

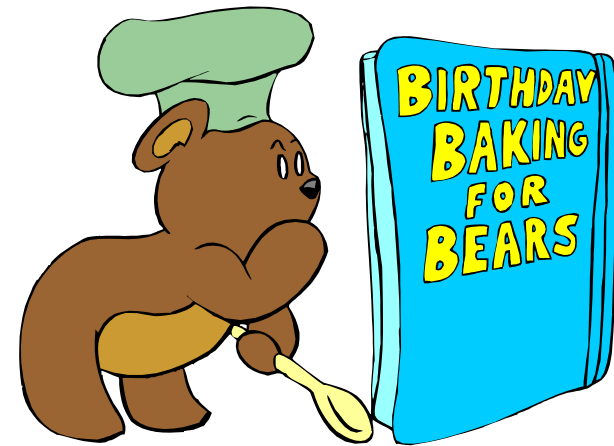
Alphabet Soup

Ingredients: A large can of tomato juice; 1/2 cup each sliced carrots, celery, and potatoes; small cans of other vegetables (optional); 1 package dry onion soup mix; 1 teaspoon Italian seasoning (optional); 1 cup alphabet noodles.

Pour the tomato juice into a large pot. Wash and cut the vegetables. Encourage your child to taste them and talk about the textures and colors. When the tomato juice comes to a boil, add the vegetables. Stir in the onion soup mix and seasoning. Cover and simmer for 30 minutes. Add the noodles and cook five more minutes.

Cool a few spoonfuls in a cup to sample. Ask, "Do the cooked vegetables still crunch? Do they taste the same cooked as they did raw? Do they look the same?"

Recipes for Fun



A Collection of Simple Recipes for Homemade Fun

Excerpted from "Pre-K Today Parent Communication Tips"

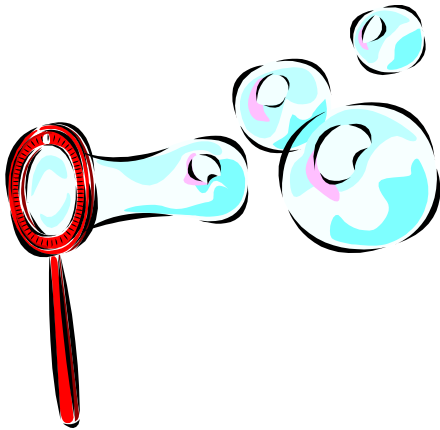


Bubbles

2 cups Joy[®] or Dawn[®] Dish Liquid
6 cups water
3/4 cup Karo Syrup, Light

Mix the ingredients and enjoy the bubbles!

Store in the refrigerator to extend the life of the mixture.



Cooking is Learning

When your child helps you cook, he or she is developing motor coordination while mixing and pouring, heightening sensory development as he or she smells and tastes, and practicing math skills by counting and measuring. Vocabulary expands as your child discovers new objects and new actions. Social development also grows as you take turns, talk together, and share your finished "masterpiece." Most important, your young chef will enjoy the satisfaction of experimenting and creating. Try these helpful tips when cooking with your child and easy-t-do recipes, too.

Frozen Fruit Pops

Ingredients: A 6-ounce can of frozen unsweetened concentrated orange juice, 1 pint of plain yogurt, 2 tablespoons of honey, 1 teaspoon of vanilla extract, popsicle sticks, and paper cups.

Let the orange juice thaw slightly. Have your child measure and mix all the ingredients together in a bowl. Pour the mixture into paper cups, about three-quarters full, and place them in the freezer. When the fruit pop mixture is partially frozen, place a popsicle stick or plastic spoon in each cup for a handle. Freeze the mixture for three to four hours. Peel off the cups and enjoy the experience of licking a chilly, fruity dessert.

Excerpted from "Pre-K Today Parent Communication Tips"

Starch Finger Paint

1 cup laundry starch or cornstarch
1 cup water
4 cups boiling water
1 cup soap flakes
Dry tempera paint

Dissolve starch or cornstarch in 1 cup water. Add remaining water and cook until thick and glossy. Next, add soap flakes. Cool and add tempera for color.

Kool-Aid Playdough

1 package Kool-Aid
1/2 cup water
1 tablespoon oil
2 cups boiling water
2-3 cups flour

Mix all ingredients except flour. Once these ingredients are mixed well, add flour and continue mixing.

