iron 0.9 mg (9% RDA age 1-6); calcium 56 mg (7% RDA age 1-6); dietary fiber 1.6 g.

Pretzels

You need

Metal baking sheet
Measuring cups and spoons
Egg beater or whisk
Small pastry brush

Ingredients

1 pkg. quick-rising dry yeast
3/4 c. warm water
1 t. salt
1 T. sugar
2-3 c. all-purpose flour
Optional: beaten egg with coarse salt
and/or sesame seed, for topping



Intense concentration and satisfaction can be achieved by toddlers through the tactile experiences of making pretzels and breads.

Directions

Preheat oven to 425°F. **Children and parents:** Dissolve yeast in water. Add salt and sugar. Mix in 2 c. of flour; add more flour, if needed, until dough loses its stickiness. Knead dough until smooth. Beat egg and set aside. Use child's handful of dough or about a 2" ball of dough for each pretzel shape. Make traditional pretzel shapes, numbers, letters or unique shapes. The more the dough is handled, the bigger the pretzels will be! (If you like, brush with egg and sprinkle with coarse salt and/or sesame seeds before baking.) **Parents:** Bake for 12 minutes. Makes ten servings. **Variation:** try whole wheat pastry flour.

Books: *Pretzel* (Margaret Rey, Scholastic 1944); *Gregory the Terrible Eater* (Mitchell Sharmat, Four Winds Press 1980). **Activities:** Add a popsicle stick through the pretzel for a handle. Twist your body to make different "pretzel" shapes. Make letters from pretzel dough. Pretend playdough is a pretzel -- make different shapes.

Nutritional Analysis: Carbohydrate 25 g (86%), fat 0.3 g (2%), protein 3.5 g (12%). Calories 120 (9% RDA age 1-3; 6% RDA age 4-6); protein 3.5 g (22% RDA age 1-3; 14% RDA age 4-6); iron 1.4 mg (13% RDA age 1-6); calcium 6.8 mg (<1% RDA age 1-6); dietary fiber 0 g.

Rice

You Need

Saucepan with lid
Measuring cups
Mixing spoon

Ingredients

$\frac{2}{3}$ c. water
 $\frac{1}{3}$ c. rice
Optional: soy sauce

Directions

Children and parents: Measure water and rice into saucepan. **Parents:** Heat to boiling, stirring once or twice. Reduce heat to low, cover, and simmer 15 minutes. (Do not lift cover or stir.) Remove from heat. Fluff rice lightly with fork; cover and let steam 5 to 10 minutes more. Serve with soy sauce, if desired. Makes two servings. **Variation:** For fuller nutrition and a pleasant, nutty flavor, use brown rice. Increase simmering time to 30 minutes.

Rice is a food enjoyed by many cultures. Try combining rice with vegetables, chicken, or red beans, or enjoy a bowl of rice with milk for breakfast!

Books: *Chicken Soup with Rice* (Maurice Sendak, Harper & Row 1962); *How My Parents Learned To Eat* (Ina R. Friedman, Houghton Mifflin 1984). **Activities:** Use chopsticks to eat rice. Use tongs to move cotton balls from one container to another. Use chopsticks to move small toys (such as Little People figures). Have children count how many they can move. Put rice in a container for pouring and measuring. Experiment with adding different vegetables (tomatoes, onions, bell peppers) to the rice recipe in a tasting-party format. Some children will like raisins with curry powder or cinnamon too.

Nutritional Analysis: Carbohydrate 24.4 g (90%), fat 0.2 g (2%), protein 2.2 g (8%). Calories 111 (8% RDA age 1-3; 6% RDA age 4-6); protein 2.2 g (13% RDA age 1-3; 9% RDA age 4-6); iron 1.3 mg (13% RDA age 1-6); calcium 10 mg (1% RDA age 1-6); dietary fiber 0 g.



A large container filled with rice, cornmeal, or beans and with a variety of scoops, funnels, sifters, and measuring cups makes a favorite "hands on" area for preschoolers. These manipulation objects provide a rich setting for skill development and understanding.

Whole Wheat Bread



Kneading dough, using the push and pull, fold and press rhythm, is a rewarding experience for children. Punching the dough down can be a great stress reliever.

You need

*Bread loaf tin
Large mixing bowl and spoon
Measuring cups and spoons
No-stick cooking spray*

Ingredients

<i>1 pkg. active dry yeast</i>	<i>1/2 c. warm water</i>
<i>2 T. honey</i>	<i>1 c. lukewarm 2% milk (scalded, then cooled)</i>
<i>1/2 t. salt</i>	<i>3-4 c. whole wheat flour</i>
<i>1 T. + 1 t. vegetable shortening</i>	

Directions

Children and parents: Dissolve yeast in warm water, then mix in honey, shortening, salt, milk, and 3 c. flour. Stir well. Add enough of the remaining flour to make dough easy to handle. Knead the bread on a lightly floured surface, adding more flour if too sticky. Clean mixing bowl and spray with cooking spray; place bread in bowl, cover, and let it rise until doubled or about one hour. Punch down dough, shape and place into prepared loaf tin. Cover and let rise again for one hour. **Parents:** Preheat oven to 425°F. Bake for 25-30 minutes or until bread sounds hollow when tapped. (You may need to cover bread with foil during the last 10 minutes of baking to keep it from browning too much.) Cool and enjoy! Serves 12.

Books: *Bread, Bread, Bread* (Ann Morris, Scholastic 1989); *Little Red Hen*† (Paul Galdone, Houghton Mifflin 1985); *My Favorite Time of Year* (Susan Pearson, Harper & Row 1988).

Activities: When kneading the bread, form various shapes for eating. Design ornaments with the dough. Use cookie cutters to play with playdough or to trace. †Act out the story of the Little Red Hen.

Nutritional Analysis: Carbohydrate 29 g (72%), fat 2.6 g (14%), protein 5.6 g (14%). Calories 155 (11% RDA age 1-3; 8% RDA age 4-6); protein 5.6 g (35% RDA age 1-3; 23% RDA age 4-6); iron 1.5 mg (14% RDA age 1-6); calcium 38 mg (4% RDA age 1-6); dietary fiber 4 g.



