

CLASSROOM COOKING ACTIVITY

MOUSETAIL SNACK

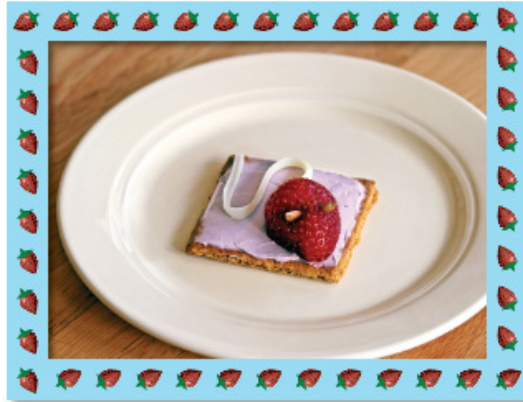
Makes approximately 10 snacks

INGREDIENTS:

- 10 graham crackers
- 8 oz. whipped berry cream cheese
- 5 strawberries
- 2-3 pieces of string cheese
- 1/8 cup sunflower seeds

SUPPLIES:

- tongs
- disposable knives
- napkins
- serving container
- paper plates



NOTE TO GROWN-UPS:

Prep: Wash strawberries under running water. Remove the stem and then slice the strawberry in half lengthwise. Put strawberry halves in serving container and cover.

This is a simple activity where the children can create a mouse with food ingredients including strawberries. **Demonstrate how to make the snack and show children an example of a finished Mousetail snack.**

DIRECTIONS:

1. Invite the children to wash their hands and come to the table for a cooking activity.
2. Give each child a paper plate, a disposable knife and a napkin.
3. Give each child one graham cracker square and a string of string cheese.
4. Place all other ingredients in the middle of the table with serving tongs.
5. Direct children to create a Mousetail snack using the ingredients on their table.
6. Once finished, eat and enjoy!

CLASSROOM COOKING ACTIVITY

STONE COLD SOUP

Makes approximately 10 servings

INGREDIENTS:

- 3 cups frozen strawberries
- 1½ cup fruit juice (apple)
- 3 ripe bananas

SUPPLIES:

- blender
- measuring cups
- mixing/serving spoon
- plastic forks and spoons
- mixing bowls
- small bowls



NOTE TO GROWN-UPS:

Children can help with almost all the steps in this recipe, with the exception of operating the blender.

DIRECTIONS:

1. Invite the children to wash their hands and come to the table for a cooking activity.
2. Measure the fruit juice and pour into the blender.
3. Peel and break up the ripe bananas into the blender jar.
4. Measure the frozen strawberries and add to blender.
5. Blend until smooth.
6. Pour approx. ½ cup into small bowls for each child.
7. Serve with a spoon to eat as soup!

*Option: This can be done as an activity following reading, Stone Soup.

CLASSROOM COOKING ACTIVITY

STRAWBERRY-KIWI FREEZE

Serves approximately 10 children

INGREDIENTS:

- 3 cups frozen strawberries
- 1 cup kiwi, (about 4 medium)
- 1 1/2 cups low-fat strawberry yogurt
- 1 1/2 cups apple juice

SUPPLIES:

- paper cups - 4 oz.
- mixing/serving spoon
- blender
- popsicle sticks
- measuring cups



NOTE TO GROWN-UPS:

This cooking activity should be done in the morning and then serve the Strawberry Freezes for afternoon snack in order to give them time to freeze. Involve the children as much as possible in the prep.

DIRECTIONS:

1. Invite the children to wash their hands and come to the table for a cooking activity.
2. Peel and chop kiwi.
3. Measure and add the juice to the blender jar.
4. Measure and add the strawberry yogurt to blender jar.
5. Measure and add the strawberries to blender.
6. Cover and blend until smooth.
7. Pour approximately 1/2 cup of mixture into each paper cup.
8. Add a few pieces of chopped kiwi to each cup.
9. Place in freezer on a tray for 30 minutes.
10. Place a popsicle stick in the middle of each cup.
11. Return cups to freezer for 2-3 hours, or until completely frozen.
12. To serve, remove from freezer, let sit for about 10 minutes and pull out of paper cups.
Alternately, the cups can be run under warm water in order to easily remove the freeze from the cup.