

Sensational Snacking Week



Cassie and Ben made "Monster Toast" this week!

Children brought their appetites and joined us for a week of good food and good friends. They worked together to learn about the importance of healthy eating, while snacking on foods that they prepared themselves (and even some foods from other countries they had never tried before).

Side Notes:

- Remember, we are closed Friday, July 4th.
- POGO Cards (exp. date 1-1-09) still available at cost for \$10. Call the office (476-8304) or stop by to pick one up (2045 E Street).
- Parents, PLEASE make sure children are wearing socks and closed toe shoes that fit properly. No flip flops or Crocs—these are dangerous when children are running and using the climbing equipment.
- Apply sunscreen to your child/ren before coming to summer sessions.

Summer Sessions Bookshelf

- Cherries and Cherry Pits* by Vera B. Williams
Green Eggs & Ham Cookbook by Georgeanne Brennan
Gregory, the Terrible Eater by Mitchell Sharmat
The Herbal Kitchen by Jerry Traunfeld
How Are You Peeling? by Saxton Freymann and Joost Elffers
How Pizza Came to Queens by Dayal Kaur Khalsa
Kids First Cookbook by the American Cancer Society
Lunch by Denise Fleming
My Little Book of Vegetables by Synergy Media
The Pirate Cookbook by DK Publishing
Today is Monday by Eric Carle
The Tortilla Factory by Ruth Wright Paulsen
The Tree (First Discovery Books) by Gallimard Jeunesse
A Tree Is Nice by Janice May Udry
The Vegetables We Eat by Gail Gibbons
A Bed for the Winter by Karen Wallace
Exploring Underground Habitats by Margaret Phinney

Delicious tastes and smells set the tone for week

2-5 Group

Food adventures galore have been keeping the 2-5 Group busy this week: pancakes with peanut butter and chocolate chips, popcorn chickpeas, garlic and basil italian bread, and fettucini! Some interesting conversations were also overheard.

During Popcorn Chickpeas adventure:

Henry: "I can smell the smell of the rosemary on the stick." (the children were stripping rosemary sprigs)



Elissa F. strips rosemary.

and pretend to cut underneath their fingers to keep them safe.

Madisyn has been working with a broken arm this summer and was concerned about breaking the rosemary leaf in fourths. Jackson said, "that's easy" before he thinks to try it first. When he does, he realized it is harder than he thought.

Henry estimated the amount of rosemary he had harvested by looking at it and then looking at a tablespoon measuring spoon.

Ms. Murdoch explained the concept of "approximation." Henry then approximated his piles of rosemary would equal two tablespoons and after measuring it, he was correct!

Callie said "three stems equal one tablespoon, six stems equal two tablespoons and nine stems equal three tablespoons."

Ms. Murdoch encouraged the children to stand while they were working on the chickpea recipe because "when we are in an



Drawings of Rosemary by... Addison K.



Jarod stirs the chickpeas.

Ms. Murdoch: "You can use rosemary as the skewer with shish kabobs."

She had the students pass around garlic and rosemary and explained how to cut garlic by having them make a bridge with their fingers

and pretend to cut underneath their fingers to keep them safe.

Popcorn Chickpeas (Makes 2 cups)

- 1 15 oz. can chickpeas
- 3 T. olive oil
- 1 T. coarsely chopped rosemary
- 1 T. finely chopped garlic
- ¾ tsp. kosher salt (opt.)
- Freshly ground black pepper

Drain and rinse chickpeas in a strainer. Turn them onto paper towels or a clean dish towel and pat dry. Pour olive oil in large skillet over medium-high heat, toss in chickpeas. Cook 5 to 7 minutes, shaking pan often until they turn several shades darker, shrink a bit and form a light crust. Pour chickpeas into a strainer to drain excess oil, return to pan. Lower heat to medium. Add rosemary and garlic. Stir another 1-2 minutes until garlic begins to brown. Sprinkle with salt (opt.) and a few grindings of pepper. Toss again, pour into serving bowl. Serve warm.

She asked if they were curious about anything while they were cooking the chickpeas. Zoie wondered if they would fly out if she shook them while they were in the skillet.

Ms. Ragland asked the children "what makes the chickpeas pop?" Callie said "I think there is something inside of them that can't mix with the oil and so they pop."

Ms. Murdoch had the children observe the amount of oil called for and asked them if they would want to eat that much oil. They agreed that they should use less oil because "it is unhealthy, even though it's olive oil."

When the chickpea popcorn was finished and the children were trying it Sean said, "it's delicious. It tastes like oil." Jackson thought "they have kinda more flavor when they are



Jackson said, "I don't like it, I love it!"

cooked. It tasted good in a sandwich. I broke one cracker in half and smooshed a bean in it. I don't like it, I love it!" Madisyn said "it tastes really, really good!"

Jackson added up how much the recipe would cost when Ms. Murdoch asked the class if it would be expensive or cheap to make the popcorn.

- Olive oil \$12 but only used 1.5 oz. ... \$.75
- \$.75 per can of chick peas x3 ... \$2.25
- Rosemary ... free
- Garlic ... \$.50
- Total ... \$3.50

He said, "if you could grow garbanzos beans (and the garlic and rosemary), you could have it for free!"

Contributed by Natalie Ragland and Holly Murdoch



... Jarod S.