Appetizers



Thumbprint ants



Ants on a Log

You need

Knife

Ingredients

1 celery stalk

1 t. peanut butter

18 raisins

Directions

Children and parents: Cut celery stalk into three pieces. Spread peanut butter into celery stalks. Sprinkle six raisins on each piece and enjoy. Makes three servings.

Song: "The Ants Go Marching." **Books:** *I Can't, Said the Ant* (Polly Cameron, Scholastic 1961); *Ant Cities* (Arthur Dorros, Scholastic 1988). **Activities:** *Leave honey out on the ground to attract ants; watch their activity.* Pour clear carbonated soda water into a clear glass. Drop 4-5 raisins into the glass. Raisins will move up and down. *Make thumbprint ants: ink thumb with a stamp pad, press thumb on paper, then add antennas and legs with a crayon.* Place celery stalks in water glasses partially filled with water and different colors of food coloring. Later in the day, compare what has happened to the different celery stalks. *Go for a nature walk and look for ants under logs and plants (take a magnifying glass). Follow the ants to see where they go.*

Nutritional Analysis: Carbohydrate 3.7 g (58%), fat 0.9 g (32%), protein 0.65 g (10%). Calories 23 (1% RDA age 1-6); protein 0.65 g (4% RDA age 1-3; 2% RDA age 4-6); iron 0.16 mg (1% RDA age 1-6); calcium 7.7 mg (<1% RDA age 1-6); dietary fiber 0.5 g.

Apple Smiles

You need

Knife

Ingredients

Apples, cut in 8 wedges

Peanut butter

Miniature marshmallows

Directions

Children and parents: Spread two apple pieces with 1/4 t. peanut butter on each piece. On one piece, place four or five marshmallows on top of the peanut butter near the outside edge of the apple. Then place the other piece of apple on top of the marshmallows -- making it look like teeth and two smiling lips.

Song: "It Isn't Any Trouble Just to S-M-I-L-E." **Books:** *Johnny Appleseed* (Stephen Kellogg, Morrow 1988); *Apple and Pumpkins* (Anne Rockwell, Atlantic Monthly Press 1986); *The Bear's Toothache* (David McPhail, Joy Street Books 1972); *Doctor DeSoto* (William Steig, Scholastic 1982); *Ten Apples Up On Top* (Dr. Seuss, Random House 1961). **Activities:** *Apple star prints -- slice apple horizontally, ask child what she sees (a star), then dip the star in paint and print on paper.* Count marshmallows. *Make snow pictures with marshmallows.* Practice toothbrushing.

Nutritional Analysis: Carbohydrate 16.3 g (62%), fat 1.4 g (30%), protein 0.8 g (8%). Calories 38 (2% RDA age 1-6); protein 0.8 g (5% RDA age 1-3; 3% RDA age 4-6); iron 0.14 mg (1% RDA age 1-6); calcium 2.9 mg (<1% RDA age 1-6); dietary fiber 0.5 g.

Curds and Whey (Homemade Cheese)

You need

Small saucepan
Large pot

Small mixing bowl
Knife

Colander, lined with cheesecloth
Measuring cups and spoons

Ingredients

2 c. fresh 2% milk

1 rennet tablet

1 T. lukewarm water

Salt (optional)

Directions

Children and parents: Heat milk to 98°F (body temperature) in the small saucepan. Dissolve one rennet tablet in 1 T. of lukewarm water. Add warmed milk to dissolved rennet, stir, and let stand (do not heat). After one hour, use a knife to slice curd into 1/2" cubes. Transfer curd mixture back to saucepan and reheat to 98°F for five minutes to allow whey (liquid) to leak out of the curd. Set the cheesecloth-lined colander over a large pot. Whey will drain from curds. Gather the corners of the cheesecloth and twist them to further drain whey from the curds. Discard whey. Remove the cheese (curds) from the cheesecloth and add salt (optional) if desired. Refrigerate. Makes two servings. Note: rennet tablets are available in grocery stores.

Rhyme: "Little Miss Muffet." Books:

The Very Busy Spider (Eric Carle, Scholastic 1984); *Mother Goose Nursery Rhymes* (Edited by Mary Hill Arbuthnot, Rand McNally 1966); *Father Gander Nursery Rhymes: The Equal Rhyme Amendment* (Dr. Doug Larche, Advocacy Press 1985).

Activities: *Make spiders.* Act out the rhyme (a tuffet is a low chair). *How many nursery rhymes do you know?* Talk about favorite rhymes; pretend to be different characters.

Nutritional Analysis: Carbohydrate 2 g (17%), fat 1 g (20%), protein 7 g (63%). Calories 47 (3% RDA age 1-3; 2% RDA age 4-6); protein 7 g (45% RDA age 1-3; 30% RDA age 4-6); iron <0.1 mg (<1% RDA age 1-6); calcium 36 mg (4% RDA age 1-6); dietary fiber 0 g.



Stories and books are satisfying to young children. Use books to springboard new ideas or to look at familiar routines in a new light. Enjoy making books, including cookbooks, with children.

Dinosaur Feet

You need

Knife
Salad plates
Measuring spoon

Ingredients

1 small whole apple
2 t. peanut butter (plain or chunky)
10 raisins

Directions

Children and parents: For each pair of dinosaur feet, wash one apple. Stand apple on end with stem pointing upward. **Parents:** Parent should cut the apple in half, then core, to make two bowl-shaped apple pieces. Give child an apple piece. Being careful to let the child see, hold an apple piece with one hand and cut two triangular pieces out of upper end. You should have a shape that looks like a dinosaur foot. Repeat with the other apple piece. **Children:** Spread peanut butter on the apple piece. Use raisins to add claws or toenails. Makes two servings.

Books: *Dinosaur Day* (Liza Donnelly, Scholastic 1987); *Dinosaur Bob* (William Joyce, Scholastic 1988); *Dinosaur Dream* (Robin Michael Koontz, Putnam 1988); *Digging Up Dinosaurs* (Ailiki, Crowell 1981).

