JAELYN, BABY BEAR & JERSEY

Banana Smile Toast

Make it together: read, prepare, follow the steps, then share.



Ingredients

- ○ 1 slice bread
- ○ 1 tbsp seed butter
- ○ 1/2 banana
- ○ 1 tbsp blueberries

Let's make it!

1. A grown-up toasts and cools the bread.
2. Spread seed butter thinly with a butter knife.
3. A grown-up slices the banana. Add the slices.
4. Use the berries to make a funny face.

Grown-up help: A grown-up handles the toaster and all cutting.

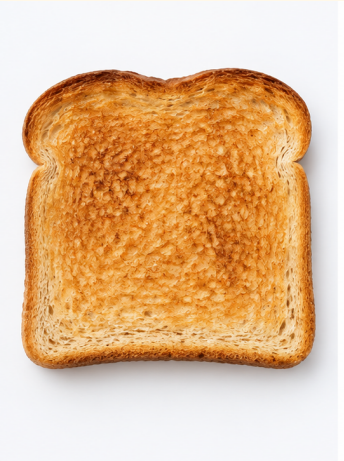
Little chef challenge: Draw a new toast face on scrap paper.

Banana Toast: Picture Steps

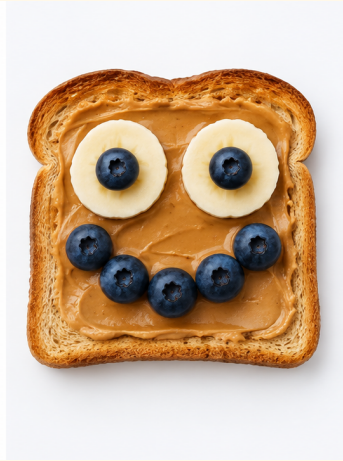
Write 1, 2, 3, 4 to put the toast pictures in order.



My step number



My step number



My step number



My step number

Tell the story: Point to the pictures in order and explain each step.

Funny Face Pizza Bagel

Make it together: read, prepare, follow the steps, then share.



Ingredients

- ○ 1 bagel half
- ○ 2 tbsp pizza sauce
- ○ 1/4 cup grated cheese
- ○ 2 tbsp pepper pieces
- ○ 1 tbsp tomato pieces
- ○ 2 pitted olive slices

Let's make it!

1. Spread sauce on the bagel half.
2. Sprinkle cheese over the sauce.
3. Use pepper, tomato and olive pieces to make a face.
4. A grown-up heats it until the cheese melts.

Grown-up help: A grown-up cuts toppings, handles heat and checks cooling.

Little chef challenge: Draw your funniest pizza face before you cook.

Smoothie Time

Make it together: read, prepare, follow the steps, then share.



Ingredients

- ○ 1/2 banana
- ○ 1/2 cup washed berries
- ○ 1/2 cup yogurt
- ○ 1/2 cup milk

Let's make it!

1. Help measure the fruit, yogurt and milk.
2. A grown-up fills the unplugged blender.
3. The grown-up secures the lid and blends.
4. The grown-up pours your smoothie.

Grown-up help: Only a grown-up operates the blender or touches its blades.

Little chef challenge: Point to the measuring cup before you start.

