Grocery List

- ☐ pizza crust
- ☐ pizza sauce
- ☐ cheese
- ☐ various pizza toppings
- ☐ apples
- ☐ sugar
- ☐ cinnamon
- ☐ red cinnamon candies/raisins
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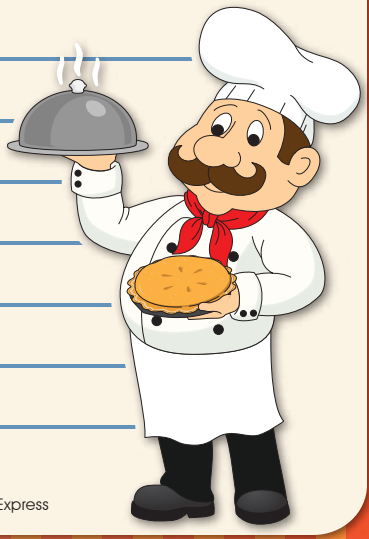

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Friendship Pizza

Ingredients:

ready-to-bake pizza crust
pizza sauce
cheese
various toppings

Invite children to work together to create a very special friendship pizza. Roll out pizza crust if necessary, and place on a pizza pan or baking sheet. Invite one of the children to spoon sauce onto the pizza crust, and invite another child to spread the sauce around with a soft rubber spatula. Then, ask children to decide what type of pizza they would like, choosing from a variety of ingredients you've provided.

Encourage children to help chop and dice vegetables for the pizza. Allow each child to help sprinkle some cheese and toppings over the pizza. Bake according to the crust instructions until the pizza is bubbling hot. Let cool a bit and serve with a favorite beverage. Thank the children for working together to create the delicious snack or meal!

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Awesome Applesauce

Ingredients:

6 apples
2/3 cup sugar
1 tsp. cinnamon
1 cup water
red cinnamon candies/raisins

Have children wash and dry their hands thoroughly. Invite them to help you peel and chop the apples. Mix all the ingredients together in a saucepan, and simmer for about 30 minutes or until fruit is soft. Invite children to take turns mashing the cooked apples. Remind them the food is hot! As the apples begin to mash, talk about how when heated, they began to soften. They are still apples—the texture just changed as a result of being cooked.

Let cool, and serve for a snack. Provide red cinnamon candy or raisins for children to make faces in their bowls of applesauce. As the children eat, ask them what letter applesauce starts with. What sounds does the letter A make?

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