Activities: *Bury shells or rocks in sand -- children can play "archaeologist" by digging them up and brushing them off.* Make a life-size Tyrannosaurus Rex footprint that is 3' x 3' using snow, fallen leaves, cardboard, or fabric or carpet scraps. How many child's feet can fit in it? *Talk about what dinosaurs liked to eat.*

Nutritional Analysis: Carbohydrate 12.9 g (61%), fat 2.9 g (31%), protein 1.5 g (7%). Calories 76 (5% RDA age 1-3; 4% RDA age 4-6); protein 1.5 g (9% RDA age 1-3; 6% RDA age 4-6); iron 0.24 mg (2% RDA age 1-6); calcium 7 mg (<1% RDA age 1-6); dietary fiber 1.9 g.



This dinosaur-sized smile exemplifies a child's pride and excitement in completing the tasty "dinosaur foot" recipe.

Pear Mouse

You need

Vegetable peeler

Salad plates

Toothpicks

Ingredients

1 pear half, canned (body)

Carrot (shavings make tail)

2 grapes (ears)

1 raisin (nose)

Celery (strings make whiskers)

Directions

Children and parents: Place pear half (round side up) on a plate. Peel carrot. (If child uses the peeler, parent should supervise closely). For the tail, place a long, curly piece of carrot shaving at the wide end of the pear. For the ears, push a toothpick through a grape and secure on one side of the narrow end of the pear. Repeat for the other ear. (Remind children that the toothpicks are used for holding the ears and are to be discarded.) For the nose, place a raisin on the plate at the narrow end of the pear. Make whiskers by peeling celery strips and placing them just above the raisins. With leftover ingredients, children can make their own fruit and vegetable salads or "nests" for the "blind mice." Makes one "mouse."

Song: "Three Blind Mice."

Rhyme: "Hickory Dickory Dock." **Books:** *Frederick* (Leo Lionni, Random House 1967); *Each Peach Pear Plum* (Janet and Allan Ahlberg, Scholastic

1978); *Mouse Paint*† (Ellen Stoll Walsh, HBJ 1989); *City Mouse, Country Mouse* (Aesop, Scholastic 1970). **Activities:** Make a fruit salad. Talk about when different fruits are in season and draw pictures about things you can do during each season.

†Make a fur/fabric painting -- swab fabric with paint and dab on paper for a textured print. Try to wash out fabric like mice did in the book. Try mixing colors of paint.

Nutritional Analysis:

Carbohydrate 6.9 g (94%), fat 0.1 g (3%), protein 0.2 g (3%). Calories 26 (2% RDA age 1-3; 1% RDA age 4-6); protein 0.2 g (1% RDA age 1-3; <1% RDA age 4-6); iron 0.13 mg (1% RDA age 1-6); calcium 5.1 mg (<1% RDA age 1-6); dietary fiber 1.0 g.



The interest and enthusiasm children show in cooking will carry over to eating, as they tend to become more open to trying new foods.

Race Cars

You need

Knife

Toothpicks

Ingredients

1 celery stalk (cut into 4" pieces)

1 carrot

Spread: 1/2 t. cream cheese

Raisins

Directions

Children and Parents: Cut carrot into "coins" to make wheels. Smooth a thin layer of spread onto celery pieces. Put 1 toothpick through each end of the celery pieces to make the axles. Put carrot wheels on the exposed ends of the toothpicks; attach four wheels per car. Put raisins on top of the spread for drivers and passengers.

Song: "The Wheels on the Bus." **Books:** *Cars and Trucks and Things That Go* (Richard Scarry, Western Publishing

Co. 1974); *What's Under Your Hood, Orson?* (The Holy Cross School Kindergarten, Scholastic 1993). **Activities:** Make wheel prints: dip cars in paint, then print on paper. String pasta wheels. Go on a pretend trip. Make car sounds.

Nutritional Analysis: Carbohydrate 4.5 g (56%), fat 1.2 g (33%), protein 0.9 g (12%). Calories 29 (2% RDA age 1-3; 1% RDA age 4-6); protein 0.9 g (5% RDA age 1-3; 3% RDA age 4-6); iron 0.3 mg (2% RDA age 1-6); calcium 39.2 mg (4% RDA age 1-6); dietary fiber 1.0 g.

Vegetables and Dip

You Need

Knife

Cutting board

Small bowl

Serving plate

Ingredients

Vegetables

Mushrooms

Carrots

Green peppers

Broccoli

Cauliflower

Dip

1/2 c. plain nonfat yogurt

1/8 t. dill weed

1/2 t. soy or tamari sauce

Directions

Children and parents: Wash and cut vegetables into bite-size pieces. Arrange on serving plate. In a small bowl, mix dip ingredients, stirring well. Makes four servings.

Books: *This Year's Garden* (Cynthia Rylan, MacMillan 1984); *Growing Vegetable Soup* (Lois Ehlert, Scholastic 1987); *Stone Soup*[†] (Ann McGovern, Scholastic 1968). **Activities:** [†]Invite family and friends to a Stone Soup Party and have each bring an ingredient. Have a tasting party by dipping vegetables in different salts or spices, tasting and comparing.

Nutritional Analysis: (Dip only) Carbohydrate 2.1 g (45%), fat 0.4 g (22%), protein 1.5 g (33%). Calories 19 (1% RDA age 1-6); protein 1.5 g (9% RDA age 1-3; 6% RDA age 4-6); iron 0.05 mg (<1% RDA age 1-6); calcium 52.6 mg (6% RDA age 1-6); dietary fiber 0 g.



Main Dishes

Chalupas

You need

Cookie sheet
Spatula
Knives for chopping

Ingredients

8 corn tortilla or tostado shells
1 c. shredded cheddar cheese
1 c. chopped romaine lettuce
1/2 c. chopped tomatoes
1/4 c. chopped onion
1-1/2 c. vegetarian refried beans (canned
or prepared using bean recipe, page 16)
Optional: Picante sauce (salsa picante)
or guacamole

Se necesita

Moldes de galletas
Espatula
Cuchillos para picar

Ingredientes

8 tortillas de maíz o tostados
1 taza de queso cheddar
3/4 taza de lechuga romaine picada
1/2 taza de tomate picado
1/4 taza de cebolla picada
1-1/2 taza de frijoles refreidos vegetarianos

Directions

Preheat oven to 375°F. **Children and parents:** For each chalupa, spread beans on corn tortilla using spatula. Sprinkle with cheese. Bake on cookie sheet for 10 minutes or until cheese is melted. Top with lettuce, tomato, and onion.