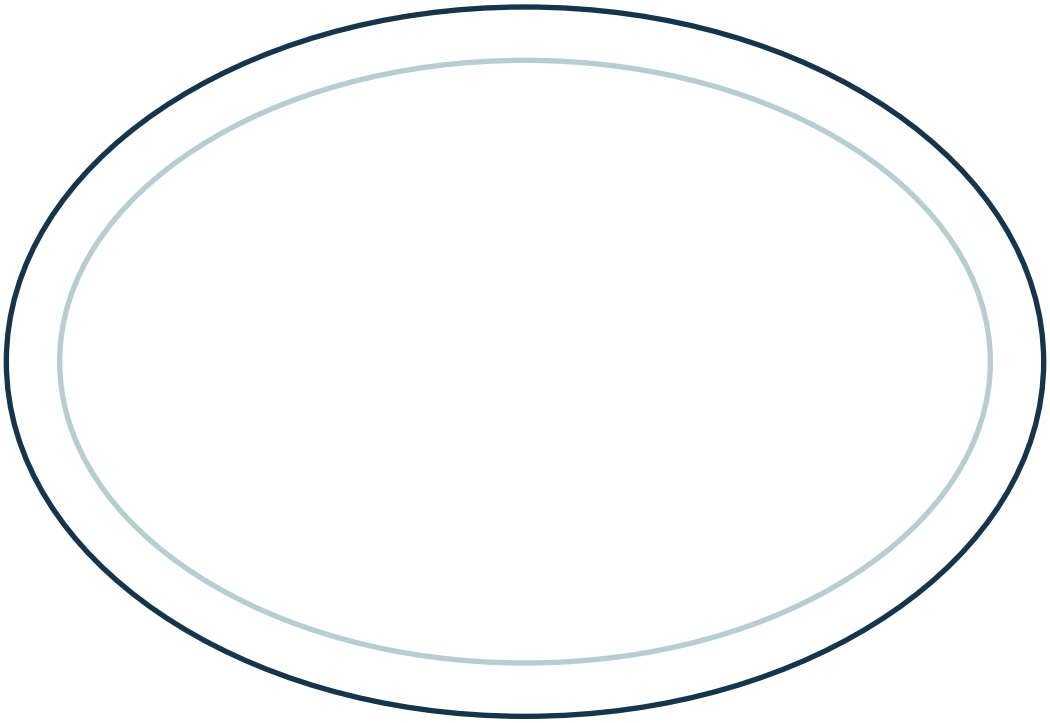
My Breakfast Menu

Circle one choice in each group. Draw and color your menu.

Main	◯ banana toast	◯ yogurt cup	◯ oat bites
Fruit	◯ apple	◯ banana	◯ berries
Drink	◯ water	◯ milk	

Draw and color your choices on the plate.





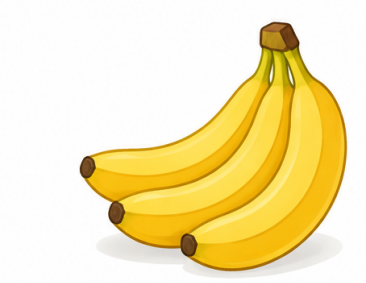


My menu is called: _____

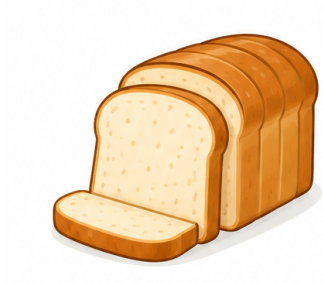
My Little Shopping List

Choose a recipe. Check the foods you need and add missing items.

My recipe: _____



○ bananas



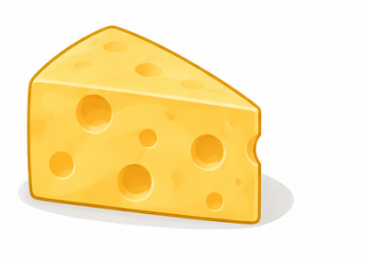
○ bread



○ yogurt



○ apple



○ cheese



○ cucumber

What else does your recipe need?

_____

_____

Match the Ingredients

Draw a line from each ingredient to its recipe.



banana



yogurt



apple



cucumber



cheese

Apple Sandwiches

Cheese Quesadilla

Cucumber Coins & Dip

Banana Smile Toast

Yogurt Berry Cup

Put the Steps in Order

Put these common kitchen jobs in order. Write 1, 2, 3, 4.



Mix



Serve



Wash vegetables



Measure

Tell the story: Point to the pictures in order and explain each step.

Where's Jersey in the Kitchen?

Find 15 Jerseys, 10 bones and 5 paw prints inside the kitchen.



Search the kitchen picture only. Count each find once.

Little Chef Jaelyn

Color Little Chef Jaelyn. Design a bright apron pattern.



Little Chef Certificate

Celebrate what you learned with your grown-up.

Little Chef

Awarded to

_____

For learning, trying new skills and creating with care.



Date

_____