... Brooks B.



... Callie M.



... Elissa F.



... Olivia D.

Nature-related activities keep younger children busy

Toddlers

Toddler friends have been exploring underground animals. Teachers read the books [A Bed for Winter](#) and [Exploring Underground Habitats](#) to the children to help them think about all the different animals that live underground. The children also enjoyed making their own “underground” homes in the room with tunnels, cloth and tables. Everyone used their imagination to pretend to be animals living underground. Erik pretended to be a bear living in a cave. Keira and Drew made believe they were snakes in the grass.



Teddy crawls through his “underground” tunnel.

Nathaniel and Jack took their underground adventures outside to dig in the dirt to find



Mira watches ants crawl on the ground.

real worms. Mira was excited to find ants on the Nature Explore Classroom; we had real ants in an ant farm inside in our classroom.

The children also explored other animal homes. During the week they observed a tree frog and a bird’s nest with eggs in it that blew out of a tree after one of our recent windstorms. They also spent time in the greenhouse looking for worms and slugs in the worm tank.

Their underground and outdoor adventures provided numerous opportunities for close observation. Take your child outdoors to see what kinds of animal homes you can find together!

By Kristine Luebbe and Joy Ritchie

Infants

We have been going on nature walks. Teachers modeled the action of pointing and looking at various trees. Jack and Allison then observed trees by pointing and looking up at them. We also found a small tree branch with leaves that



The American Sign Language sign for “tree.”

we brought back to our classroom. During small group time, Miss Joleen brought out the green turf rug and laid the branch on the rug. She placed additional leaves around the branch. Abby and Carson picked up the “tree.” They turned it around, looked at it and also smelled the branch. They took some of the leaves off and then tried to put them back on.

In addition to exploring real trees, we also read the books “The Tree” and “A Tree is Nice,” showed the infants pictures of other trees and taught them the sign for tree.

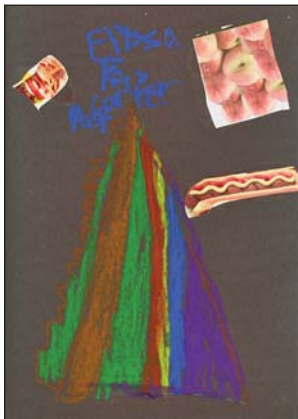
The infant and toddler Nature Explore Classroom received the gift of a new tree. We will be giving it water when we visit to help it grow! We think the tree should have a name. If anyone has an idea for a name, please tell the infant and toddler teachers!

by Joleen Podtburg

Great books about food lead to sensational snacking!

K-1 Group

Sensational Snacking was a smash hit this week with the Kindergarten and First grade class. We all cooperated together to create the most delicious snacks, the kind that can be repeated at home! We used



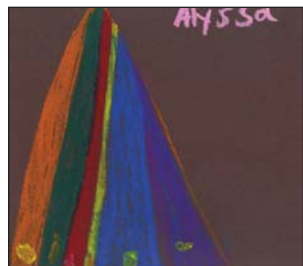
Elyssa P's food pyramid collage.

five books to set the menu to help us learn more about food: [How Are You Peeling?](#), [How Pizza Came to Queens](#), [The Tortilla Factory](#), [Cherries and Cherry Pits](#), and [Gregory the Terrible Eater](#).

We talked about the food pyramid and making healthy food choices. Then the children used oil pastels, black construction paper and cutouts of foods to make their own food pyramids.

Monday we enjoyed baby carrots and Ranch Dip in the morning, while in the afternoon we painted bread with milk and food coloring to create Monster Toast.

Tuesday we used our creative side again and made mini-pizzas, using english muffins as the crust. In the afternoon, we made grilled cheese – cooked until golden brown! A pizzeria with



Alyssa S.'s food pyramid collage.

dough, pizza pans, rolling pins and pizza cutters was set up in the house area for children to roll out their own “pizza crusts.”

On Wednesday the morning crew experienced a taste of Mexico by sprinkling tortillas with butter spread and cinnamon – yummy! Hayden F. said, “It’s like the caterpillar.” (He made this observation based on his knowledge of butterflies and after reading about the cycle of life in [The Tortilla Factory](#).)



Alyssa and Hana rolled and flattened out their pizza crusts.

In the afternoon the group made chocolate pudding and enjoyed cool blueberry popsicles they had prepared the day before! Delicious!

On Thursday the morning group made cherry pies. Kennedee, after reading [Cherries and Cherry Pits](#), said “That picture looks like Van Gogh.” The 2-5 group joined us in the afternoon to help make a Native American vegetarian stew called “The Three Sisters Stew” using corn, squash and beans. These are native plants and were basic foods for Native Americans.

Friday both the morning and afternoon groups

prepared and sampled a variety of fruits and vegetables. They did the peeling, slicing and dicing themselves.

We had a wonderful week with our appetizing snacks!

by Kathy Marshall, Joyce White and Katie Logan



Preschoolers read the book [The Tortilla Factory](#) and then made their own style of tortillas with butter and cinnamon. Cole D. said, “after the butter we get to eat it!” Will L. added, “this is good stuff!”



Preschoolers had fun shucking their own ears of corn before sampling the corn!

Photographs contributed by Katie Logan, Kristine Luebbe, Beth Pauley and Natalie Ragland.