Books: *Bread, Bread, Bread* (Ann Morris, Scholastic 1989); *Tortillas for Emily* (Maria Angeles, Sundance 1992). **Activities:** *Count from one to ten in Spanish (uno, dos, tres, cuatro, cinco, seis, siete, ocho, nueve, diez)*. Make a collage of pictures of foods from other cultures. *Do bean-related activities on page 18.*

Nutritional Analysis: Carbohydrate 23 g (49%), fat 6 g (31%), protein 9 g (20%). Calories 177 (13% RDA age 1-3; 9% RDA age 4-6); protein 9 g (55% RDA age 1-3; 37% RDA age 4-6); iron 1.7 mg (17% RDA age 1-6); calcium 172 mg (21% RDA age 1-6); dietary fiber 4 g.

Bean Soup

You need

Large stockpot
Strainer

Measuring cup and spoon

Ingredients

Bean mix: 1 cup each black beans, red beans, pinto beans, Navy or pea beans, lentils, and yellow split peas. Clean and sort beans, discarding bad beans and broken shells, etc. Mix different types of beans together and store in a tightly covered container.

Soup: 2 c. bean mix, 6 c. water, 1 t. salt (or to taste); optional seasonings: carrot, celery, onion, lemon juice, vinegar, tomato paste.

Directions

Children and parents: Pour bean mix into a strainer and rinse well. Pour bean mix into a stockpot. Add 6-8 c. water and 1 t. salt. **Parents:** Bring water to a boil and boil beans about 2 minutes. Reduce heat to medium low and simmer until beans are soft, about 2-3 hours. For optional seasonings, add 1 chopped carrot, 1 stalk celery, and 1 small chopped onion to stockpot with beans. After cooking, season with vinegar, lemon juice or tomato paste, adding 1 teaspoon to start and adjusting to taste. Makes 7 one-cup servings.

Song: "Oats and Beans and Barley Grow." **Books:** *Jack and the Beanstalk* (Paul Galdone, Houghton Mifflin 1982); *Pumpkin, Pumpkin* (Jeanne Titherington, Scholastic 1986). **Activities:** Watch beans sprout! Place beans in a moistened paper towel. Place in a plastic bag. Beans will sprout in a few days. Add moisture if towel dries out. Fill small containers with beans. Let children guess how many beans are in each container. Make shakers by putting a few beans in containers such as plastic bottles or cardboard oatmeal boxes. Compare dry and soaked beans. Compare different types of beans. Sort and pour beans with various size and shaped containers. Make bean bags by filling old socks or mittens with beans; tie ends. Make a target by cutting holes in a large sheet of cardboard.

Nutritional Analysis: Carbohydrate 18.6 g (70%), fat 0.4 g (3%), protein 6.8 g (27%). Calories 102 (7% RDA age 1-3; 5% RDA age 4-6); protein 6.8 g (42% RDA age 1-3; 28% RDA age 4-6); iron 2.1 mg (20% RDA age 1-6); calcium 35.9 mg (4% RDA age 1-6); dietary fiber 3.8 g.



Sorting, classifying, measuring, and pouring are areas of great curiosity for young children.

Drumsticks

You need

Aluminum foil

Cookie sheet

Tongs

Optional: Meat thermometer

Ingredients

8 chicken drumsticks, skin removed

Lawry's Seasoned Salt (to taste)

Directions

Preheat oven to 375°F. **Children and parents:** Put aluminum foil on cookie sheet (for easy clean-up). Remove skin from chicken. Rinse chicken drumsticks and place on cookie sheet, leaving space for turning. Lightly season with Lawry's salt. Bake for 30 minutes or until internal temperature reaches 185°F. One drumstick per serving.

Note: Wash cutting surfaces, utensils, and hands thoroughly with soap and water after handling raw chicken. Refrigerate or chill leftovers immediately.

Song: "Old MacDonald Had a Farm." Books:

Chicken Little (Steven Kellogg, W. Morrow 1985);

Henny Penny (H. Warner Zimmerman, Scholastic

1989); *Watch Out for the Chicken Feet in Your Soup*

(Tomie de Paola, Prentice Hall 1974); *Bertie and the Bear* (Pamela Allen, Howard McCann 1984).

Activities: Make a drum using an oatmeal container with a lid. Make chicken tracks using a potato print.

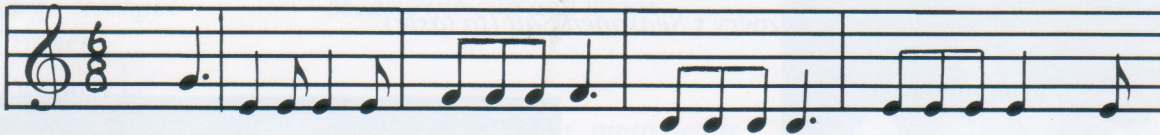
Nutritional Analysis: Carbohydrate 0 g (0%), fat 2.5 g (31%), protein 12.5 g (69%). Calories 76 (5% RDA age 1-3; 4% RDA age 4-6); protein 12.5 g (78% RDA age 1-3; 52% RDA age 4-6); iron 0.6 mg (5% RDA age 1-6); calcium 5 mg (<1% RDA age 1-6); dietary fiber 0 g.



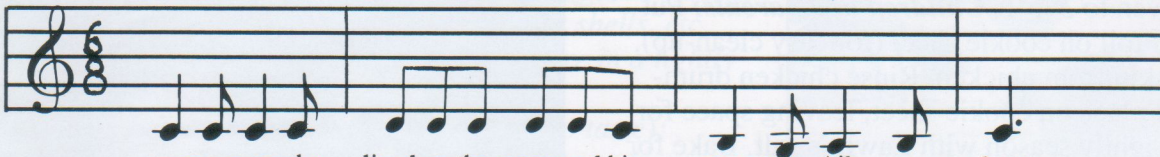
Finger foods, especially those prepared plainly with few spices or frills, are frequently children's favorites.

