Food & Cooking

Five Little Cookies
Five little cookies,
With frosting galore,
Mother ate the pink one,
Then there were four.

Four little cookie,
Two and two, you see,
Father ate the green one,
Then there were three.

Three little cookies,
But before I knew,
Sister ate the yellow one,
Then there were two.

Two little cookies,
Oh, what fun!
Brother ate the brown one,
Then there was one.

One little cookie,
Watch me run!
I ate the red one,
Then there were none.

All Around The Apple Tree
Tune of: "Mulberry Bush"

Here we go round the apple tree,
the apple tree, the apple tree
Here we go around the apple tree
On a frosty morning.
This is the way we climb the ladder

Repeat with:
-pick the apples
-wash the apples
-peel the apples
-cook the apples

Two Big Lemons
Tune of: "This Old Man"

Way up high, in a tree (hold hands up as high as possible)
Two big lemons smiled at me (smile)
So I shook that tree with all my power; (Pretend to shake a tree)
Down came the lemons, whoa, they were SOUR!! (make sour face)

I'm A Big Red Tomato
I'm a big red tomato
Growing on a vine,
A big red tomato
Looking oh so fine.
Now you can make good things with me-
Soup, juice, pizza, to name just three.
I'm a big red tomato
Growing on a vine.
Grow, grow, grow.
Rainbow Fruit Pizza

Ingredients:

- 1 sheet seamless crescent roll dough
- 8 ounces vanilla Greek yogurt
- 6 large fresh strawberries
- 4 ounces canned mandarin oranges
- 2 kiwis
- 1/3 cup fresh blueberries
- 1/3 cup fresh blackberries

Directions:

- Preheat oven to 375 degrees F.

- On a lightly greased baking sheet, gently roll out the crescent sheet to make a rectangle, lightly pressing the dough to shape as needed. Trim away the edges of the dough to form a rainbow, and gently press down the corners so that they do not flare up during baking. Bake for 8-12 minutes, until lightly golden and crispy. Remove and let cool to room temperature.

- While the pizza bakes, prepare the fruit. Cut tops off of strawberries and slice thinly; rinse mandarin oranges and pat dry; peel and slice kiwis into coins, then slice coins in half cross-wise to form half moons. Simply wash and pat dry the blueberries and blackberries. Set fruit aside.

- Spread the yogurt over the top of the cooled crust, leaving a 1/2-inch border around all sides. Arrange the strawberries along the outermost edge, “point” down to form the first rainbow stripe. Follow with a “stripe” of oranges, then kiwis, then blueberries, ending with the blackberries as the lower-most stripe. Serve immediately or refrigerate for up to a few hours. Slice and serve.
Salt painting

Ingredients:
• school or craft glue
• salt
• food coloring (any color)
• water
• paintbrush
• white paper

How-to:
• Draw a shape.
• Add glue to outline your shape.
• Add a small amount of salt onto the glue then carefully pour the excess salt off.
• Let the glue and salt dry.
• Mix a few tablespoons of water with your choice of food coloring to make watercolor paint.
• Use a paintbrush to paint your watercolors onto the salt.
• Leave your salt painting to dry overnight.

Note: you can use watercolor paint instead of food coloring

Baggie Ice Cream

1. Put 1/2 cup half and half into a zip-lock sandwich baggie
2. Add 1/2 teaspoon vanilla and 1 Tablespoon sugar
3. Zip-lock the baggie tightly. Try to get most of the air out.
   Put the baggie into another zip-lock sandwich baggie and seal it tightly.
4. Put the sandwich baggies into a gallon sized zip-lock bag. Add ice to fill the large bag
5. Put 2 Tablespoons of salt into the large bag
   Seal the large bag tightly.
   Shake the bag for 8 minutes
6. Take the baggie in the middle out.
   Carefully open the baggie and put the ice cream into a bowl to eat.

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Microwave play clay

Materials:

• Quart-size Mason Jar with two-piece lid
• Half-pint Mason jar
• Paint stirrer or other mixing tool
• 1 cup flour
• 1/2 cup salt
• 1 teaspoon cream of tartar
• 1 cup water
• 10-15 drops of food coloring
• 1 teaspoon vegetable oil

Instructions:

• Combine the flour, salt, and cream of tartar in the quart jar and stir.
• Combine the water and food coloring in the half-pint jar and then pour the liquid into the dry ingredients in the quart jar.
• Add the oil and stir thoroughly. The mixture should look like very thick paint.
• Microwave the jar for about 1.5 minutes (90 seconds).
• Using potholders, carefully remove the hot jar. Place it on the counter and give it a quick stir. The clay should have started to solidify. (If it is still liquid, microwave it for another 10 seconds or so.)
• Let it cool for a minute or so, or until you can comfortably hold the jar, and continue stirring. The mixture should be thick like mud.
• Scrape it out of the jar onto a surface with a little flour on it and knead it until it's smooth.
• Store the clay in the quart jar but let it cool completely before putting the lid on. It should keep for months.

ABOVE: Unlike goo or slime, play clay can be molded and holds its shape. Sculptures left out to dry can be painted with acrylics (give them a white primer coat first).
Food Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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F   U   N   P   O   T   A   T   O   R   A   N   G   E   N   Y
T   T   O   R   R   A   C   P   W   E   N   A   B   E   A   N
S   U   G   A   R   A   P   S   A   E   I   A   L   A   D   O
A   P   C   U   B   C   U   P   T   M   K   P   B   T   I   D
F   O   A   B   S   P   P   E   E   O   P   C   I   A   N   A
K   R   A   C   O   E   E   B   R   A   M   C   O   R   N   H
A   G   P   T   T   Z   A   B   M   R   U   A   E   A   E   C
E   T   P   I   O   U   R   A   E   F   P   U   T   K   R   N
R   C   T   O   T   C   S   T   L   L   E   L   U   O   N   U
B   E   A   V   O   C   A   D   O   D   A   I   N   N   L
A   L   E   M   A   H   C   H   N   E   S   F   P   U   M   E
V   E   I   S   P   I   N   A   C   H   R   L   I   K   P   T
O   R   T   M   C   N   I   L   O   C   C   O   R   B   O   T
C   Y   W   A   E   I   T   R   E   M   E   W   L   O   N   U
N   O   I   N   O   M   E   L   S   P   E   E   L   A   K   C
A   S   P   A   C   U   C   U   B   E   R   A   G   U   E
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APPETITE   APPLE   ASPARAGUS   AVOCADO   BEAN   BREAKFAST   BROCCOLI   CABBAGE   CARROT   CAULIFLOWER

CELERY   CORN   CUCUMBER   DINNER   EAT   KALE   LEMON   LETTUCE   LIME   LUNCH

ONION   ORANGE   PEAR   PEAS   POTATO   PUMPKIN   SPINACH   TOMATO   WATERMELON   ZUCCHINI

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