

## Bubble Milk

### Ingredients:

milk  
doughnut holes

What in the world is bubble milk? Ask children what they think it might be, and then invite them to help you create some! For each child, place a plastic zippered bag in a bowl and pour 1/2 cup milk in the bag. Seal the bag and poke a small hole in one upper side of the bag, just large enough to slide a straw through.

Give each child a bag of milk and a straw to place through the hole in the bag so the end of the straw sits in the milk. Invite children to blow through the straw to make bubbles in the milk. (If it makes you more comfortable, bubble milk can be created in glasses!) What shape are all the bubbles? Serve doughnut holes (as a special treat) with your bubble milk to complete this bubbly snack. Remind children that this is a one time occurrence. We don't usually blow bubbles in our milk!

## Summer Parfaits

### Ingredients:

strawberries  
blueberries  
raspberries  
blackberries  
vanilla yogurt  
granola

Invite children to help you wash and slice the strawberries using child-safe knives. (Butter knives will slice strawberries nicely.) Wash the other berries and drain.

Give each child a clear cup or bowl, and have children layer the berries. Top the fruit with vanilla yogurt. Add granola for an added crunch, if desired. Eat and enjoy this healthy snack!

Have children wash their hands. Talk about the importance of handwashing before preparing and eating food.