Aikendrum

Intro.



There was a man who lived on the moon, lived on the moon, lived on the moon. There



was a man who lived on the moon and his name was Aik - en - drum.

Chorus

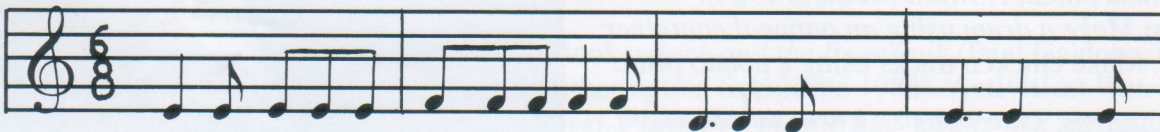


And he played up-on his la - dle, his la - dle, his la-dle. He played up-on his

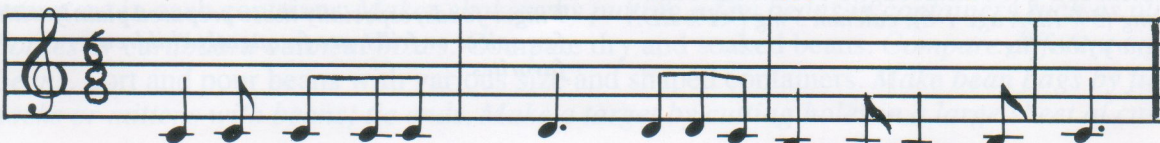


la - dle, and his name was Aik - en - drum. And his

Verse



hair was made out of what, William†? Of (Child's suggestion)! Of () His



hair was made out of ()! And his name was Aik - en - drum.

†Substitute your child's name when you sing.

Aikendrum (Continued)

Verse 2

*Eyes were made out of what, Juanita? Of (child's suggestion)!
His eyes were made out of (child's suggestion)! And his name
was Aikendrum.*

Chorus

Verse 3

Nose was made out of what, Greg? Of (child's

*suggestion)! His nose was made out of (child's suggestion)! And
his name was Aikendrum.*

Chorus

Verse 4

*Mouth was made out of what, Joseph? Of (child's suggestion)!
His mouth was made out of (child's suggestion)! And his name
was Aikendrum.*

Repeat introduction

Pizza Muffins

You need

Cookie sheet
Spatula (pancake turner)
Measuring cup and spoons

Ingredients

1 whole wheat English muffin
1/4 cup pizza sauce
1/4 cup mozzarella cheese, grated
Toppings of your choice

Directions

Preheat oven to 400°F. **Children and parents:** Halve muffin and place on cookie sheet, open side up. Spoon 2 T. pizza sauce on each muffin. Sprinkle 2 T. grated cheese on top of each muffin. Add other toppings as desired. **Parents:** Bake for 10-15 minutes or until cheese is melted. Makes two servings.

Song: "Aikendrum" (folk song). **Books:** *Moir's Birthday* (Robert Munsch, Annick 1987); *The Pizza Book* (Stephen Drensky, Scholastic 1992). **Activities:** *Make playdough pizzas.* Make a pizza collage by gluing pictures of different toppings to a big circle of construction paper or cardboard (maybe "sauce-colored" red with a "crust-colored" tan border). *Play restaurant and take turns being the waiter/waitress.*

Nutritional Analysis: Carbohydrate 17.5 g (56%), fat 3.13 g (23%), protein 6.7 g (22%). Calories 127 (9% RDA age 1-3; 7% RDA age 4-6); protein 6.7 g (42% RDA age 1-3; 28% RDA age 4-6); iron 1.5 mg (15% RDA age 1-6); calcium 150.6 mg (18% RDA age 1-6); dietary fiber 0.26 g.

Scrambled Eggs and Toast

You need

Skillet
Bowl for mixing egg
Egg beater
Spatula (pancake turner)
Toaster
Measuring spoon

Ingredients

1 egg
1 T. milk
No-stick cooking spray
1 slice whole wheat bread

Directions

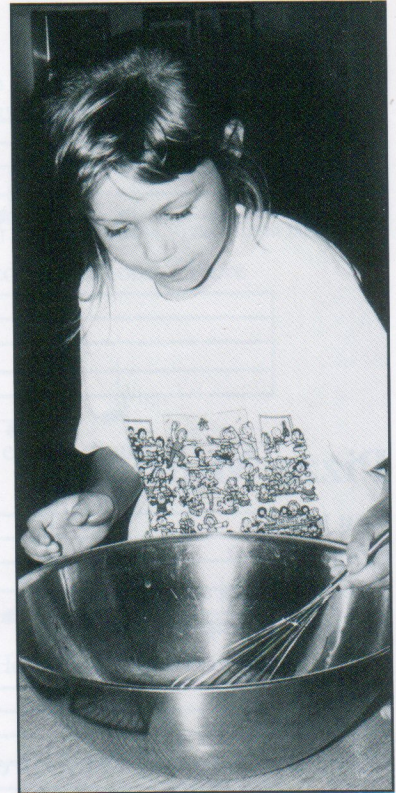
Children and parents: Crack egg and empty into bowl. Beat with egg beater until mixed well. Add milk and mix again. Toast bread.

Parents: Spray cool skillet and heat, then add eggs and cook over medium-low heat, stirring occasionally. Put egg on toast. Serves 1.

Variation "Egg in a Nest": Cut a circle out of a slice of whole wheat bread. Place in a no-stick skillet and crack egg into the hole of the bread. Cook until egg is done.

Books: *Scrambled Eggs Super* (Dr. Seuss, Random House 1953); *Horton Hatches an Egg* (Dr. Seuss, Random House 1940); *Green Eggs and Ham* (Dr. Seuss, Random House 1960). **Activities:** Make ripples in a bowl of water using an egg beater, then add soap and food coloring; then add lots of soap and make soap sculptures. Balancing act --carry a hard-boiled egg on a wooden spoon. Talk about where eggs come from. Use egg cartons for matching and sorting objects. Make egg carton flowers by cutting out one cup of an egg carton. Put a popsicle stick or pipe cleaner through the center of the bottom as a stem. Decorate. Listening skills: Put different items inside plastic eggs and have children guess what they contain.

