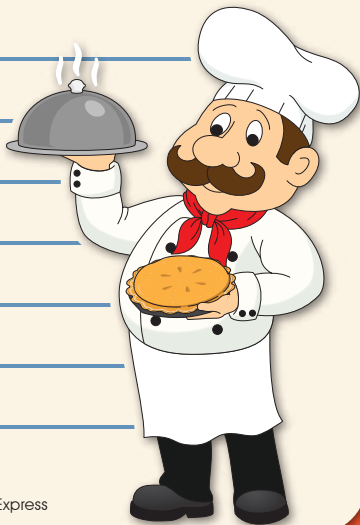


Grocery List

- chow mein noodles _____
- powdered ranch dressing mix _____
- bagels _____
- cream cheese _____
- grated carrots _____
- green apples _____
- kiwi fruit _____
- circle-shaped cereal _____
- spread of choice _____
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Nests to Munch

- Ingredients:**
- chow mein noodles (uncooked)
 - vegetable oil
 - powdered ranch dressing mix
 - bagels
 - cream cheese (softened)
 - grated carrots

Place the chow mein noodles in a large plastic zipper bag and drizzle oil over them. Close the bag and shake it until the noodles are lightly coated. Sprinkle the powdered ranch dressing mix over the noodles. Close the bag and shake until the seasoning is evenly distributed. Pour the noodles into a bowl.

Cut the bagels in half. Provide butter knives and softened cream cheese to use as mud. Spread the cream cheese over their bagels. Add grated carrots and the seasoned chow mein noodles to represent nesting materials. Serve with a glass of milk.

Bookworm Snack

- Ingredients:**
- green apples
 - kiwifruit
 - circle-shaped cereal
 - spread (nut butter/yogurt/cream cheese)

Wash the apples and cut them into smaller pieces. Offer one or two choices of a food spread to connect the apple pieces together. Show children how to spread a small amount on each side of the apple pieces. Connect the pieces and arrange them on the plate to form a worm body.

Wash and peel the kiwifruit. Slice it into thin circles. Add one kiwifruit circle to the end of the worm as a head. Provide circle-shaped cereal and place two pieces of cereal on the kiwifruit head as eyeglasses. Serve with a glass of milk and enjoy!