

## Cheesy Snowflake

After learning how to make snowflakes out of construction paper, children will participate in this exciting cooking activity.

❖ **Words we can use:** tortilla, cheese, fold, cut, and sprinkle

❖ **Cook and Prep Time:** 30 minutes

❖ **What we need:**

- 📖 Package of whole grain, flour tortillas
- 📖 Shredded mozzarella cheese
- 📖 Kitchen scissors
- 📖 Baking sheet



### What to do:

1. Children will fold the tortilla in half, and then in half again.
2. With a little bit of help from the teachers, they can cut out shapes and designs from the folded edges of the tortilla with the kitchen scissors.
3. After we open the tortilla to reveal unique snowflake designs, we will place them flat on the baking sheet.
4. We will carefully sprinkle the shredded mozzarella cheese on the snowflake tortilla, trying to keep the cheese away from the holes.
5. After a minute or so in the oven, our snowflakes are ready to be eaten!

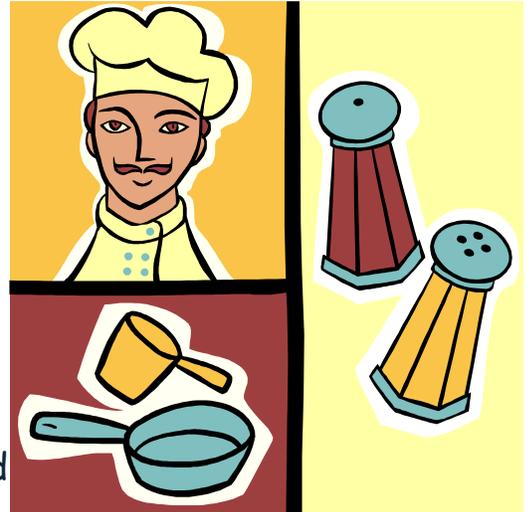
## The science behind Salt and Pepper

❖ **Words we can use:** dissolve, float, mix

❖ **Lesson time:** 15 min

❖ **What we need:**

- 🍷 Salt
- 🍷 Pepper
- 🍷 Water
- 🍷 One spoon and one cup for each child
- 🍷 One plate for each child



❖ **What to do:**

1. The teacher will place a little of salt and pepper in separate piles on a plate and a cup of water for each child.
2. Following the instructions, the children will wet a finger in the cup. Using their moistened fingers to dip separately in the salt and in the pepper, each child will taste these spices.
3. We will discuss our observations focusing on taste.
4. Each child will mix the salt and pepper together with the spoon.
5. Each child will spoon a small amount of mixture into their cups of water and stir.
6. Watch what happens! (salt dissolves, pepper floats).

## LETTER WAFFLES

❖ **Words we will use:** waffles, blueberries, sweet

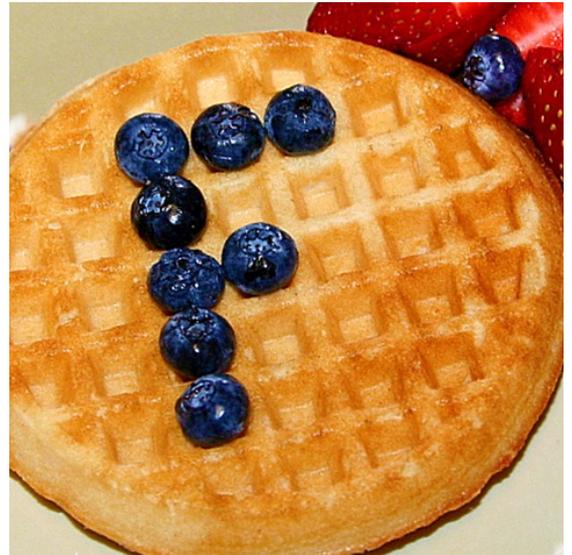
❖ **Lesson time:** 15 min

❖ **What we need:**

 whole grain waffles

 blueberries

 sugar powder



❖ **What to do:**

1. At the beginning of the lesson the teacher will talk about names and how each name begins with a specific letter. The children will play the letter recognition game to get familiar with their personal letters.
2. After that, each child will get a cooked waffle and watch the teacher sprinkle the powdered sugar on the waffle to outline "their letter"
3. When every child has their own "letter-perfect" waffle, they will be given a bowl of blueberries.
4. With the little bit of help from the teachers, the children will try to arrange the blueberries on the sugar powder outline to make their own initials.