Nutritional Analysis: Carbohydrate 12.6 g (34%), fat 7.0 g (42%), protein 9.2 g (24%). Calories 149 (11% RDA age 1-3; 8% RDA age 4-6); protein 9.2 g (57% RDA age 1-3; 38% RDA age 4-6); iron 1.6 mg (15% RDA age 1-6); calcium 61.8 mg (7% RDA age 1-6); dietary fiber 2.8 g.



Kitchen utensils can be ideal toys, as can empty food containers complete with labels.

Spaghetti

You need

Large saucepan or stockpot
Spaghetti stirrer

Saucepan
Strainer or colander

Measuring spoons
Knife

Ingredients

1 16 oz. box #11 spaghetti
2 cloves garlic
1-1/2 T. olive oil
1 14-1/2 oz. can whole tomatoes
1 14-1/2 oz. can tomato puree

1 c. mushrooms
1 t. dried basil
1 t. dried rosemary leaves
1/2 t. oregano
Parmesan cheese

Directions

Children and parents: Finely chop tomatoes; save juice to add for desired thickness as sauce cooks. Slice mushrooms and mince garlic. Saute garlic gently in oil. Over low heat, carefully add tomatoes and tomato puree. Add spices. When well mixed, add the mushrooms and onions. Heat to boiling, then reduce heat to simmer, adding reserved juice as needed, until sauce thickens, about 45 minutes. Remember to stir frequently. Prepare spaghetti according to box directions. Serve sauce over spaghetti. With the homemade bread (recipe on p. 10) made into breadsticks, you may have a family favorite! *Optional:* Try whole grain spaghetti. Rather than reheating, add leftovers to soup (they're terrific in bean soup). Serves 8.



Playing house and washing dishes are part of the cooking experience.

Song: "On Top of Spaghetti." **Books:** *Cloudy with a Chance of Meatballs* (Judi Barrett, Atheneum 1978); *Daddy Makes the Best Spaghetti* (Anna Grossnickle Hines, Clarion Books 1986); *Strega Nona*† (Tomie de Paola, Scholastic 1975); *More Spaghetti I Say* (Rita Gelman, Scholastic 1977).

Activities: †Blow kisses and say the magic chant. Play pick-up sticks with uncooked spaghetti. Sort and string pasta shapes. Practice cutting mushrooms with a plastic knife. Grow oregano, basil, and marjoram in pots indoors or in an herb garden.

Nutritional Analysis: (Sauce and spaghetti) Carbohydrate 50.6 g (74%), fat 3.8g (13%), protein 9.1 g (13%). Calories 270 (20% RDA age 1-3; 15% RDA age 4-6); protein 9.1g (56% RDA age 1-3; 37% RDA age 4-6); iron 13.2 mg (32% RDA age 1-6); calcium 47.4 mg (5% RDA age 1-6); dietary fiber 1.8 g.



Beverages and Snacks

Apple-Orange Yogurt Snack

You Need

Cup or child's glass
Measuring cup and spoon
Spoons for mixing and eating

Ingredients

1/2 c. plain yogurt
2 T. frozen orange juice concentrate
1/4 apple, peeled and chopped

Directions

Parents: Set out each ingredient with correct measuring unit in front of it. **Children:** Have child measure and add each ingredient in the order listed. Stir well and eat! **Variation:** sprinkle with cinnamon.

Song: "I Love to Eat Apples and Bananas."

Books: *The Very Hungry Caterpillar* (Eric Carle, Scholastic 1981); *There's a New Baby Calf* (Edith Newlin Chase, Scholastic 1984); *Milk* (Donald Carick, Greenwillow Books 1985); *In the Night Kitchen* (Maurice Sendak, Puffin 1973). **Activities:** Slice oranges different ways and make prints using paint. Grow plants from orange seeds. Play "I Spy Orange" (and other colors) in your home or on a walk. Try mixing in other ingredients (cinnamon, raisins) to make your own recipe.

Nutritional Analysis: Carbohydrate 28 g (78%), fat 0.2 g (1%), protein 7 g (21%). Calories 137 (10% RDA age 1-3; 7% RDA age 4-6); protein 7 g (46% RDA age 1-3; 31% RDA age 4-6); iron 0.2 mg (1% RDA age 1-6); calcium 239 mg (29% RDA age 1-6); dietary fiber 1.0 g.

Measurement, sequence, anticipation. Stir and a delicious snack is the reward.



Whole Wheat Raisin Cookies

You Need

Cookie sheet

Mixing bowl and spoon

Measuring cups and spoons

Ingredients

2 sticks margarine

1-1/4 c. sifted all-purpose flour

1/2 t. cinnamon

2-1/4 c. sugar

1-1/2 c. whole wheat flour

1/2 t. salt

2 eggs

1/4 t. baking powder

1-1/2 c. raisins

2 t. vanilla extract

1/2 t. baking soda

1/4 c. 2% milk

1/2 t. ground cloves

Directions

Preheat oven to 375°F. Spray cookie sheet with cooking spray. Cream together margarine and sugar. Add eggs, vanilla and milk. Mix. Combine dry ingredients (except raisins) in a separate bowl. Add gradually to creamed mixture. Blend well. Fold in raisins. Bake 8 to 10 minutes. Cool on wire racks. Yield: 4 dozen cookies. Serving size, one cookie.

Book: *If You Give a Mouse a Cookie* (Laura Jaffe Numeroff, Scholastic 1985). **Activities:** *Make a Cookie Monster puppet* (Sesame Street character). Cut a sponge into a circle; cut or gouge smaller holes in sponge with scissors. Dip into paint. Color in holes with black marker when dry.

