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Fields of Gold
Wheat Lessons for Growing Kids
Preschool Experiences

Dear Preschool Educator:

You do it all. Create, schedule, teach, sing, read, doctor boo-boos, cook, manage resources, counsel parents and discipline future adults.

Kansas wheat producers wish to support your work with children and families by providing five ready-to-go, hands-on wheat and wheat food lessons for your program and related take-home sheets for parents.

Fields of Gold: Wheat Lessons for Growing Kids

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*All lessons provide reading suggestions

These lessons incorporate copy-ready resources, *The Rainbow Bakery* children’s cookbook, additional resources and references. We offer the “do-it-yourself” approach to better help the children learn about growth, food and getting active. *Please copy and complete the evaluation form on page 32.*

With appreciation,
Kansas Wheat Producers
Tips for Baking with Preschool Children

♦ It’s an art. Have the children bring a big T-shirt to cover their clothes.
♦ Allow enough time. Creativity can’t be rushed.
♦ Cover tables with freezer paper or wax paper. Newspaper may be placed on the floor to make clean-up easy.
♦ Teach children how to wash their hands (see page 5). You might tell them, “You can’t help unless you do.”
♦ Let the children see the ingredients before you begin. Talk about what each one does.
♦ If you will have the children work with paints, dough or papier-mâché made from flour, don’t confuse them. Have adults make the products ahead so the children do not think the paint, dough or paste are edible like the muffins are!
♦ Let everyone do something — add, stir, watch the timer or clean the table.
♦ Read *Kitchen Tips* on pages 70 - 71 of *The Rainbow Bakery* cookbook.

♦ Don’t expect the children to do all the steps. Adults can pre-measure ingredients into separate dishes or bags and let the children add each to the big bowl.
♦ Put the mixing bowl on a damp cloth or a computer mouse pad so it won’t slip.
♦ Have the children take turns so everyone stirs.
♦ Have an adult spoon muffin batter, cookie dough, etc. into or onto pans.
♦ Remember: *Don’t let children eat batter or dough containing raw eggs because of the risk of food-borne illness, such as salmonella.*
♦ Mark individual muffins, cookies, pizzas, etc. with a strip of paper with the child’s name on it. Tuck the end of the strip along or under the edge of the product. It will bake right along with it, and you’ll know whose is whose!
♦ Consider using parchment paper on the baking sheets. You can write the name of each child on the paper, and it makes clean up easy.

Tips for Using the Food Guide Pyramid for Young Children*

2-year-olds can:
♦ Wipe table tops
♦ Scrub, wash, tear, snap, break
♦ Play with utensils
♦ Move pre-measured ingredients from one place to another

3-year-olds can do what 2-year-olds can plus:
♦ Knead and shape yeast dough
♦ Pour cool liquids
♦ Mix ingredients if not too stiff
♦ Shake liquids
♦ Spread soft spreads
♦ Place things in trash

4-year-olds can do what 2- and 3-year-olds can plus:
♦ Peel oranges/hard cooked eggs
♦ Move hands to form round shape
♦ Mash bananas
♦ Cut with dull scissors — green onions, parsley, dried fruit
♦ Set table

5- and 6-year-olds can do all of the above plus:
♦ Measure ingredients
♦ Cut with a blunt knife
♦ Use an egg beater

Dear Preschool Educator: Please copy the “How to Wash” instructions (on page 5 of the Teacher’s Guide) to send home.

Here are some ways to help teach and reward the children as they demonstrate they can “do it.”

**BEFORE YOU START**

Prepare enough You Can Dough It! Baked Dough Creations dough for each child to make the hand creation activity. The recipe is on page 4 of the Teacher’s Guide.

**Taking it Home**

Copy pages 4 and 5 of the Teacher’s Guide for each child to take home.

**LARGE GROUP ACTIVITY**

1. Demonstrate the step-by-step way to wash hands printed on page 5 of the Teacher’s Guide.
2. Provide a 20-second rhyme or song for the children to get an idea of how long they should take to soap their hands and rinse them. Examples are the alphabet song, Happy Birthday and Twinkle, Twinkle, Little Star.
3. Divide the class into groups of two. Have each group of children go to the restroom with one teacher to practice how to wash their hands. Let the rest of the group listen to a story or do an activity.

**INDIVIDUAL ACTIVITY**

1. As the children demonstrate their ability to wash their hands as directed, allow them to make a hand print using the You Can Dough It! dough.
2. Bake the hand prints.
3. Send the prints home with a copy of the handwashing instructions.

“Experts agree that this single simple act of cleanliness is one of the most important things each of us can do to stay well.”

*NY Times News Service, 1/14/2000*

Additional teaching resources are available, also in Spanish, from:

“Did You Wash ‘Em?”
Kansas Department of Health & Environment
Bureau of Consumer Health
Mills Building
109 SW 9th, Suite 524
Topeka, KS 66612-1274
785-368-7261
www.kdhe.state.ks.us
You Can Dough It!
Baked Dough Creations

Ingredients
- 4 cups all-purpose flour
- 1 cup salt
- 1 ½ cups warm water
- Paste food color or tempera powder, if you like
- Clear sealing spray for crafts, if you like

How To
1. Heat oven to 300°F. Stir flour and salt in large bowl until well mixed. Stir in water. Stir in food color. Put dough on lightly floured surface, and shape into a ball, using floured hands.
2. Knead dough by folding and pushing with the palms of your hands, then make a quarter turn. Repeat these steps to knead 5 to 10 minutes or until dough is smooth and elastic. Wrap dough tightly in plastic wrap. Take out only as much dough as you will use at one time because dough dries out quickly.
3. Use dough to make fun shapes. See below for how to make a hand creation. Put shapes on ungreased cookie sheet. Bake about 1 hour or until dough is dry and just begins to brown. The bake time will depend on size of shapes. If more bake time is needed, turn shapes over and continue baking until dough is dry. Take shapes off cookie sheet. Cool completely.
4. Paint shapes with tempera paint or watercolors if you like. Spray sealing spray on shapes to keep them longer. Store unbaked dough tightly wrapped in refrigerator up to 30 days. Makes about 4 cups dough.

Make a Hand Creation
1. Shape 1/3 of the dough into a ball.
2. Roll or pat the ball on a lightly floured surface to make a circle that is 3/4 inch thick.
3. Press your hand into dough; then write your name and the date around the edge with toothpick. Bake your hand creation.

HOW TO WASH

1. Wet hands
2. Apply soap
3. Briskly rub hands for twenty seconds
4. Scrub between fingers
5. Scrub forearm to just below elbow
6. Rinse forearms and hands
7. Dry hands and forearms
8. Turn off water
9. Discard towel

© John Wise 1997
Dear Preschool Educator: This lesson helps children discover where food begins and who grows it. In this lesson, help children discover:

- **What helps you grow?** Food, exercise, water, fresh air.
- **What helps our food grow?** Soil (its food), sun, water and farmers, the people who know how to grow and harvest food.

**BEFORE YOU START**

Get wheat kernels and a few wheat stems with wheat heads on them. *(See sources below.*)

Soak the wheat kernels overnight in three times their volume of water until they are saturated. Drain off the extra water.

**Library books**

*Community Helpers…Farmers* by Dee Ready
*Prairie Primer from A to Z* by Caroline Stutson
*Pancakes for Breakfast* by Tomie De Paola
*Pancakes, Pancakes!* by Eric Carle
*The Little Red Hen* illustrated by Lilian Obligado

**Rainbow Bakery activities**

Prepare recipes with half whole wheat flour to introduce whole grains to the children.

*Peachy Patty-Cakes: Peach Pancakes*
*Flying Apple Flapjack: Apple Oven Pancakes*
*(recipes on page 8 of the Teacher’s Guide)*

**Sources of wheat kernels**

- Food stores that sell whole kernels
- A local farmer
- Suppliers listed on the Kansas Wheat Commission website, www.kswheat.com
- Suppliers recommended by the American White Wheat Producers Association, 1-800-372-4422, www.awwpa.com

**Taking it Home**

Copy pages 8, 9 and 10 of the Teacher’s Guide for each child to take home.

---

### Supplies You’ll Need

**For Individual Activity: growing wheat**

6- or 8-ounce Styrofoam cups, one for each child
Markers / pens to draw faces on Styrofoam cups
Sandbox sand
Potting soil
Wheat kernels* — 10 per student; 25 for the large pot
1 large clay flowerpot

**For Lunch or Snack: pancakes**

Choose a pancake recipe for snack or lunch — enough ingredients for the group:
- All-purpose flour
- Whole wheat flour
- Margarine, butter or oil
- Brown sugar
- Low fat milk
- Cinnamon
- Egg(s)
- Apples or Peaches
- Baking powder
- Salt
- Applesauce or puree canned or fresh fruit with a blender to make fruit sauce to top pancakes
- Syrup, if desired
- Skillet or 9-inch pie plate(s)
LARGE GROUP ACTIVITY

1) Ask the children, “What grows?” Does the floor? Do the chairs? Have them name things that grow. You may want to show them a plant, flower, tomato, apple and themselves in a mirror. Show them a handful of wheat kernels. These will grow wheat plants and more kernels.

2) **What helps everything grow?** Food, water, air.

3) **What is the plant’s food?** Soil, sun, water. Place the soil in a large tub, and let the children feel it.

4) **What foods help you grow?** Soil? Not exactly! The plants turn soil, water and sun into food for you — wheat, potatoes, veggies, dry beans, peanuts and fruits are just a few. Plants feed animals that give us milk, eggs and meat.

5) **Who helps the plants to grow?** The farmer — or gardener. He or she knows how and when to plant the right seeds in the right soil at the right time. The farmer knows what to do to help them grow and when to harvest them.

6) Read *Community Helpers…Farmers* or a favorite farming book.

INDIVIDUAL ACTIVITY

**Growing Wheat**

Remember to presoak the wheat kernels as recommended in **BEFORE YOU START** on page 6.

1) Give the children each a Styrofoam cup. Have them write their name and draw a fun face on it. The sprouting wheat will be the hair!

2) In a large pan or box mix 1 part sandbox sand with 2 parts potting soil. This is a good soil for wheat kernels — similar to fields in which farmers plant wheat.

3) Spoon and pack the soil into each of the children’s cups until about ⅔ full.

4) Give each child 10 kernels of presoaked wheat. Let the children press each kernel onto the soil, spacing evenly. Cover with ¼ inch more soil. Sprinkle the soil with water, just to dampen.

5) Place all the cups on sheet pans in a sunny location. Keep the soil moist (not too wet), giving the soil extra water on Fridays. Seeds sprout in 6 to 8 days.

EXTRA FUN

Plant extra wheat kernels in a large flowerpot if you want to have wheat that will grow taller (eventually about 3 feet tall) for the children to see.

Help the children see that wheat kernels become flour. Use extra kernels of unsoaked wheat. Put them into a blender or home flour mill or grind them between stones just to show how the kernels turn into whole wheat flour when they are crushed.

LUNCH OR SNACK

**A favorite farm breakfast**

Be sure the children practice their hand-washing skills before handling food.

Prepare *Peachy Patty-Cakes: Peach Pancakes* or *Flying Apple Flapjack: Apple Oven Pancakes*. Use half or more whole wheat flour to introduce whole grains to the children.

KIDS IN THE KITCHEN

Preschoolers can help by:

- handing you the pre-measured pancake ingredients
- stirring the pre-measured ingredients to make the batter
- using a plastic knife to slice the fruit for the pancakes

TAKING IT HOME

Send home copies of *Taking it Home #1* for the children to share with their families (pages 8, 9 and 10 of the Teacher’s Guide).
Peachy Patty-Cakes
Peach Pancakes

Ingredients
1 egg
1 cup all-purpose or whole wheat flour
3 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon granulated or packed brown sugar

3/4 cup low fat (1%) milk
2 tablespoons vegetable oil
1/2 cup coarsely chopped fresh or canned (drained) peaches

How To
2. Heat skillet or griddle over medium heat or to 375°F. Lightly grease skillet or griddle with shortening, if needed.
3. Pour a little less than 1/4 cup batter onto hot skillet or griddle for each pancake. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. Makes nine 4-inch pancakes.


Flying Apple Flapjack
Apple Oven Pancake

Ingredients
2 tablespoons stick margarine or butter
2 tablespoons packed brown sugar
1/4 teaspoon ground cinnamon
1 medium cooking apple, thinly sliced (1 cup)
2 eggs
1/2 cup all-purpose or whole wheat flour
1/4 cup low fat (1%) milk
1/4 teaspoon salt

How To
1. Heat oven to 400°F. Melt margarine in a 9-inch pie plate in oven. Sprinkle brown sugar and cinnamon over margarine. Put apple slices on cinnamon-sugar mixture.
2. Beat eggs slightly in medium bowl, using wire whisk or hand beater. Beat in other ingredients just until mixed (do no overbeat). Pour batter over apple slices.
3. Bake 30 to 35 minutes or until puffy and deep golden brown. Right away, loosen edge of pancake and turn upside down onto heatproof serving plate. Makes 8 servings.

Draw and color a wheat field for Geraldine to harvest.
Dear Parent:
Today we planted wheat and learned about how farmers help food grow. The children enjoyed a farm favorite, pancakes. Children love to taste foods they help prepare. Let your child help you make pancakes.

2-year-olds can:
• Wipe table tops
• Scrub, wash, tear, snap, break
• Play with utensils
• Move pre-measured ingredients from one place to another

3-year-olds can do what 2-year-olds can plus:
• Knead and shape yeast dough
• Pour cool liquids
• Mix ingredients if not too stiff
• Shake liquids
• Spread soft spreads
• Place things in trash

4-year-olds can do what 2- and 3-year-olds can plus:
• Peel oranges/hard cooked eggs
• Move hands to form round shape
• Mash bananas
• Cut with dull scissors — green onions, parsley, dried fruit
• Set table

5- and 6-year-olds can do all of the above plus:
• Measure ingredients
• Cut with a blunt knife
• Use an egg beater


Remember: Don’t let children eat batter or dough containing raw eggs because of the risk of food-borne illness, such as salmonella.
Fields of Gold: I Wonder if I’m Growing
Lesson Two

Dear Preschool Educator: Children are always wondering, “How big am I?” This lesson in Fields of Gold helps children connect eating to growth. In this lesson help them discover:

♦ The Food Guide Pyramid — Eating a variety of foods from the five food groups plus plenty of action helps children grow.
♦ The base of the Pyramid is fuel for action and growth — foods we enjoy from wheat and other grains. They are rich in carbohydrates, iron, folic acid and other B-vitamins.
♦ What makes a great lunch — foods from all the food groups.

BEFORE YOU START

Check out the video or audio cassette, “Raffi in Concert,” with the songs, “I Wonder if I’m Growing” or “Everything Grows,” by the children’s musician, Raffi. Or, practice a finger play or song you know about growing.

Library books
Alphabite! A Funny Feast from A to Z by Charles Reasoner
Food by Jan Pienkowski
Food is Fun by Marcia Leonard

Rainbow Bakery activities
Pot Of Gold: Cheese Sauce and Twisters: Biscuit Sticks (recipes on page 16 of the Teacher’s Guide)

Food Guide Pyramid poster
Refer to the Food Guide Pyramid poster. Review the five food groups, how many servings preschoolers need from each group and the activity illustrations.
Preschoolers can understand:
1. Eating a variety of foods is healthful; it helps them grow.
2. Physical activity and healthy eating work together for growth.

Supply You’ll Need

For Large Group Activity
Food Guide Pyramid poster
Wheat sheaf, wheat kernels (see page 6 of the Teacher’s Guide)
A few grain food packages — cereal, bread, pasta, pancake, tortilla, muffin

For Individual Activity: growth chart
Copies of the Growing Great with Grains growth chart for each child (see pages 13-15 of the Teacher’s Guide)
Crayons, markers or colored pencils — pink, red, orange, yellow, green, blue, purple
Tape or glue
Gold star stickers

For Lunch or Snack
Prepared Pot of Gold: Cheese Sauce and Twisters: Biscuit Sticks dough
Veggie pieces to dip in cheese sauce
Baking sheet pans for Twisters
1-quart saucepan and stovetop or microwave and 1-quart measuring cup (for cheese sauce)

Taking it Home
Copy pages 16 and 17 of the Teacher’s Guide for each child to take home.
LARGE GROUP ACTIVITY

1) Hold up the Food Guide Pyramid poster. Name the five food groups and what’s at the top — “treats,” or added fats and sugars. Ask the children to name foods they like to eat. Let them form food groups according to the food they named. Have the children in each group repeat the name of their food group.

2) Discuss with them how important it is to eat foods every day from each food group. Name some foods they may not have mentioned that would be fun to try to cook or eat at preschool.

3) Look at the “action figures” on the poster. Ask the children to name their favorite “active” things to do.

4) Connect the grain group with “fuel” for being an active child. Show the wheat sheaf and kernels plus some grain foods we enjoy. (Show wrappers from sliced whole grain bread, cereal, pasta, burger buns, pancake mix, muffin mix or tortillas.)

4) Read aloud Food is Fun or Alphabite! A Funny Feast from A to Z.

INDIVIDUAL ACTIVITY

Have the children color the rainbow and the rainbow characters on their growth charts. Write their names on them, tape or glue them together and post them so gold star stickers can be added as they do the Fields of Gold activities.

Sticker time: Let them add a sticker next to Felicia for Lesson Set One.

LUNCH OR SNACK

Have the children match their lunch and snack foods to the Food Groups.

Prepare the Pot of Gold: Cheese Sauce as a dip for the children to enjoy with one new fresh veggie or their Twisters.

Sticker time: When they taste the dip and a veggie, let them put a sticker on their growth chart for Geraldine!

KIDS IN THE KITCHEN

Children will enjoy “twisting” the Twisters, an easy to handle dough. Let them make their own shapes too — just be sure the pieces are all the same size so they will bake evenly. And be sure everyone washes their hands before touching the dough!

Sticker time: After enjoying the Twisters, let the children put another sticker on their growth chart for Geraldine!

TAKING IT HOME

Send home copies of Taking it Home #2 for the children to share with their families (pages 16 and 17 of the Teacher’s Guide).

For more information about the Food Guide Pyramid for Young Children, go to USDA’s web site, www.usda.gov/cnpp, call 1-800-687-2258, consult with your state Child and Adult Food Program (CACFP) consultant or visit your county Extension office or county health department.
Growing Great with Grains

My name is

Purple

I did it!

Petey
the purple pup

Orange

I did it!

Olivia
the orange ostrich

4 ft. 0 in.
3 ft. 11 in.
3 ft. 10 in.
3 ft. 9 in.
3 ft. 8 in.
3 ft. 7 in.
3 ft. 6 in.
3 ft. 5 in.
3 ft. 4 in.
I did it!

Rosie
the pink pig

Red

Rusty
the red monkey

I did it!

Geraldine
the yellow giraffe

I did it!

(glue together here)

3 ft. 3 in.

3 ft. 2 in.

3 ft. 1 in.

3 ft. 0 in.

2 ft. 11 in.

2 ft. 10 in.

2 ft. 9 in.

2 ft. 8 in.

2 ft. 7 in.

2 ft. 6 in.

2 ft. 5 in.
Felicia
the green frog
I did it!

Benny
the blue bear
I did it!

Place this line 19 inches from floor.

Kansas Wheat Commission
217 Southwind Place Manhattan, KS 66503 phone: 785-539-0255
fax: 785-539-8946 web: www.kswheat.com email: kswheat@kswheat.com
Pot of Gold
Cheese Sauce

Ingredients
- 2 tablespoons margarine or butter
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 1 cup skim milk
- 1 cup shredded cheddar cheese

How To
1. Melt margarine in a 1-quart saucepan over low heat. Stir in flour and salt. Cook over medium heat, stirring all the time, until smooth and bubbly. Take saucepan off hot burner.
2. Stir milk into flour mixture. Heat to boiling, stirring all the time. Boil 1 minute, stirring all the time. Stir in cheese until it is melted. Makes about 1 ¼ cups sauce.

Tip: Dip bread chunks, tortilla chips or raw vegetables into warm cheese sauce, or pour cheese sauce over steamed vegetables, baked potatoes, nachos or cooked pasta.

Makes 12 servings, 1 ¼ ounces each.


Twisters
Biscuit Sticks

Ingredients
- 1 ¼ cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- ½ cup low fat (1%) milk
- 1 egg, beaten
- Favorite toppings, if you like

How To
1. Stir all ingredients except egg and toppings in medium bowl until a soft dough forms. Put dough on lightly floured surface, and shape into a ball, using floured hands.
2. Knead dough by folding and pushing with the palms of your hands, then make a quarter turn. Repeat these steps to knead 10 times. Put bowl over dough, and let rest 15 minutes.

Tips: Add drops of food color when you add the milk for a fun, colorful bread. For a special treat, dip Twisters into applesauce or Pot of Gold: Cheese Sauce (above).


Nutrition Facts
Serving Size 1 twister (60g)
Serving Per Recipe 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 150</td>
<td>Calories from Fat 50</td>
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<tr>
<td>Total Fat 6g</td>
<td>9%</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
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<tr>
<td>Cholesterol 35mg</td>
<td>12%</td>
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<tr>
<td>Sodium 250mg</td>
<td>11%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>23g 7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
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</tbody>
</table>

Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 6% 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.


*Nutrition Facts analyzed using half whole wheat flour.

Kansas Wheat Commission • 217 Southwind Place • Manhattan, KS 66503 • phone: 785-539-0255
fax: 785-539-8946 • web: www.kswheat.com • e-mail: kswheat@kswheat.com
Dear Parent:

Today we discussed:

♦ exploring fuel for active children: wheat and the grain food group
♦ trying foods from all the groups on the Food Guide Pyramid
♦ being active

**TO DO AT HOME**

As you eat tonight, ask your child to name the food groups his or her foods are in — let your child teach you! Hint: there are five food groups plus the extras like sweets and fats.

Encourage your child to have fun with food. And, over time, remember to try and try again with foods needed for growth. Children may not like a food until it is served many times.

Today we tried **Twisters: Biscuit Sticks** and a veggie with Geraldine’s **Pot of Gold: Cheese Sauce**.

---

**Food Guide Pyramid for Young Children**

_A daily guide for 2- to 6-year-olds_

- **GRAIN Group** 6 servings
- **VEGETABLE Group** 3 servings
- **MEAT Group** 2 servings
- **FATS & SWEETS**
- **MILK Group** servings

**Source:** U.S. Departments of Agriculture and Health and Human Services

---

**On the web**

- [www.usda.gov/cnpp](http://www.usda.gov/cnpp)
- [www.bettycrocker.com](http://www.bettycrocker.com)
- [www.goldmedalflour.com](http://www.goldmedalflour.com)
- [www.kswheat.com](http://www.kswheat.com)

**Read to me**

- _Alphabite! A Funny Feast from A to Z_ by Charles Reasoner
- _The Beastly Feast_ by Bruce Goldstone
- _Food_ by Jan Pienkowski
- _Food is Fun_ by Marcia Leonard
- _The Magic Porridge Pot_ by Paul Galdone
- _Never Let Your Cat Make Lunch for You_ by Lee Harris
- _Strega Nona_ by Tomie De Paola
- _The Big Seed_ by Ellen Howard
Dear Preschool Educator: This lesson helps the children prepare a simple gift to share with someone in their community — another child care group, the elderly or even a teen club or group. They will develop skills in:

- color recognition
- hand-eye coordination
- new food experiences
- safe food preparation
- applying a story concept to life

BEFORE YOU START

Prepare non-food mixtures for papier mâché and paint before the children arrive to avoid confusion with food items they prepare.

Library books
- Little Red Riding Hood: A Newfangled Prairie Tale by Lisa Campbell Ernst
- Berenstain Bears’ Nursery Tales by Stan Berenstain
- If You Give a Moose a Muffin by Laura Numeroff

Rainbow Bakery activities
- Berry-Smash Muffins: Strawberry Muffins
- Hula Muffins: Carrot-Pineapple Muffins
- Great Bowls of Fun! Papier Mâché Bowl Shake, Rattle & Roll Paint (recipes on pages 20 and 21 of the Teacher’s Guide)

Contact a group to contribute the gift to
- Another child care or preschool center
- A senior center group or retirement center
- A group home or children’s hospital
- A family day care home
- A local teen club or children’s sports team

Taking it Home
Copy pages 20, 21 and 22 of the Teacher’s Guide for each child to take home.

Supplies You’ll Need

For Lunch or Snack: muffins
- All-purpose flour
- Whole wheat flour
- Granulated (white) sugar
- Vegetable oil
- Eggs
- Baking soda
- Salt
- Cinnamon
- Fresh or frozen strawberries or shredded carrots and crushed pineapple
- Water
- Mixing bowls
- Measuring cups and spoons
- Mixing spoons
- Medium muffin tin(s) or mini-muffin tin(s)
- Cooking spray or muffin paper cup liners
- Paper towels
- Gold star stickers

For Small Group Activities: bowls & cards
- Medium mixing bowls
- Petroleum jelly
- Newspapers
- Tempera paint
- Food colors
- Concentrated liquid starch
- Finger paint paper
- Old golf balls
- Refer to items listed under “Lunch or Snack”
- Gold star stickers

For Individual Activity: Fun’s in the Bag
- Resealable plastic bags
- Refer to items listed under “Lunch or Snack”
LARGE GROUP ACTIVITY

1) Sharing is fun. Learning to share is part of growing. See how Little Red Riding Hood found a way to share with someone older.
2) Read a new version of *Little Red Riding Hood: A Newfangled Prairie Tale* or another recent version you enjoy.
3) Discuss with the children how they can visit or make something special for someone who needs company, attention or young friends.

LUNCH OR SNACK

Prepare a pan of *Berry-Smash* or *Hula* mini-muffins for the children to taste. Where are muffins on the Food Guide Pyramid? These muffins are in the grain group plus contribute fruits / veggies and not very much fat or sugar.

Sticker award: Give a star sticker for Rosie or Olivia.

SMALL GROUP ACTIVITIES

1) Divide the children into small groups. Assign each group an activity. More than one group may do the same activity.

Award stickers for the character on each activity.

*Group 1* will make the *Great Bowls of Fun! Papier Mâché Bowl*(s) to carry the muffins.
*Group 2* will make the cards to give with the bowl of muffins using *Shake, Rattle & Roll Paint*.
*Group 3* will make the *Berry-Smash or Hula Muffins*.

2) *Group 1*: Have children begin tearing strips for paper and greasing bowl(s). Have them dip strips in prepared flour paste mixture as directed.

3) *Group 2*: Using the chalk board or a large sheet of paper, have children compose with you what they want to say inside the card.

   Fold the finger paint paper to fit into the pan(s). Help the children write inside the folded paper and have them sign their names if they are able to. Put the folded paper inside the pan and begin the rolling process to decorate each card. They may want to make a card for each person in the group they’re going to take muffins to.

4) *Group 3*: Have everyone wash their hands and wash the tables. Pre-measure the needed amounts of ingredients for the chosen muffin. The children can put the muffin cup liners in the muffin tins, help put the ingredients in the bowl and stir. Remember not to overstir the muffin batter. Fill muffin cups ⅔ full for best results.

5) Bake. Cool and package. Deliver within one day or freeze until ready to deliver.

TAKING IT HOME

Send home copies of *Taking it Home #3* for the children to share with their families (pages 20-22 of the Teacher’s Guide).

INDIVIDUAL ACTIVITY

Fun’s in the Bag: Send home a muffin mix.

If all the children want to “cook,” pre-measure enough flour, sugar, soda, salt and cinnamon into large resealable plastic bags for each child. Label each bag with:

*Berry-Smash Muffin Mix*

- Child’s name
- Amount of oil, egg and fruit needed to finish
- Mixing instructions
- Baking temperature and time

The muffin batter can be finished at home right in the bags — no extra bowl needed. Just mix the oil, eggs and fruit in a measuring cup. Add liquids to the dry ingredients and mix just until moistened. Parents can bake fresh muffins for dinner!
**Berry-Smash Muffins**

**Strawberry Muffins**

**Ingredients**
- 1 2/3 cups fresh strawberries
- 2/3 cup sugar
- 1/3 cup vegetable oil
- 2 eggs

1 1/2 cups all-purpose flour
- (or half whole wheat flour)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

**How To**
1. Heat oven to 425°F. Put a paper baking cup in each of 12 regular-size muffin cups, or grease just the bottoms of 12 muffin cups.
2. Slightly smash strawberries in large bowl, using fork. Stir in sugar, oil and eggs until mixed. Stir in other ingredients just until moistened. Spoon batter into muffin cups.
3. Bake 15 to 18 minutes or until light golden brown or toothpick poked in center comes out clean. Cool 5 minutes. Loosen sides of muffins from pan if needed, and take them out of the pan. Makes 12 muffins.


*Nutrition Facts analyzed using half whole wheat flour.

---

**Hula Muffins**

**Carrot-Pineapple Muffins**

**Ingredients**
- 2/3 cup sugar
- 1/3 cup vegetable oil
- 2 eggs
- 1 cup shredded carrots (about 1 1/2 medium)
- 3/4 cup canned crushed pineapple, well drained
- 1 1/2 cups all-purpose flour (or half whole wheat flour)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg

**How To**
1. Heat oven to 425°F. Put a paper baking cup in each of 12 regular-size muffin cups, or grease just the bottoms of 12 muffin cups.
2. Stir sugar, oil, eggs, carrots and pineapple in medium bowl until mixed. Stir in rest of ingredients. Spoon batter into muffin cups.
3. Bake 13 to 17 minutes or until light golden brown or toothpick poked in center comes out clean. Cool 5 minutes. Loosen sides of muffins from pan if needed, and take them out of the pan. Makes 12 muffins.


*Nutrition Facts analyzed using half whole wheat flour.
Great Bowls of Fun!
Papier-Mâché Bowl

Ingredients
- Bowl (any size you like)
- Newspaper, torn into about 3x1-inch to 5x1-inch strips
- Petroleum jelly
- 1 cup all-purpose flour
- Tempera paint
- 1 cup cold water
- Paint brushes
- Clear sealing spray for crafts, if you like

How To
1. Put bowl upside down. Spread a thick layer of petroleum jelly over the outside and rim of bowl.
2. Beat flour and water in large bowl, using wire whisk, to make a smooth paste.
3. Dip 1 paper strip at a time into paste. Pull strip between 2 fingers to take off extra paste. Put wet paper strips on outside of bowl in an up-and-down pattern, covering all of bowl.
4. Dip more paper strips into paste. Add a second layer of paper strips to bowl, putting them crosswise over the first layer of strips.
5. Dip more paper strips into paste. Add 4 more layers of paper strips to bowl, first going up and down, then going across. Let dry 24 hours.
6. Take papier-mâché bowl off the regular bowl, using a table knife to loosen around the edge. Paint inside and outside of papier-mâché bowl with tempera paint. Let dry. Spray sealing spray on bowl to keep it longer. Store paste in covered container in refrigerator up to 5 days.

Makes 1 ½ cups paste.


Shake, Rattle & Roll Paint

Ingredients
- 2 cups water
- 1/3 cup concentrated liquid starch
- 1/4 cup all-purpose flour
- Food colors
- Finger paint paper
- 2 or 3 golf balls

How To
1. Put water, liquid starch and flour in 1 1/2-quart saucepan. Cook over medium heat about 5 minutes just until boiling, stirring all the time. Cool to room temperature.
2. Pour cooked mixture into several small containers. Stir a few drops of food color into mixture in each container to make desired color.
3. Put sheets of paper in bottom of baking pans. Spoon drops of paint onto paper, then add golf balls to the pan. Shake, rattle and roll the pan to make a fun design. Take golf balls out of pan, and wash them. Let paper dry.
4. Display your masterpiece, or use it as a wrapping paper or book cover. Use the paint the same day you make it, and throw away any paint that is left. Makes about 2 cups paint.

Hand Paints
Make paint as directed. Drop paints onto paper, and make designs with your hands.


Note: Prepare this non-food item away from the children so they do not confuse it with foods prepared for them to eat.
Dear Parent:
Today we made muffins to share with another group. We learned that sharing helps us grow. Muffins can be made extra-tasty by adding different fruits. (Millie Muffin is daydreaming about strawberries right now.)

**TO DO AT HOME**

Have your child draw three other fruits that could be added to muffins.

---

Read to me

*Little Red Riding Hood: A Newfangled Prairie Tale*
by Lisa Campbell Ernst

*If You Give a Moose A Muffin*
by Laura Numeroff

More on the web

www.bettycrocker.com
www.goldmedalfLOUR.com
www.kswheat.com
www.wheatmania.org
www.usda.gov/cnpp
Dear Preschool Educator: This lesson lets the children experience a food that in one form or another helps children all over the world grow — bread. Along with a great food experience, the children develop:

♦ hand-eye coordination
♦ knowledge of other cultures
♦ creative color use
♦ enjoyment of a dietary staple for growth

BEFORE YOU START

Prepare *Squeeze & Squiggle Paint* before children arrive, so they do not confuse it with food prepared for them to eat.

**Library books**
- *Bread, Bread, Bread* by Ann Morris
- *Tony’s Bread* by Tomie De Paola
- *Walter the Baker* by Eric Carle
- *Bread is for Eating* by David and Phillis Gershator
- *The Unbeatable Bread* by Lyn Hoopes

**Rainbow Bakery activities**
- *Ted E. Bread: Honey-Cinnamon Bear*
- *Pizza Stampede*
- *Squeeze & Squiggle Paint*
  *(recipes on pages 25-26 of the Teacher’s Guide)*

**Ask the children to bring:**
Washed, recyclable squeeze bottles from home — ketchup, honey, mustard or other products. The more children you have, the more squeeze bottles you’ll need for the squiggle paint.

**Taking it Home**
Copy pages 25-26 of the Teacher’s Guide for each child to take home.

---

**Supplies You’ll Need**

**For Small Group Activity: making dough**
(Make dough ahead and refrigerate in large sealable plastic food bags sprayed with cooking spray.)
- All-purpose flour
- Whole wheat flour
- Margarine
- Honey or sugar
- Quick active dry yeast
- Salt
- Cinnamon
- Raisins
- Cookie or baking sheets
- Cooking spray
- Gold star stickers
- Freezer or wax paper

**Individual Activity**
- All-purpose flour
- Salt
- Water
- Tempera powder colors for red, blue and yellow
- 3 or more plastic squeeze bottles
- Glitter — optional
- Finger paint paper or white cardboard

**For Lunch or Snack: personal pizzas**
- All-purpose flour
- Whole wheat flour
- Shredded cheddar cheese
- Baking powder
- Salt
- Vegetable oil
- Milk
- Pizza sauce
- Mozzarella cheese, shredded
- Favorite pizza meat toppings, cut-up or browned and drained
- Favorite veggie toppings, chopped
GROUP ACTIVITY

1) Ask “What’s your favorite kind of bread?” (Children may say brand names of sliced breads, tortillas, biscuits, cornbread, pita — even pizza!) How often do they eat bread? Usually several times a day — it’s a “staple” — the base of a good diet. (See Food Guide Pyramid poster.)

2) Read Bread, Bread, Bread. The book shows a few favorite breads from other countries, tells how they’re made and shows that they’re important staple foods in everyday life.

SMALL GROUP ACTIVITY

Making dough that grows

1) Divide the children into groups of three. Make one batch of Ted E. Bread dough for each group. The dough may be made a day ahead and refrigerated in sealable plastic food bags sprayed with cooking spray.

2) Have the children wash their hands. Cover the tables with freezer paper or wax paper. Give as little or as much guidance as you’d like. Have them use a little cooking spray on their hands. Let them feel the dough, create and have fun.

3) Let the bears rise until almost double and bake. Take a picture of each group with its bear. Then have the children share the bears as a snack.

**Sticker award:** Put a gold star next to Petey on their growth charts.

LUNCH OR SNACK

Personal pan pizza stampede

*Pizza is truly an American flat bread creation.*
*We top it for a full meal.*

Prepare the dough and toppings for the Stampede Pizzas. Give each child a dough ball to flatten on the baking sheet; top and bake for lunch.

**Hint:** To identify each pizza, simply write the child’s name on a small strip of white paper and tuck it under the edge of the pizza before baking. It won’t burn!

**Sticker award:** Place a gold star sticker next to Benny on each child’s growth chart.

TAKING IT HOME

Send copies of *Taking it Home #4* for the children to share with their families (pages 25-26 of the Teacher’s Guide).

Dear Teacher:

*No fear!* Lose your fear of yeast with this activity. The key is to take the liquid temperature and not use water that is too hot. (It should feel lukewarm, like bath water.) Follow the recipe and yeast recommendations.

Make sure the dough is not too sticky so it is easier for the children to handle.

Refrigerate the dough, wash and oil the children’s hands and away they go!
Squeeze & Squiggle Paint

**Ingredients**
- 1/4 cup all-purpose flour
- 1/4 cup salt
- 1/4 cup water
- 2 tablespoons tempera powder in your favorite color

**How To**
1. Stir flour, salt, water and tempera powder until well mixed. Pour paint into bottle. Repeat this step with different tempera powders to make more colors.
2. Squeeze out designs onto paper, cardboard or papier-mâché sculptures.
3. Immediately sprinkle glitter over paint. Let dry. Store paint in covered container at room temperature up to 5 days. Makes 1/2 cup paint.

*Recycle squeeze bottles from ketchup, mustard, honey and other products.


Ted E. Bread

**Honey-Cinnamon Bear**

**Ingredients**
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 2 tablespoons margarine or butter, softened
- 1 package quick active dry yeast
- 1 cup very warm water (120°F to 130°F)
- 3 tablespoons honey
- 1 1/2 to 2 cups whole wheat flour or butter, softened
- Raisins, 4 per bear

**How To**
1. Stir all-purpose flour, salt, cinnamon, margarine and yeast in large bowl until mixed. Stir in water and honey until mixed. Stir in enough whole wheat flour, 1/2 cup at a time, until a soft dough forms. Put dough on lightly floured surface, and shape into a ball, using floured hands.
2. Knead dough by folding and pushing with the palms of your hands, then make a quarter turn. Repeat these steps to knead 8 minutes. Put bowl over dough, and let rest 10 minutes.
3. Grease large cookie sheet. Shape a piece of dough into a 3-inch ball for the head. Shape 7 pieces of dough into 1-inch balls for the paws, ears and nose. Shape rest of dough into a ball for the body, and put it on center of cookie sheet.
4. Attach head and paws to body by putting one side of each ball under the head. Attach ears by placing one side of each ball under the head. Make a little “well” in the head. Gently push ball of dough for nose into “well.” Press raisins in dough for eyes, tip of nose and belly button. Cover and let rise in warm place 20 to 25 minutes or until almost double.
5. Heat oven to 400°F. Bake large bear 20 to 25 minutes (small bears 10 to 12 minutes) or until golden brown. Cool slightly. Brush a little more honey over warm bear. Makes one large bear or nine small bears.


**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving</th>
<th>1 small bear (81g)</th>
<th>Servings Per Recipe 9</th>
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<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td>Calories 200</td>
<td>Calories from Fat 30</td>
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<td></td>
<td>% Daily Value*</td>
<td></td>
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<tr>
<td>Total Fat</td>
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<td>5%</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Sodium</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
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<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Calories per gram:**
- Fat 9
- Carbohydrate 4
- Protein 4

Kansas Wheat Commission • 217 Southwind Place • Manhattan, KS 66503 • phone: 785-539-0255
fax: 785-539-8946 • web: www.kswheat.com • e-mail: kswheat@kswheat.com
Pizza Stampede

Ingredients

1 1/3 cups all-purpose flour (or half whole wheat flour)
1/2 cup shredded cheddar cheese
1 teaspoon baking powder
1/2 teaspoon salt
2 tablespoons vegetable oil
1/2 cup low fat (1%) milk
1 can (8 ounces) pizza sauce
Favorite meat toppings (sliced pepperoni, cut-up cooked chicken, cooked ground beef or sausage)
Favorite vegetable toppings
1 1/2 cups shredded mozzarella cheese

How To

1. Heat oven to 425°F. Grease 2 cookie sheets. Stir flour, cheddar cheese, baking powder, salt, oil and milk in medium bowl until a soft dough forms. Divide dough into 6 parts. Press each part into a 6-inch circle on cookie sheet. Pinch edge to form rim.
2. Spread pizza sauce over dough. Top with meat and vegetable toppings. Sprinkle with mozzarella cheese.
3. Bake 11 to 15 minutes or until crust is golden brown and cheese is melted. Makes 6 little pizzas.


*Nutrition Facts are for one of six pizzas, topped with 1 ounce browned ground beef and 1/4 cup chopped green pepper.

Read to me

Bread, Bread, Bread by Ann Morris
Tony's Bread by Tomie De Paola
Walter the Baker by Eric Carle
Bread is for Eating by David and Phillis Gerhardt
The Unbeatable Bread by Lyn Hoopes

Dear Parent:

We’ve been exploring different breads that are basics to children’s growth in many countries. Pizza is one of America’s—a flat bread plus the other food groups on top.

Enjoy making your own pizza together. It’s as fast as ordering in, costs less and builds great memories. It’s just one great way to get active—the other part of teaching your child great ways to grow and be healthy!
Dear Preschool Educator: This lesson celebrates growing — and learning how to help your body grow with healthy food and activities. It celebrates growing at our own speed (*The Big Seed* by Ellen Howard).

When you’ve completed many of the *Fields of Gold* activities, measure the children again on their growth charts. What foods from the Food Guide Pyramid did they try that were new? They grew wheat and shared bread they made with new friends. They began to help in the kitchen, a great part of active living. So, let’s plan a party to celebrate learning about wheat, eating from the Food Guide Pyramid and growing! Foods from the top of the pyramid belong at special occasions. Have the children help prepare the treats for their guests.

**BEFORE YOU START**

Prepare *Cool & Crazy Dough* before children arrive and wrap well.

**Library books**
- *The Big Seed* by Ellen Howard
- *Manners* by Aliki Brandenberg
- *Berenstain Bears Forget their Manners* by Stan and Jan Berenstain
- *Grover’s Guide to Good Manners* by Constance Allen

**Rainbow Bakery activities**
- *Rainbow Sprinklers: Sugar Cookies*
- *Rainbow Dust: Colored Sugar*
- *Co-Co Banana Pies: Chocolate-Banana Pudding Pies*
- *Cool & Crazy Dough* (recipes on pages 29-30 of the Teacher’s Guide)

Send invitations to parents, another class or another group (on page 28 of the Teacher’s Guide).

**Taking it Home**
Copy pages 29-30 of the Teacher’s Guide for each child to take home.

**LARGE GROUP ACTIVITY**

1) Talk to the children about their growth charts. Did they grow since they began preschool — and the *Fields of Gold* activities? Children grow at different rates. Some may grow several inches in six months while others may not grow much at all. In the short time since you began using these activities, it is likely that the children grew very little or none, and there is nothing wrong with that! You may want to leave the growth charts up for several months to see if they grow.

**Supplies You’ll Need**

**For Small Group Activities: preparation**

**Group 1:** Copies of invitation (on page 28 of the Teacher’s Guide) for each child

**Group 2:** Granulated sugar
- Pint-sized resealable plastic bags
- Liquid food colors

**Group 3:** Granulated sugar
- Margarine or butter
- Shortening
- Eggs
- All-purpose flour
- Cream of tartar
- Baking soda
- Salt
- Rainbow dust or colored sugar

**Group 4:** All-purpose flour
- Powdered sugar
- Margarine or butter
- Cocoa (for baking)
- Banana or vanilla instant pudding
- Low fat milk
- Bananas
- Chocolate syrup

**For Individual Activity: party jobs**
- Milk or juice to drink
- Party plates
- Napkins
- Cups
- Banner from flags made in Lesson 4
- Name tags for guests
- Pictures or models of foods from each of the five food groups.
2) Parties are for celebrating learning and growing. Why not have a party to celebrate growing? Who will they invite?

3) Read *Manners* to learn how to have a party that’s fun for everyone.

4) What foods from the Food Guide Pyramid do they want to serve? (They can have some from the top of the pyramid, like *Rainbow Sprinklers* and *Co-Co Banana Pies*.)

5) What activities would be fun?

---

**SMALL GROUP ACTIVITIES**

**One to two days before the party**

1) **Group 1:** Have this group of 3 to 6 children color the invitations with rainbow colors like the one on the growth chart.

   **Sticker time:** Let them add a sticker next to any of the characters.

2) **Group 2:** Prepare the *Rainbow Dust* — Prepare a dozen re-sealable bags with ½ cup sugar in each. Allow the children to choose colors from the chart, but only adults should handle the liquid food colors. The children can mix the sugar after the bags are sealed.

   **Sticker time:** Let them add a sticker next to Petey.

3) **Group 3:** Prepare the cookie dough with older children assisting with the pre-measured ingredients and rolling the dough into balls. Roll the dough in the *Rainbow Dust* colors prepared by Group 2.

   **Sticker time:** Let them add a sticker next to Olivia.

4) **Group 4:** Prepare the pie shells for the *Co-Co Banana Pies*. While they are baking and cooling, have the group prepare the instant pudding. Allow the children to slice the bananas for the pies with plastic knives. *On the day of the party, decorate the pies with chocolate syrup.*

   **Sticker time:** Let them add a sticker next to Rusty.

---

**INDIVIDUAL ACTIVITY**

Assign the children jobs to do the day of the party: greeters; helpers for coats and name tags; game leaders; helpers for plates, napkins and cups; food servers; and *everyone* cleans up!

Provide name tags for each guest and child.

**Sample Party Schedule**

1) Greet guests — give out name tags.

2) **Food Group Name Game:** With masking tape, mark a huge triangle, divided for food groups, on the floor. In a large bowl or on a table, lay out pictures or models of food. Have each person say their name, choose a food and place it in the correct space in the triangle. Then group guests according to the food groups they chose.

3) Have each “food group” create foods using the *Cool & Crazy Dough*.

4) Children choose a relay or active game.

5) Children serve refreshments.

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**TAKING IT HOME**

Send home copies of *Taking it Home #5* for the children to share with their families (pages 29-30 of the Teacher’s Guide).

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**Come Celebrate — We Grow!**

*A special party to celebrate learning about wheat, eating from the Food Guide Pyramid and growing.*

Place: __________________________

Date: ____________ Time: ____________

RSVP: __________________________

Host: __________________________
Rainbow Sprinklers
Sugar Cookies

Ingredients
1 1/2 cups sugar
1/2 cup (1 stick) margarine or butter, softened
1/2 cup shortening
2 eggs
2 3/4 cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
1/4 teaspoon salt
Colored sugar** or candy sprinkles

How To
1. Heat oven to 400°F. Stir sugar, margarine, shortening and eggs in large bowl until mixed. Stir in flour, cream of tartar, baking soda and salt.
2. Shape dough by rounded teaspoonfuls into balls. Roll balls in colored sugar or candies until coated. Put about 2 inches apart on ungreased cookie sheet.
3. Bake 8 to 10 minutes or until light golden and cracked on top. Right away, take cookies off cookie sheet. Makes 72 cookies.

**To make colored sugar, see Rainbow Dust (below).


---

Rainbow Dust
Colored Sugar

Ingredients
1/2 cup sugar
Food colors (see chart)

How To
1. Put sugar in resealable plastic bag. Pick a color from the chart, and add the food colors to sugar in bag. Seal bag.
2. Squeeze sugar in bag until it becomes colored. Store sugar in sealed bag. Makes 1/2 cup colored sugar.

Tip: Use colored sugar when you make Rainbow Sprinklers (above).


---

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<th>Color</th>
<th>Number of Drops of Liquid Food Color</th>
</tr>
</thead>
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<td>Orange</td>
<td>2 drops yellow and 2 drops red</td>
</tr>
<tr>
<td>Peach</td>
<td>4 drops yellow and 1 drop red</td>
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<td>Yellow</td>
<td>4 drops yellow</td>
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<tr>
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<td>2 drops yellow</td>
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<tr>
<td>Green</td>
<td>8 drops green</td>
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<tr>
<td>Lime green</td>
<td>3 drops yellow and 1 drop green</td>
</tr>
<tr>
<td>Blue</td>
<td>5 drops blue</td>
</tr>
<tr>
<td>Turquoise blue</td>
<td>3 drops blue and 1 drop green</td>
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<tr>
<td>Baby blue</td>
<td>2 drops blue</td>
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<tr>
<td>Purple</td>
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<tr>
<td>Red</td>
<td>10 drops red</td>
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<td>Rose</td>
<td>5 drops red and 1 drop blue</td>
</tr>
<tr>
<td>Pink</td>
<td>1 drop red</td>
</tr>
</tbody>
</table>

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*Nutrition Facts analyzed using 1 cup colored sugar to coat dough ball.
Co-Co Banana Pies
Chocolate-Banana Pudding Pies

Ingredients

- 2/3 cup all-purpose flour
- 1/4 cup powdered sugar
- 1/4 cup (1/2 stick) margarine or butter, softened
- 1 tablespoon baking cocoa
- 3 to 5 teaspoons cold water
- 1 box (4-serving size) banana or vanilla instant pudding and pie filling mix
- 1 3/4 cups low fat (1%) milk
- 2 medium bananas, sliced
- Chocolate syrup

How To

1. Heat oven to 375°F. Stir flour, powdered sugar, margarine and cocoa in medium bowl until crumbly. Sprinkle in water, 1 teaspoon at a time, and stir until a soft dough forms. Press about 1 tablespoon dough in bottom and up side in each of 12 ungreased regular-size muffin cups.
2. Bake 8 to 10 minutes or until slightly firm. Cool 10 minutes. Carefully run small metal spatula along side of pie shells to loosen, and remove from pan. Cool completely on wire rack.


*Nutrition Facts analyzed using 3/4 cup chocolate syrup.

---

Cool & Crazy Dough

Ingredients

- 1 cup all-purpose flour
- 2 teaspoons cream of tartar
- 1/2 teaspoon salt
- 1 cup water
- 1 tablespoon vegetable oil
- About 15 drops of your favorite food color

How To

1. Put all ingredients in 1 1/2-quart saucepan. Cook over medium heat about 4 minutes, stirring very hard, until mixture forms a ball.
2. Take ball of dough out of saucepan, and let it stand on the counter 5 to 10 minutes to cool.
3. Squeeze dough about 30 seconds or until it is mixed and smooth. Cool completely. Use dough to make fun shapes. Store dough tightly wrapped in refrigerator up to 2 weeks. Makes about 1 1/3 cups dough.


Note:
Prepare this non-food item away from the children so they do not confuse it with foods prepared for them to eat.
Reference and Resource Sheet

Preschool Reading Recommendations:


Pancakes for Breakfast.


Written Resources:


Supporting materials/visuals:


Food Guide Pyramid for Young Children. USDA-FNS. Download at: www.usda.gov/cnpp Also see above for written orders—Tips for Using the Food Guide Pyramid for Young Children.


Evaluation Form

Please copy and complete after using these materials.

Fax or mail to:

Kansas Wheat Commission
217 Southwind Place
Manhattan, KS 66503
Phone: 785-539-0255
Fax: 785-539-8946

The children enjoyed these lessons about wheat and
grain foods.  □ Yes  □ No  □ Don’t know

Parent(s) were interested in the lessons.
□ Yes  □ No  □ Don’t know

Please rank your level of satisfaction:
1=Very  2=Mostly  3=Not
___ Variety of activities provided age-appropriate
   options
___ Easy to follow layout and instructions
___ Suggested books were useful and available
   locally
___ Resources included in set
___ The Rainbow Bakery cookbook of activities
___ Growth chart
___ Food Guide Pyramid poster
___ Teacher’s Guide
___ Taking It Home sheets for parent(s)
□ Yes, I sent them home.

Please describe what could be improved.________________

___________________________________________

How many people were involved with the lessons?
___ preschool age children
___ teachers/providers

I provide: □ Preschool □ Child care center
           □ Family child care home

I wish I had __________________ to help me teach
the children about wheat and the grain food group.

Please contact me if more materials are available.
Name ________________________________
Child care facility ________________________
Address ________________________________
City, State ______________________________
Zip ________ Phone (____) _____________
E-mail ________________________________

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Educators’ Order Form

Gold Medal flour is happy to offer educators The
Rainbow Bakery cookbook at a discounted price.
Teachers can order up to 40 cookbooks for $1.25
each for use in the classroom or as gifts to students.
Simply complete and submit this order form.

The Rainbow Bakery cookbook: 76-pages of kid-
pleasing recipes, each presented by a friendly animal
pal such as Rosie, the pink pig, and Rusty, the red
monkey. A color-full adventure.

Send me:
___ copies of The Rainbow Bakery @ $1.25
   (maximum 40 copies)
___ additional copies @ $2.50 (no limit)
___ Total Dollars

Please make check payable to General Mills, Inc.
We cannot process orders made by a purchase order.
Teacher’s Name __________________________
School Name ______________________________
Address ________________________________
City _________________________________
State __________________________________
Zip Code ______________________________

Mail your order to:
Educator’s Cookbook Offer
PO Box 2080
Milaca, MN 56353-2080

Offer expires 12/31/01. Please allow up to eight weeks for
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except where prohibited, taxed or regulated. Offer good only
while supplies last.
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