Healthy Hardwick Families

Ants on a log

WHAT YOU NEED:
Dull knife
Peanut butter
Raisins or other dried nuts/berries

Sharp knife
Celery

INSTRUCTIONS:
Clean and cut the celery into 2 inch pieces. Have your child spread peanut butter on the “logs” and stick raisin “ants” on top!
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Cooking

WHAT YOU NEED:
Recipe and ingredients.
Paper and pencil

INSTRUCTIONS:
Have your school-aged child help you with cooking. Take a recipe and make it bigger or smaller to accommodate your family, and learn about fractions along the way. Use the paper and pencil if needed. Chew gum to avoid eating all the raw cookie dough!
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Easy personal pizzas

ages 4+

WHAT YOU NEED:
- Bagels/English muffins/Pizza dough
- Pizza toppings (sauce, cheese, mushrooms, green peppers)
- Spoon
- Pan
- Oven on broil
- Knife

INSTRUCTIONS:
Cut open the bagel or English muffin. Help your child spread the pizza sauce on the open face of the “crust.” Sprinkle on cheese and veggies and pop into the oven to broil for 3-5 minutes. Serve with “ants on a log” or another favorite veggie.
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Edible Finger Paints

WHAT YOU NEED:
- Vanilla yogurt or pudding
- Ice cube trays or other containers
- Shower/tub or paper to create on
- Food coloring
- Knife to stir

INSTRUCTIONS:
Separate some of the yogurt into the ice cube trays, mix in 2 drops of food coloring with the knife. Place your toddler in the shower or on the paper and let them create art. Clean up is easy – just rinse them off in the tub.

Activity C: