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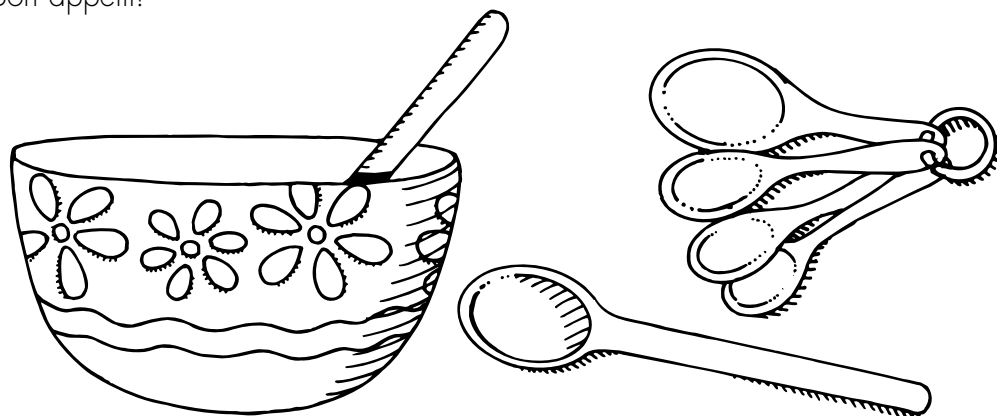
Introduction

Stir up a batch of eager learners with the skills-based activities in *Book Cooks*. The 26 easy-to-follow recipes—one for each letter of the alphabet—and numerous activities enhance literacy and math skills while motivating young learners and involving them in enjoyable, hands-on cooking experiences.

The easy-to-follow recipes require very little preparation, and only two recipes require a heat source. As your young chefs cook up fun food creations, they will also practice valuable math skills such as measuring, counting, patterning, identifying shapes, and making fractions.

Each “tasty” theme uses a popular children’s book to introduce the theme and tie together the skills-based cooking experience with literature. Also included is a simple list of ingredients; step-by-step directions; reproducible student recipe cards; literature links; a related poem, chant, or song; and two activity ideas. Read the recommended books to the class throughout the week to reinforce the theme. Use the playful verses in the poem, chant, or song to help children practice identifying rhyming words, capital letters, and punctuation marks. Enhance the cooking experiences with the related activities that encourage children to write, graph, sort by shape or size, solve math problems, and create colorful art projects. Strengthen the home–school connection by creating individual cookbooks that children can take home with all the recipes from this resource.

This all-in-one resource is designed to make cooking a breeze. Children will practice valuable skills while munching on delicious goodies. Bon appetit!

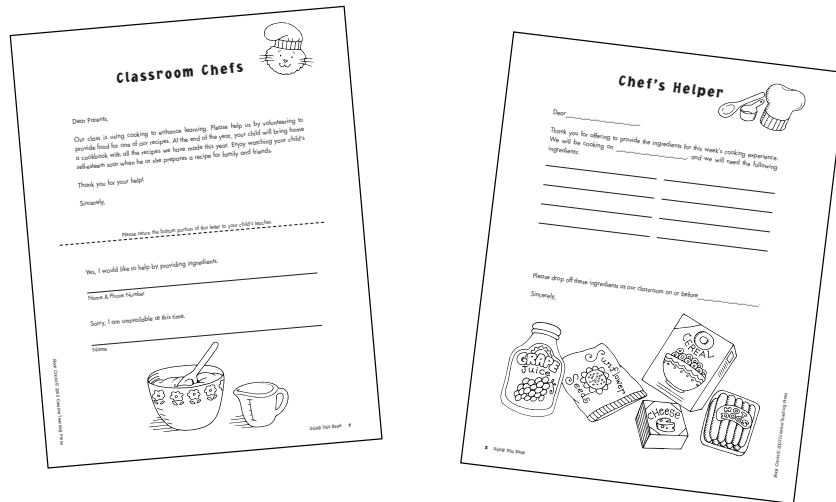


Using This Book

Each “tasty” theme contains the same components. This sample guideline of how to implement a week-long theme can be applied to any theme from this resource.

