

Cooking, Snack Time & Conversation with Preschoolers

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Preschool Nutrition Curriculum

*Pocket Chart Cooking Announcement

*Tissue Paper Chef Hats

*Utensil Needs

* Individual / Small Group/ whole group cooking

*Recipe Holders

*Aikendrum Veggie/Fruit Presentation

*Hand Washing - "Germs are Mean" Song

*Rainbow Vegetable/Fruit Flannel Story

* Heart Healthy Nutrition

*End of the Year Recipe Books

*Nutrition Story Books

Pre-Cooking

Provide a safe place for cooking with preschoolers
Offer appropriate adult supervision
Recipe discussion
Set-up and cleanup instruction
Share clear safety rules when cooking near the stove.
Provide safe utensils for preschoolers
Stress sanitation and safety
Tie hair back; roll up long sleeves, and **WASH HANDS!!**

Germs

(Hand washing Song)

Germs are mean and they can't be seen.
They can make you sick and you feel real ick!
So...use some soap and water and get them clean.
Clean is what it's all about ...Yah!!!

Demonstrations and Practice

Grating Mashing Peeling Cutting Chopping Sifting

Dividing and Portioning Pouring Rolling with hands Shaking

Spreading Mixing Cracking eggs Kneading Greasing pans

Beating with a rotary beater Dividing and Portioning

Crushing herbs with a Mortar and Pestle

Rainbow Stew

Take an apple, put it in the pot, stir it, stir it, stir it a lot! Take it out and what do you see? The prettiest red you even did see!

Orange - lemon - pear - berries - grape- or vegetables, tomato, carrot, squash, broccoli, potato - onion....

All together - the prettiest rainbow you ever did see!!!

Aikendrum - magnets

There came a man to our school,
To our school, to our school.
There came a man to our school,
And his name was Aikendrum.

He played upon a ladle, a ladle, a ladle,
He played upon a ladle,
And his name was Aikendrum.

His hair was made of spaghetti, spaghetti, spaghetti,
His hair was made of spaghetti,
And his name was Aikendrum.

Eyes - Ears - Nose - Mouth - Hands -
Feet - and more... (Use fruits and vegetables)

Classroom Recipes

Veggie Delight

(Make - Take - Enjoy)

1 flour tortilla

Variety of vegetables such as cucumbers, carrots, celery

Susan's Family Dip

Mrs. Q's Fruit Kabobs

*Plastic coffee stir sticks

*Melon baller

*Watermelon, cantaloupe

*Pineapple

*Honeydew melon

*Raspberries and blackberries

*Grapes

Dinosaur Bone Soup

*Wash and chop favorite veggies - carrots, potatoes, onions

*Place large bone in crock-pot

*Add 1 quart of water

*1 large can of tomato sauce

*Season to taste - salt, garlic, basil

*Simmer over night and serve the next day.

Can Rolling Ice Cream - Demonstration

1 $\frac{1}{2}$ cup Whole milk - 1 cup whipping cream - $\frac{1}{2}$ cup sugar

Rock salt - ice cubes - 2 coffee cans - toppings

Duct tape

French Toast Delights

- *2 eggs
- *1 Tablespoon milk
- *Whole grain bread
- *Shape cutters - circle, square, triangle
- *Powdered sugar
- *Syrup for dipping

Sun and Moon Snack Art

- *Cookie shape cutters
- *Bananas
- *Apples
- *Wheat bread

Rolled Biscuit Pizza

- *Refrigerator Biscuits
- *Brush with olive oil
- *Spread 2 tsp. pizza sauce
- *Sprinkle with sweet basil and oregano
- *Top with grated cheese and your favorite topping
- *Bake 400 for 6-10 minutes

1 -2 -3 Ice Cream Sundae Special

- *Vanilla ice cream
- *Banana
- *Chocolate sauce

Cheese Ball Snowman

- *2 -8oz. packages of cream cheese
- *Raisins for the eyes/mouth/buttons
 - *Carrot for the nose
 - *Crackers for the hat
 - *Pretzels for the arms
- *Serve with mini bagels

Snow Pudding

- *1 Package of instant Vanilla Pudding
- *2 Cups of Milk
- *Shredded Coconut for the topping

Soft Pretzels

- 1 package dry yeast
- 1 1/2 cups warm water
- 1 tsp. salt
- 1 tbsp. sugar
- 4 cups flour
- 1 egg

Dissolve yeast in warm water. Mix everything except egg together. Knead until smooth and not sticky. Roll into a big log. Divide into two logs. Divide each half again into at least 12 pieces. Roll out each piece with hands into a long rope. Twist into pretzel/heart shapes and put on foil lined cookie sheet. Brush with egg, beaten with 1 tsp. water. Sprinkle generously with coarse salt. Bake at 450 Oven about 12-15 minutes or until lightly browned.