

## PRESCHOOL SNACK RECIPE ASSIGNMENT

You will invent a recipe for a children's snack that is easy to follow, that the preschool children can assist in preparing, and that includes the four vital components listed below:

1. A list of ingredients
2. A list of utensils
3. Detailed directions
4. Objectives for the recipe

In the ingredients list, you must be sure that all ingredients have amounts or measurements that are exact. Double check the ingredients list to make sure you have included all the needed ingredients.

You must carefully think through all the items and/or equipment that you will need to prepare the snack and include them in the utensils list.

Step-by-step instructions that are easy to follow are very important. You may wish to include diagrams or pictures to assist in the explanation of your directions.

The objectives for your recipe are the skills and developmental processes that the children will develop or work with while helping to prepare the snack.

Example:

### CHUNKY APPLESAUCE

#### INGREDIENTS

4 red apples  
4 yellow apples  
4 green apples  
1 cup water  
1 teaspoon cinnamon

#### UTENSILS

4 small knives  
covered electric skillet  
measuring cups and spoons  
bleach  
small bowl  
damp rag  
large spoon

#### DIRECTIONS:

Prior to the cooking experience, wash the table with a small amount of bleach and a damp rag. Let it dry. As children become involved with this activity, cut apples into eighths and core. Dispose of cores in a small bowl. Children can cut the apple eighths into small chunks. Place the chunks into the electric skillet. Add cinnamon and one-half cup of water. Cover the electric skillet and simmer for about one-half hour, stirring occasionally and adding water as needed to keep them moist. Do not remove the apple skins; they make the applesauce more nutritious and colorful! Serves 16

#### OBJECTIVES:

Making applesauce is an excellent sensory experience that appeals to the child's sense of taste, smell, and sight. By measuring, counting apples, and seeing the apples divided into pieces, children are exposed to a variety of mathematical concepts. Because the apples change form as they are heated, this food experience provides exposure to the scientific concept of changing states. Finally, this activity can also teach a variety of concepts about apples: apples come in various colors, apples have seeds, apples have a skin for protection, apples are a fruit that we eat.

#### APPROPRIATE THEMES:

Fruits	Apples
Foods	Fall
Trees	Plants
Colors	Seeds

#### RESOURCES:

Books:  
"The Apple and the Moth"  
"The Very Hungry Caterpillar"  
Fingerplay:  
"Way Up High in the Apple Tree"