Getting Organized

At the beginning of the year, send home with each child the Classroom Chefs parent letter (page 7) that asks volunteers to donate ingredients. At the beginning of each week, choose the theme of study. Review the recipe, and gather the utensils and supplies needed. Copy the Chef’s Helper letter (page 8), and list the ingredients. Send the letter home to a volunteer who has agreed to purchase ingredients.



Introducing Literature

Begin each theme by reviewing the related literature synopsis. Read aloud the book, and discuss with the class how the book relates to the theme of study for the week. Read aloud throughout the week additional books from the related literature list.



Learning the Poem, Chant, or Song

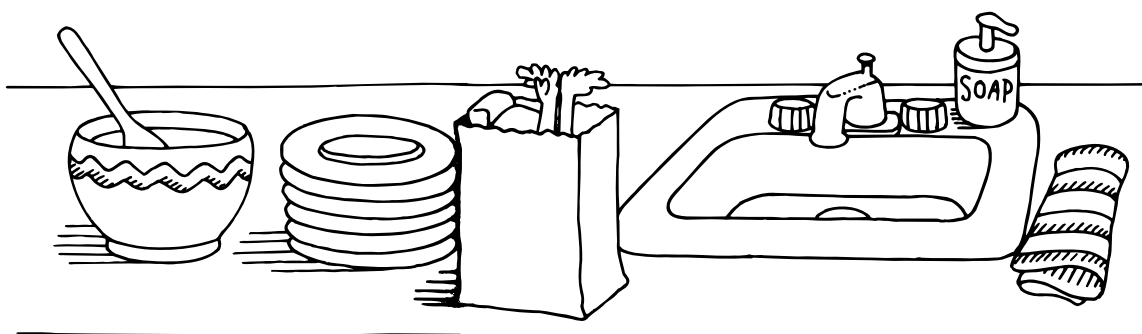
Next, copy the poem, chant, or song onto an overhead transparency, chart paper, or sentence strips. For easy reference, use a different color of ink for each line. Point to each word, and have children echo each word as you say it. Underline the rhyming words, encourage children to identify them, and have children tap the words in rhythm. Have children identify and circle each capital letter. Have children identify and draw a triangle around each punctuation mark. Reintroduce the poem, chant, or song throughout the week until children have memorized it.

Teaching the Activities

After reading the related book and introducing the poem, chant, or song for the week, have children complete the activities. The required materials for each activity are in boldfaced type the first time each material is mentioned to help you identify needed materials at a glance. (Lined paper, pencils, scissors, crayons, markers, and glue are assumed to be readily available and are not in bold.)

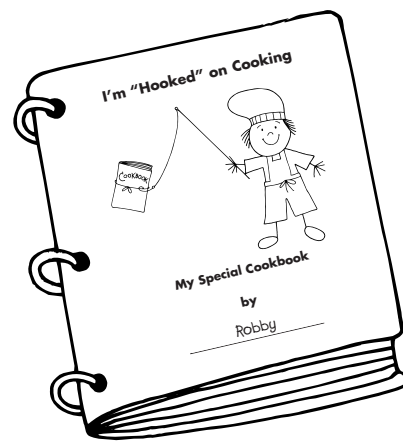
Creating and Introducing the Cooking Center

As a culminating activity, have children make the recipe of the week. To prepare for this, choose a location in your classroom for the cooking center. Place the center near a sink, if possible. Set up all the utensils and supplies for the recipe of the week. Copy and cut apart the reproducible recipe cards. Place on the table the cards along with the ingredients in the order they will be used. Show the utensils, supplies, ingredients, and recipe to children. Have children make the recipe individually or in small groups (multiply the ingredients by the number of children in the group). Ask a parent volunteer to help children measure and cut ingredients and answer any questions children might have while they are cooking.



Creating Individual Cookbooks

Write each child's name on a separate file folder. After the class completes a recipe, give each child a copy of the corresponding page with the recipe, directions, and poem/song/chant. Invite children to comment on the recipe by drawing a happy or sad face in the *I think this recipe is* box at the top of the page. Collect the papers, and store them in the file folders. Copy a class set of the student cookbook cover reproducible (page 9). Give each child a copy of the reproducible, and have children decorate their cookbook cover. When the class has completed all the recipes, bind together each child's 26 recipe pages and completed cookbook cover; or glue each child's cover to his or her file folder, and staple together the pages to create individual cookbooks. Invite children to take home their cookbook and share the recipes with their family.