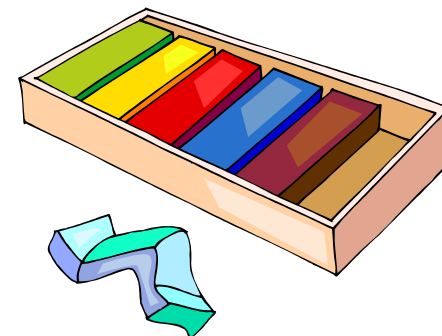
Fun with Clay

Here are some easy recipes to make your own paint.

Playdough

2 cups flour
1 cup salt
2 cups water
2 tablespoons oil
1 tablespoon cream of tartar

Add food coloring to the water. Combine all ingredients. Cook over medium heat until mixture becomes thick and spongy (high heat will cause the mixture to burn). Cool and store in zip lock bags while not in use.



Sawdust Modeling Clay

4 cups sawdust
1 cup wheat paste
2 $\frac{1}{2}$ cups water
Food coloring, if desired

Mix the ingredients and add food coloring. The mixture will harden and dry. Once you have created your sculpture, allow to dry thoroughly and then paint or spray with clear enamel.

Bakers Homemade Clay

4 cups flour
1 cup salt
2 tablespoons vinegar
1 $\frac{1}{3}$ cups water

Mix flour and salt together; add liquids and mix. Knead until smooth. Mold into desired shape(s). Bake at 300° to 325° for 1 $\frac{1}{2}$ to 3 hours (depending on thickness of clay).

NOTE: Higher heat causes dough to puff up.

Painting Fun

Here are some easy recipes to make your own paint.

Salt Paint

1/3 cup salt
1/4 tsp. food coloring

Spread in a pan to dry before putting in shakers. Dip your paintbrush in water, shake off excess water and then "paint" your picture. While your picture is still wet, sprinkle the salt paint.

Shimmering Tempera Paint

3 tablespoons dry tempera paint
3/4 cup liquid starch
3/4 cup white liquid dishwashing soap

Combine the ingredients. Paint will adhere better to paper and will have a glossy finish.

Rainbow Stew

1/3 cup sugar
1 cup cornstarch
4 cups water
Food coloring

Cook until thick in a saucepan. Divide into 3 equal parts and color each with red, blue and yellow food coloring. Place about a tablespoon of each in a large Ziploc[®] bag and seal with duct tape.

Magic Touch Bags

1/2 cup water
5 tablespoons cornstarch
1/2 cup oil
Heavy duty Ziploc[®] freezer bag
2 drops blue food coloring
2 drops yellow food coloring

Mix corn starch and water in Ziploc[®] bag. Add oil and food coloring. Set on surface and let the magic begin!

Silly Putty

2 parts white glue
1 part liquid starch

Combine ingredients and mix. At first, mixture will be sticky and stringy - keep adding liquid starch until mix can be handled without sticking to your hands.

NOTE: Food coloring may be added. The mixture will last longer if stored in refrigerator.

Goop

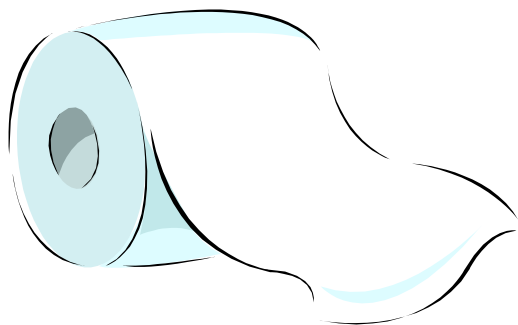
2 parts cornstarch
1 part water

Combine ingredients and mix until smooth. Mixture thickens as it stands, but thins out when it is handled. Consistency can be varied by increasing/decreasing water.

Clean Mud

6 rolls toilet paper
2 small bars of Ivory® soap, grated
1 $\frac{1}{2}$ cups Borax
Water

Unroll paper and collect in plastic container. Add water until paper is covered in water - be generous! Allow paper to soak in water. Add grated soap and Borax. Mix well and enjoy! The clean fun will last for weeks.



Street Chalk

1 cup plaster of paris, loosely packed
1/2 cup cool water
2-3 tablespoons liquid tempera paint

Pour plaster into a disposable container. Add water and stir with disposable stick. Add tempera paint and mix well. Add water as mixture thickens. Stir well and pour into 3 oz. paper cups. Once the mixture is dry, peel the paper away and enjoy the chalk!