Nutritional Analysis: Carbohydrate 18 g (63%), fat 4.2 g (32%), protein 1.3 g (5%). Calories 113 (8% RDA age 1-3; 6% RDA age 4-6); protein 1.3 g (8% RDA age 1-3; 5% RDA age 4-6); iron 0.42 mg (4% RDA age 1-6); calcium 8.7 mg (1% RDA age 1-6); dietary fiber 0.8 g.

Fresh Strawberry Yogurt

Ingredients

1/2 c. vanilla yogurt

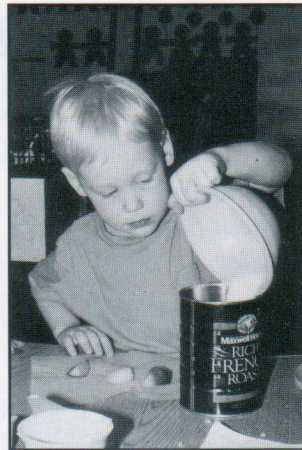
1/4 c. sliced strawberries (or favorite fruit)

Directions

Mix ingredients together and eat! Allow to sit overnight (in refrigerator) for a fruitier taste!

Book: *The Little Mouse, The Red Ripe Strawberry, and The Hungry Bear* (Don and Audrey Wood, Child's Play 1984). **Activities:** *Making drinks is fun! Watch for bubbles. Look and listen when pouring and mixing.* Put food coloring in filled ice-cube trays. Paint with the cubes. *Make a "Drink Book" -- cut out or draw pictures and bind with a ring or staple.*

Nutritional Analysis: Carbohydrate 17 g (67%), fat 2 g (14%), protein 5 g (19%). Calories 101 (7% RDA age 1-3; 5% RDA age 4-6); protein 5 g (29% RDA age 1-3; 19% RDA age 4-6); iron 0.14 mg (1% RDA age 1-6); calcium 130 mg (16% RDA age 1-6); dietary fiber 1 g.



Ice Cream

You need

Large coffee can with lid
Smaller coffee can with lid
Measuring cups and spoons
Crushed ice
Rock salt or salt
Duct tape

Ingredients

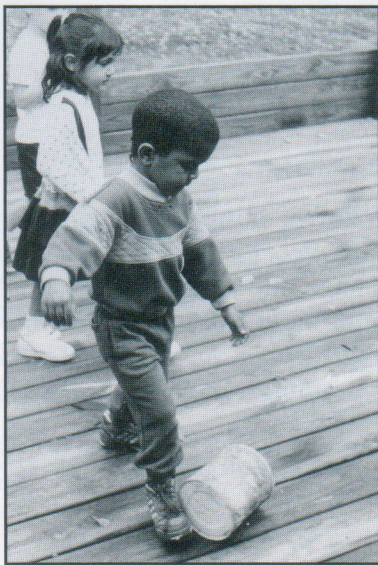
1 cup half and half
1/4 c. sugar
1/2 t. vanilla
1/2 c. strawberries or favorite fruit

Directions

Children and parents: Mix ingredients together in the smaller can. Put on the lid. Seal rim with duct tape. Put a layer of ice on the bottom of the larger can. Place smaller can into the larger can. Place salt and crushed ice around the smaller can, covering smaller can with ice.. (Note: Use one part salt to four parts ice.) Put lid on larger can. Roll can back and forth until ice cream forms (approximately 15 minutes.) Be creative -- discover places to roll the can. Makes 2 servings.

Books: *Curious George Goes to an Ice Cream Store* (Margaret and H.H. Rey, Houghton Mifflin 1989); *Ice Cream Soup* (Frank Modell, Green Willow Books 1988); *The Snow Lion* (David McPhail, Parents Magazine Press 1982). **Activities:** *Language shout:* "I Scream, You Scream, We All Scream for Ice Cream." Make a cone out of paper and use crumpled paper of different colors to make scoops of "ice cream." *For a science experiment, put one ice cube inside the house and the another one outside. What happens? Which one melts faster? Why?*

Nutritional Analysis: Carbohydrate 32 g (48%), fat 14 g (46%), protein 3.8 g (6%). Calories 262 (20% RDA age 1-3; 14% RDA age 4-6); protein 3.8 g (23% RDA age 1-3; 15% RDA age 4-6); iron 0.2 mg (2% RDA age 1-6); calcium 132 mg (16% RDA age 1-6); dietary fiber 0.8 g.



Even basic ingredients and simple directions can open the way to an exciting journey. These children are using their minds to figure out the quickest and easiest way to make ice cream. The play in cooking may be even more exciting than the eating.



Popcorn

You Need

Hot-air popcorn popper
Measuring cup
Bowl

Ingredients

Popcorn

Popcorn is not recommended for children age 2 and younger.

Directions

Make popcorn according to hot-air popcorn popper instructions.

Book: *The Popcorn Book* (Tomie de Paola, Holiday House 1978). **Activities:** Talk about Native American foods -- corn, beans, potatoes.

Dramatic play: pretend to be a kernel of corn popping: scrunch down, slowly explode. *String popcorn.* Feed birds with popcorn; make a bird feeder. *Paint with a corn cob.* Pull kernels off the cob. *Grow corn.* Make corn husk dolls. Wet dried corn husks; shape into a doll using rubber bands; use cornsilk for hair. *Place hot-air popper in the center of a clean sheet and pop corn without the cover. (Make sure children stand well away from hot kernels!) Talk about the process. Gather popcorn and eat. Count the number of kernels before and after popping -- compare volumes.*

Nutritional Analysis: (One cup) Carbohydrate 5 g (83%), fat 0 g (0%), protein 1 g (17%). Calories 25 (1% RDA age 1-6); protein 1g (6% RDA age 1-3; 4% RDA age 4-6); iron 0.2 mg (2% RDA age 1-6); calcium 1 mg (<1% RDA age 1-6); dietary fiber 0.4 g.



Popcorn! An activity and a snack children will jump over.

Yogurt Smoothie

You Need

Blender
Measuring cup
Cup

Ingredients

1/2 cup plain nonfat yogurt
1/2 small banana
1/4 cup fresh ripe peaches

Place all ingredients in a blender. Blend until smooth. Makes one serving.