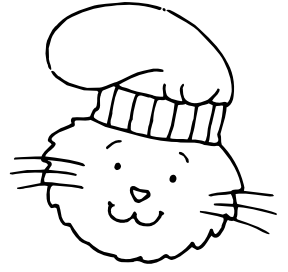


Helpful Hints

Use these helpful hints for a successful cooking experience.

- ✓ Check every child's record for food allergies. Substitute ingredients when necessary.
- ✓ Consider using reusable tableware instead of paper. While it requires washing, it is less expensive and more environmentally friendly.
- ✓ Discuss safety with the class. Only allow adults to use utensils with sharp edges.
- ✓ Explain appropriate behavior and fair consequences when working at the cooking center.
- ✓ If possible, set up the cooking center near a sink and away from other activity areas.
- ✓ Have parent volunteers help you prepare and supervise the cooking activities.
- ✓ Enlist the help of parents to shop for ingredients each week. Use the Classroom Chefs letter (page 7) at the beginning of the year and the Chef's Helper letter (page 8) as a reminder each week.
- ✓ Immediately wipe up any spills to avoid slippery floors.

Classroom Chefs



Dear Parents,

Our class is using cooking to enhance learning. Please help us by volunteering to provide food for one of our recipes. At the end of the year, your child will bring home a cookbook with all the recipes we have made this year. Enjoy watching your child's self-esteem soar when he or she prepares a recipe for family and friends.

Thank you for your help!

Sincerely,

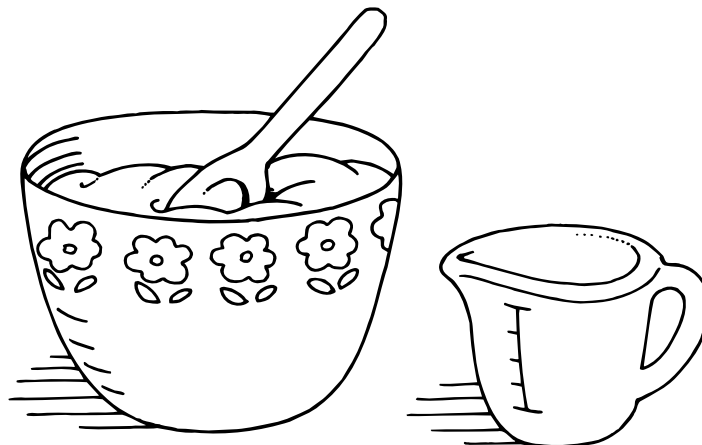
Please return the bottom portion of this letter to your child's teacher.

Yes, I would like to help by providing ingredients.

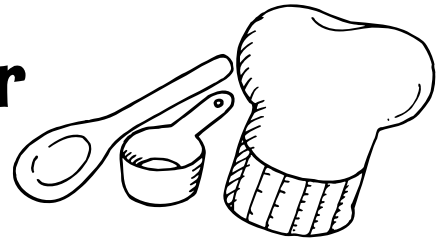
Name & Phone Number

Sorry, I am unavailable at this time.

Name



Chef's Helper



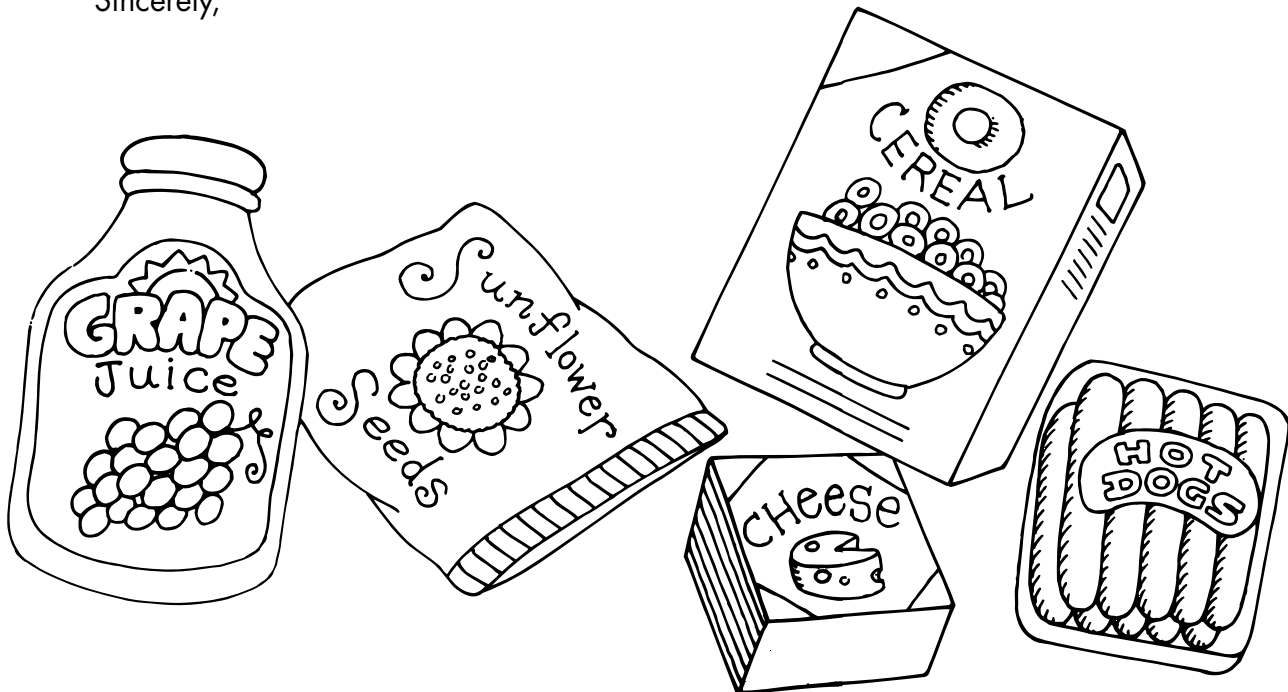
Dear _____,

Thank you for offering to provide the ingredients for this week's cooking experience. We will be cooking on _____, and we will need the following ingredients:

_____	_____
_____	_____
_____	_____
_____	_____

Please drop off these ingredients at our classroom on or before _____.

