

JUMBLE OF JUICES

ACTIVITY ADAPTED FROM KINDER-KRUNCHIES BY KAREN JENKINS



A good chef always tries their ingredients! In this mixing activity, children will experiment by combining, or jumbling, different juices. As they do, they will build vocabulary skills as they talk about new words and describe different objects through their senses.

MATERIALS

- Orange*
- Grapefruit*
- Glass
- Stirring Spoon

*Any two citruses can be used, just consider how sour it will be for your child to taste.

STEPS

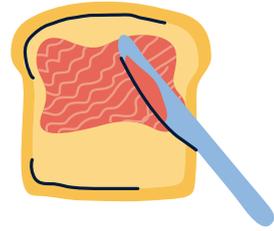
- Squeeze the juice from an orange. Taste a small sip.
- Squeeze the juice from the grapefruit.
- Taste a small sip
- Mix the juices together and drink.

CONVERSATION STARTERS

- Which fruit is larger?
- Which fruit tastes sweet?
- Which fruit tastes sour
- What happens when we jumble the fruit together?
- What other juices could we jumble together?

MONSTER TOAST

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We all eat breakfast every day, so why not eat Monster Toast today? In this activity, your child will develop their creative arts skills when they draw on their food, their fine motor skills when they use a spoon or paint brush, and develop their critical thinking when they develop a plan for how they want to draw their monster.

MATERIALS

- Bread
- Milk
- Food Coloring

STEPS

- Pour milk into 3 glasses.
- Add at least 10 drops of food coloring into each glass to make brightly colored milk.
- Paint a monster on the bread using a small brush or spoon
- Toast the bread in the toaster
- **.Optional: Add condiments to the toast**
- Munch your monster!

CONVERSATION STARTERS

- What happens to the milk when you add food coloring?
- What shapes will you use for your monster?
- What sounds do monsters make?
- Can you make up a story about your monster?

HOW MANY PEAS IN A POD?



Like two peas in a pod! In this easy activity, children will develop early literacy skills by thinking about the letter p, math skills by counting peas, and science skills as they think about how plants grow.

MATERIALS

- Fresh peas

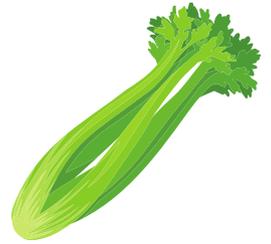
STEPS

- Wash
- Open and count
- Eat!

CONVERSATION STARTERS

- What sound do peas and pod both start with?
- Can you think of other words with that sound
- Before opening a pod, predict how many peas are inside.
- Open and count!
- How do peas grow?
- What other vegetables are green?

CELERY TRUCKS



For a fun twist to snack time, use vegetables to make trucks or cars. In this activity, children will practice math skills as they describe shapes, fine motor skills as they use toothpicks, and science skills as they discuss parts of a plant.

MATERIALS

- Celery
- Carrots
- Toothpicks or peanut butter

STEPS

- Wash the celery.
 - Cut the celery stalk into 2 inch sticks (“wagons”).
 - Cut a carrot into slices.
 - Attach 4 carrot slices to the celery stalk with toothpicks to create wheels (peanut butter can also be used as “glue” instead).
 - Eat*
- *remove toothpicks before eating

CONVERSATION STARTERS

- Why do we wash the celery?
- What part of the celery is the stem and what part are the leaves?
- What shapes do you see on your celery truck?
- What should we put in our celery truck?

RAINBOW EGGS



Will you eat them Sam I Am? Changing the color of foods is always new and exciting, but sometimes we need a little push from Sam I Am to be brave and take a taste. In this activity, help your child develop their love of books and literacy skills as they retell a story, and use sensory words to describe their new creation.

MATERIALS

- Eggs
- Food coloring
- Optional: *Green Eggs and Ham* by Dr. Seuss

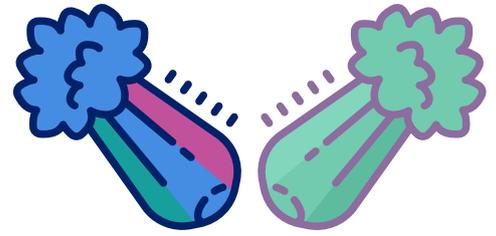
STEPS

- Optional: Read *Green Eggs and Ham* with your child
- Ask your child to predict if eggs will taste different if they're a different color
- Whisk eggs and add food coloring (*tip: allow your child to pick what color they want to make the eggs*)
- Scramble eggs
- Ask your child to describe how the eggs look, smell, feel, and taste!

CONVERSATION STARTERS

- Why do you think Sam I Am doesn't want to taste the green eggs?
- What happens when Sam I Am eats the green eggs?
- Do you like the taste of green eggs?
- Do you think ___ [name of friend or family member] will like green eggs?

DYING CELERY



Just like people, plants need water and food to live. But how do plants drink water? This fun experiment allows children to watch as a plant (celery) soaks up water. In this activity, your child will develop science skills as they practice predicting and describing a change.

MATERIALS

- Celery
- Food coloring
- Clear cups
- Water

STEPS

- Pour water into two clear cups.
- Add some drops of different colored food coloring into one cup.
- Ask your child to predict what will happen when the celery is put in colored water.
- Set a stalk of celery in the water in each cup.
- Observe what happens.

CONVERSATION STARTERS

- Will the celery change colors?
- What color will it become?
- How long will it take for the celery to change colors?
- Why does only one piece of celery change color?

VARIATIONS ON THIS ACTIVITY

Ask your child to draw the celery after the celery has been in the water for different amounts of time, such as 5 minutes and 30 minutes after the celery was put in the water. Ask them how the celery has changed over time.

MELTING ICE



Science happens all around us! No special materials are required to set up this activity. In this activity, your child will develop language skills as they describe

MATERIALS

- Ice Cubes
- Clear cups
- Paper

STEPS

- Put an ice cube in 3 different cups.
- Put the cup on the sheet of paper.
- On each sheet of paper write: 1 minute, 5 minutes, and 10 minutes.
- Set a timer for 1 minute, 5 minutes, and 10 minutes.
- When the time goes off, ask your child to draw what they see on the sheet of paper.

CONVERSATION STARTERS

- What happened when the ice stayed out of the freezer?
- Why did the ice melt?
- Are the water and ice the same or different?
- How long did the ice take to fully melt?

VARIATIONS ON THIS ACTIVITY

Test out what happens when you add things to the cup with the ice such as:

- Cold water
- Hot water
- Salt
- Sugar