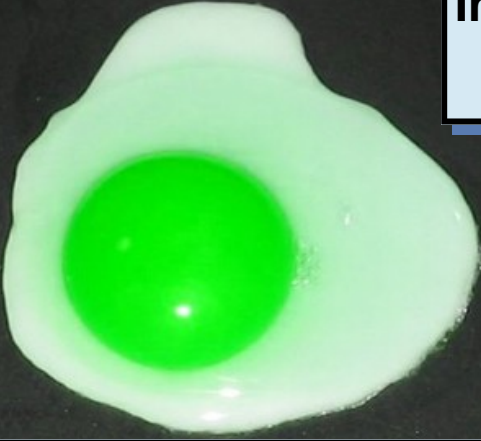


# Eat a Snack You Have Read About

Age: 2 years and up



## Ingredients

Books that include various foods

## Directions

Many books for young children feature a variety of foods. Plan snacks that relate to books the children enjoy.

***Blueberries for Sal***—Blueberry muffins

***Stone Soup***—Vegetable soup

***Little Red Hen***—Bread and butter

***Bread and Jam for Frances***—Bread and Jam

***Green Eggs and Ham***—Eggs and ham with green food coloring

1. Read the book to children first.
2. Talk about the foods mentioned in the story
3. Then enjoy the snack.

## What children will learn

Nutrition and cooking, literacy