Sincerely,



I'm "Hooked" on Cooking



My Special Cookbook

by

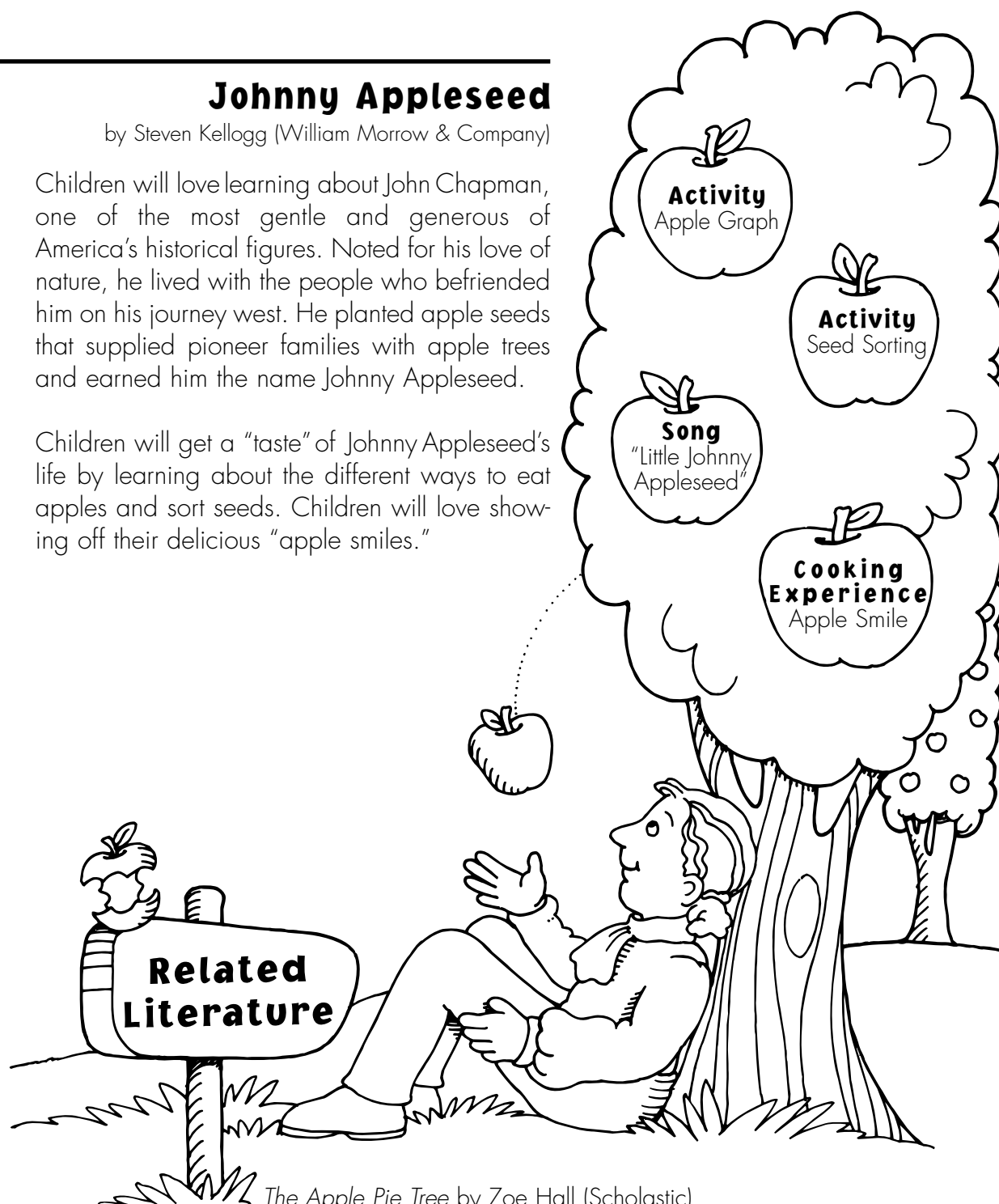
Apple Smile

Johnny Appleseed

by Steven Kellogg (William Morrow & Company)

Children will love learning about John Chapman, one of the most gentle and generous of America's historical figures. Noted for his love of nature, he lived with the people who befriended him on his journey west. He planted apple seeds that supplied pioneer families with apple trees and earned him the name Johnny Appleseed.

Children will get a "taste" of Johnny Appleseed's life by learning about the different ways to eat apples and sort seeds. Children will love showing off their delicious "apple smiles."



The Apple Pie Tree by Zoe Hall (Scholastic)

The Seasons of Arnold's Apple Tree by Gail Gibbons (Harcourt)

Ten Apples Up On Top! by Dr. Seuss (Random House)

