

# AUGUST

## Learn It

Kids love to assist in the kitchen. What jobs can they have? This depends on everyone's individual ability, but start with these tasks: ask them to help measure and add ingredients, press the start and stop buttons on timers, mix ingredients, hand ingredients to the chef, rinse the veggies, name and count the food as the chef prepares all of the ingredients, cut soft food, crack eggs, and set or clean the table. You can show the children how much fun it can be in the kitchen with special cooking music and even pretending like it is your own cooking show all for them.

## Eat It Baked Fish Nuggets

1 lb tilapia, cut into nuggets  
1 egg  
1/2 cup bread crumbs  
Seasoning



In small bowl, mix egg and seasoning together. Place bread crumbs in separate container. Dip the fish nuggets into egg and then bread crumbs. Lay on lined or buttered baking sheet and spray pieces lightly with olive oil cooking spray. Bake for 15-20 minutes at 350° F. Split nuggets evenly between six kids.

## Play It Turtle Eggs

Gather enough plastic eggs to have one per child. Try to have a different color per child or groups of colors split evenly. In each egg, place an action word: running in place, marching in place, jumping jacks, bear crawls, crab walk, etc. The children will stand in a circle and pass their egg while the music plays. When the music stops, they will freeze. Call out a color. The child with that color will tell everyone what the action is and everyone has to do that action. If you have multiple children with the same color, choose one or do all. After the action, come back to the circle and pass the eggs again.

## Create It Ocean Slime

Place corn starch into a mixing bowl. The amount will vary depending on how much you would like to make. Food coloring can be added. Slowly add water and mix with hands until the mixture is smooth and you have reached your desired consistency. This is a great science project teaching both properties of liquids and solids!



## Read It

*Kitchen Dance* by Maurie J. Manning  
*Lenny Has Lunch* by Ken Wilson-Max

*My Little Busy Day: Cooking With You/Cocino contigo* by Ellen Whisenant

*Commotion in the Ocean* by Giles Andreae, Illustrated by David Wotjowycz

*Over in the Ocean: In a Coral Reef* by Marianne Berkes, Illustrated by Jeanette Canyon

*Pete the Cat: Scuba Cat* by James Dean and Kimberly Dean

*The Rainbow Fish* by Marcus Pfister and J. Alison James



Name \_\_\_\_\_

# Under the Sea

Color in the underwater scene. What can you find in the picture?

