



Meeting 16 Cooking Fun



Here are three fun ways that you can have fun teaching Sunbeams to cook. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Cooking Fun award.

ACTIVITY

1

An Apple a Day Apron

15
MINUTES

WHAT YOU DO

Ahead of time: To make the apron, turn two corners of the tea towel under and sew or tack down. Then with a punch tool, punch two holes at the top of the apron and two holes where the child's waist will be.

Ask the kids if they know the saying, "An apple a day keeps the doctor away." Spend a few minutes talking about the importance of healthy eating. Next, with the help of an adult, have each child tie a piece of rope to each of the holes on the apron. (The top two pieces of rope tie behind the child's neck and the other two tie around his or her waist.) Across the top front, have each of the Sunbeams write their name with a fabric pen. Next, give each child half of an apple. Then have them dip the cut side of the apple into the fabric paint and firmly press the apple onto the apron. Repeat two or three times.

MATERIALS NEEDED

- Tea towels
- Cotton rope or jute
- Grommet hole punch tool and grommets (or you can use scissors to snip holes in the tea towels)
- Fabric pens
- Apples, cut in half
- Fabric paint
- Shallow containers





Eating a Rainbow

WHAT YOU DO

15
MINUTES

2 ACTIVITY

Ahead of time: Cover the tables or work space with butcher paper. It's helpful to tape it to the table so it doesn't slide around. Wash, dry, and chop all of the vegetables.

Read a story about eating fruits and vegetables. Then tell the children they are going to make a rainbow of food. Have everyone, children and adults, wash their hands. Then have the adult draw a large rainbow on the butcher paper and write the colors that will be used. Start with purple in the center, then green, then yellow, then orange, and last red. Let the children select what veggies they want to use to fill in the rainbow.

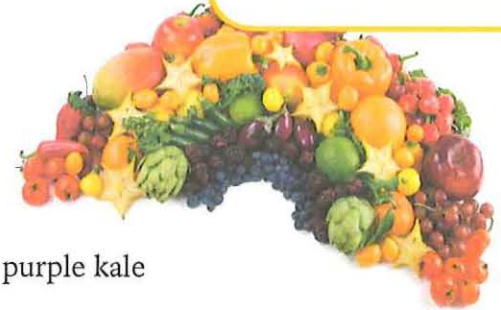
Once the children have completed their rainbows, take pictures of each rainbow. You can post these on the church bulletin board or on your club's website. Now give the children salsa and ranch dip and let them eat their rainbows. This should be a fun time, so don't force anyone to eat a vegetable if they don't want it. Give each child a plastic baggie to take home any leftover vegetables from his or her rainbow.

MATERIALS NEEDED

- Book about eating fruits and vegetables, such as *Why Do I Need to Eat Fruits & Veggies?* by Johanna Pomeroy-Crockett (Educational Activities, 2013)
- Vegetables in a rainbow of colors that can be eaten raw
- Plastic baggies
- Butcher paper
- Salsa and ranch dip
- Camera

Suggested rainbow vegetables:

- Red: tomato, radish, red bell pepper
- Orange: carrot, orange bell pepper
- Yellow: corn, yellow squash, wax beans, yellow bell pepper
- Green: broccoli, soybean, cucumber, bell pepper
- Purple: purple cabbage, purple bell pepper, purple leaf lettuce, purple kale



ACTIVITY

3

Homemade Applesauce

15
MINUTES

MATERIALS NEEDED

- Recipe for individual servings of applesauce:
 - Two small apples
 - Two tablespoons lemon juice
 - Two teaspoons sugar (optional)
 - $\frac{1}{8}$ teaspoon cinnamon (optional)
 - Vegetable peelers
- Knife (for adult use)
- Blenders/food processors
- Measuring spoons
- Serving bowls
- Spoons

WHAT YOU DO

Each child will need to work with an adult on this project. Make sure they begin with clean hands. Have each child peel two apples with a peeler. Then have the adult cube the apple and place it into a blender or food processor. (If you don't have enough blenders/food processors for each child to have his or her own, two to three children can place their ingredients into the same one.) Next, have the child measure and add the lemon juice to the apples. Have the children place the lid on the blender/food processor and blend the apples until they are smooth. With the help of an adult, the child next pours the applesauce into a bowl and measures and stirs in the remaining ingredients. Finally, let them eat their applesauce!



Award: Cooking Fun

To complete this award, check the requirements on p. 127 and add activities as needed.