Apple Smile

Math Skill

- counting by 1s

Name _____

Recipe

Ingredients

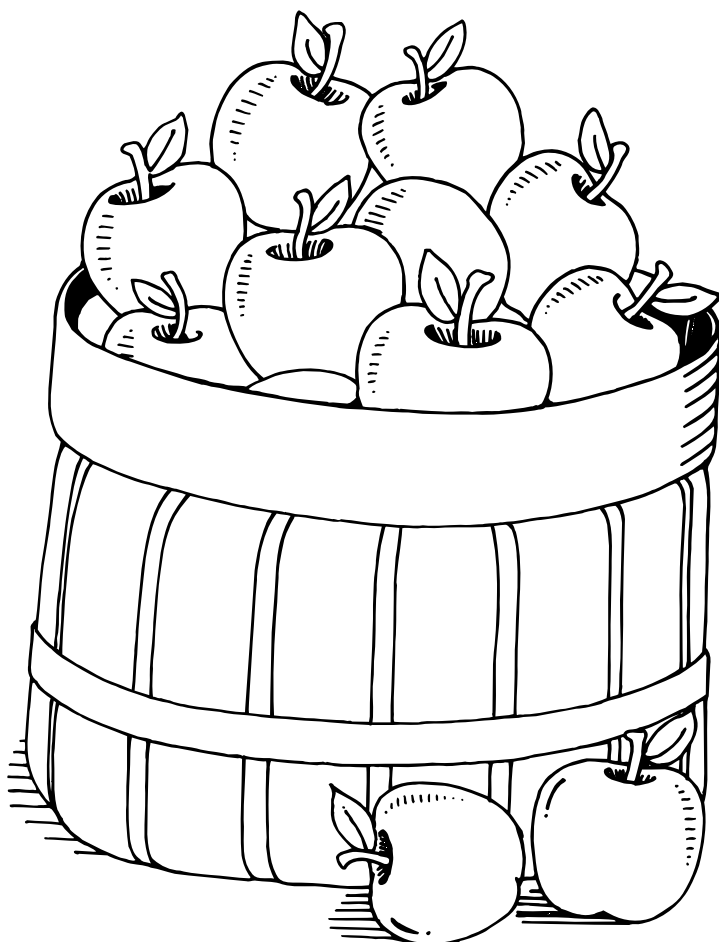
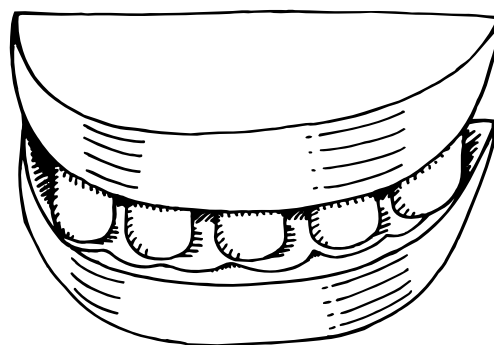
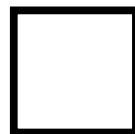
- 1 apple
- 1 teaspoon peanut butter or frosting
- 5 mini-marshmallows

Utensils and Supplies

- sharp knife (adult use only)
- plastic knife
- measuring spoon
- paper plate

Ask an adult to cut an apple into thin wedges and remove the apple core. Spread 1 teaspoon peanut butter or frosting on one side of two separate apple wedges. Place five mini-marshmallows between the apple wedges to make "teeth." Eat the apple wedges, and smile.

I think this recipe is



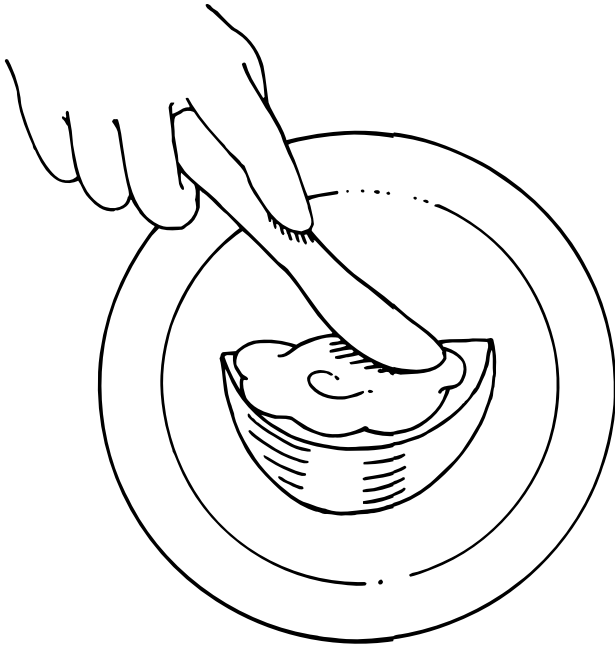
Little Johnny Appleseed

(to the tune of "Down by the Station")

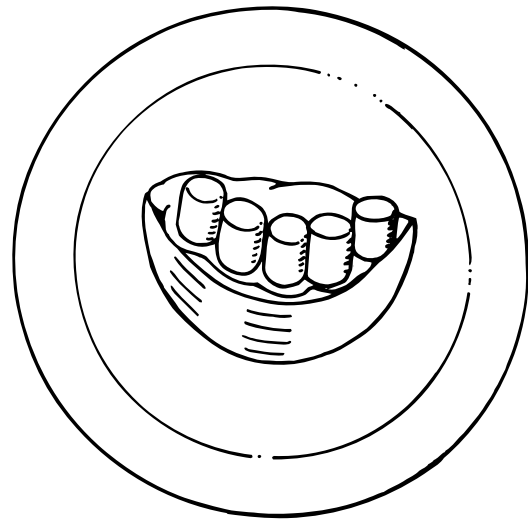
Little Johnny Appleseed
Has a great big smile.
Big lips, big teeth . . .
You'll see it for a mile.