Nutritional Analysis: Carbohydrate 28.4 g (78%), fat 0.3 g (2%), protein 7.5 g (20%). Calories 136 (10% RDA age 1-3, 7% RDA age 4-6); protein 7.5 g (46% RDA age 1-3; 31% RDA age 4-6); iron 0.23 mg (2% RDA age 1-6); calcium 231.2 mg (28% RDA age 1-6); dietary fiber 1.9 g.

Fresh Squeezed Orange Juice

You Need

Hand juicer

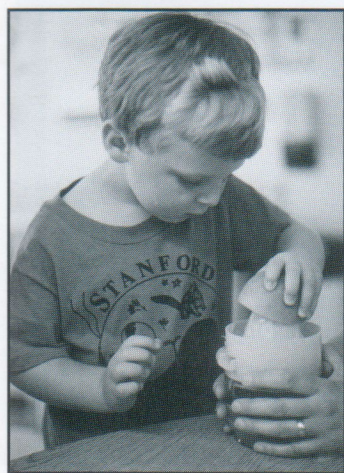
Ingredients

Knife Cup 1 orange

Cut orange in half. Squeeze orange using hand juicer. Pour juice into cup. Try it on the rocks.

Variation: (lemonade) Use a lemon instead of an orange. Squeeze; add 1/4 c. water, 1 t. sugar, and ice. Serves one.

Nutritional Analysis: Carbohydrate 6 g (90%), fat 0.1 g (4%), protein 0.4 g (6%).
Calories 28 (2% RDA age 1-3, 1% RDA age 4-6); protein 0.4g (2% RDA age 1-3, 1% RDA age 4-6); iron 0.1 mg (1% RDA age 1-6); calcium 7 mg (<1% RDA age 1-6); dietary fiber 0.5 g.



Making beverages gives refreshing rewards. It's an ideal "experiment" for comparing and contrasting the raw ingredients with the final product

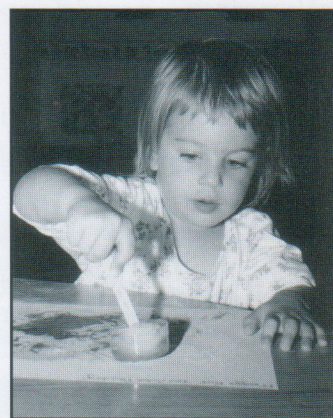
Juice Spritzer

Ingredients

1/2 cup cranapple juice 1/2 c. soda water

Mix together and chill or serve over ice.

Nutritional Analysis: Carbohydrate 32 g (100%), fat 0 g (0%), protein 0.1 g (0%). Calories 127 (9% RDA age 1-3, 7% RDA age 4-6); protein 0.1g (0% RDA age 1-6); iron <1 mg (0% RDA age 1-6); calcium 10 mg (1% RDA age 1-6); dietary fiber 0 g.



Make ice markers by adding food coloring to the water. Put a stick in the ice cube for a handle or just use hands for a creative and kinesthetic art experience.

Frozen Treats

Ingredients Apple juice

Freeze juice in ice cube trays. Put a stick in before freezing to make popsicles, or, after freezing, add the juice cubes to a glass of water or juice spritzer. One cube per serving.

Nutritional Analysis: Carbohydrate 3 g (97%), fat <1 g (2%), protein <1 g (1%).
Calories 12 (<1% RDA age 1-6); protein <1g (<1% RDA age 1-6); iron <0.1 mg (<1% RDA age 1-6); calcium 2 mg (<1% RDA age 1-6); dietary fiber 0.1 g.

Enjoying Meals Together



Meal time and snacks at home are more enjoyable when everyone uses table manners -- a special way of being thoughtful.

The more consistent the meal routine is, the more pleasant the meal time (and digestion) will be.

- Preschoolers should be taught and expected to wash their hands before meals as well as to help set and clear the table. A quiet moment immediately before the meal begins can help everyone get focused and settled for the meal.
- The family should eat together. Outside interferences (for example, the telephone and television) should be cut out or minimized. Before being seated, parents should double-check that everything needed is on the table so that all may sit down together to eat.
- Table manners are important, but guidance should fit the child's age. For example, we might ask a five-year-old to chew with her mouth closed, but we'd start developing that habit with a two-year-old by saying, "Please swallow your food, then talk."
- By age four or five, children can be expected to remain seated when eating, use forks and spoons, chew with mouths closed, and serve themselves, although the parent needs to watch portion sizes and help with hot foods. You can start teaching them these behaviors when they are toddlers.



Children can learn and practice good manners at the child care center with their friends and teachers.

- Foster conversation. Family members can tell stories, or take turns talking about something new they learned, or tell something else special about the day.
- Remember Please and Thank you — children learn by example. When children forget, remind them quietly and lovingly, with a smile and a little pat.
- Relaxing music and soft lighting set a nice tone for the family dinner. So do flowers or seasonal decorations. For a special treat, eat by candlelight!



Pretend play provides opportunities for more food-related experiences such as cooking, feeding baby, and grocery shopping.

Bloomington Developmental Learning Center (BDLC) is a child-centered, family-oriented, multi-ethnic child care center. It is nationally accredited by the National Academy of Early Childhood Programs and provides care for infants through kindergarten-age children. BDLC was founded in 1973 in Bloomington, Indiana.

ABOUT THE AUTHORS

Marty Lash Cook is the executive director of BDLC, where she leads a staff of 35 in providing child care for 110 children. She earned her B.A. in sociology from West Liberty State College, West Virginia. Marty has worked in human services and education for 15 years. She and her husband have one daughter enrolled at BDLC.

Rita K. Moore is the curriculum director at BDLC. She earned her A.A. in early childhood education from Manchester College, Indiana. Prior to assuming her current position, Rita taught in the early childhood classroom for over five years. Rita has two stepchildren and, with her husband, a son, who is enrolled at BDLC.

Alyce D. Fly is an assistant professor of nutrition in the Department of Applied Health Science at Indiana University, where she teaches a variety of courses in nutrition and food chemistry. She received her B.S. in biology and her Ph.D. in nutritional sciences from the University of Illinois. Alyce and her husband have two sons enrolled at BDLC.