I wonder what his secret is?
He's looking rather sly.
Yes, Little Johnny Appleseed
Is quite a funny guy.

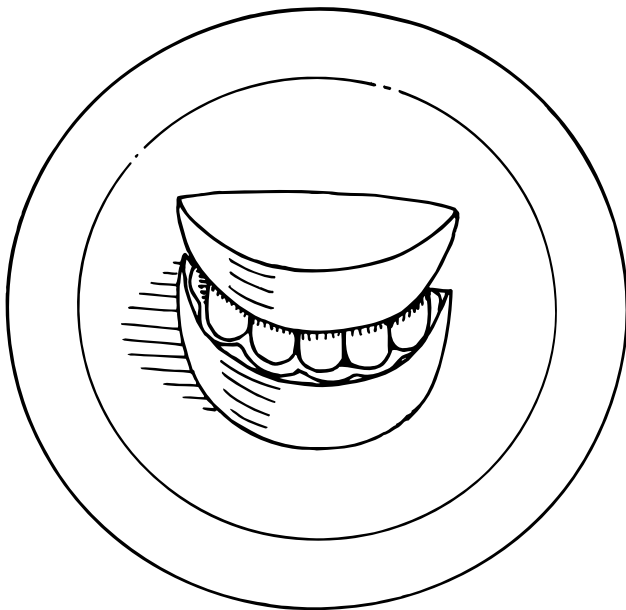
Apple Smile Recipe Cards



1. Spread 1 teaspoon peanut butter or frosting on one side of each apple wedge.



2. Place five mini-marshmallows on one of the wedges to make "teeth."



3. Put the apple wedges together.

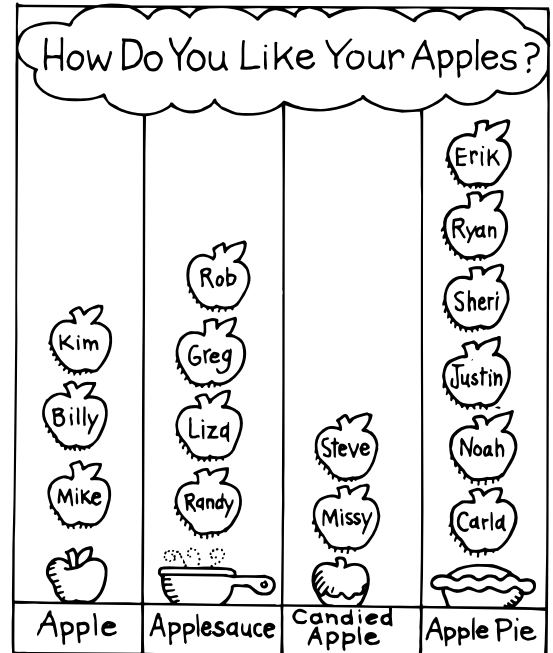


4. Take a bite, and smile.

Apple Smile

Apple Graph

Draw on **chart paper** a graph with four columns. Label the columns *Apple*, *Applesauce*, *Candied Apple*, and *Apple Pie*, and draw corresponding pictures. Title the graph *How Do You Like Your Apples?* Write each child's name on a separate **apple-shaped die-cut**, and place **tape** on the back of the die-cuts. Ask children to place their die-cut on the graph to show their favorite way to eat an apple.



Seed Sorting

Give each child a **variety of seeds** and a piece of **blank paper or cardboard**. Ask children to sort their seeds by common attributes. Then, have them glue each group of seeds to their paper. Write the names of the seeds on the chalkboard, and have children label the groups on their paper. Invite children to share their completed seed sort with the class.

