



## **Follow the Alphabet Trail to Baking**

(A preschool family baking activity)

### **Project: Family Helper/Snack for Family Trip**

#### **Materials/Equipment Needed:**

- Book—see options below
- Food Guide Pyramid for Young Children ([www.nutrition.gov](http://www.nutrition.gov))
- Copy of recipe: Crispy Cinnamon Snack Mix
- Large mixing bowl
- Stirring spoons
- Dry measuring cups and spoons
- Small plastic food snack bags (enough for each family member)
- Ingredients for Crispy Cinnamon Snack Mix
- *Optional:* Make a simple bar graph or pie chart of the recipe ingredients  
Bring paper to make a simple bar graph of their cupful of the mix.

#### **Activities:**

- Read together *Alphabite!* or *Food is Fun*.
- Review the meaning of *recipe* and *ingredient*. Show examples of the recipe and the ingredients.
- Ask “What is a recipe to help you grow?” (Show the Food Guide Pyramid)
- Think of a favorite food you make at home. Let each family member tell about the recipe and how to make it. (*Added fun: Compile every family members favorite recipe into a special “family cookbook”.*)
- Read the Crispy Cinnamon Snack Mix recipe.
- Review how to wash hands and do so.
- Assign an ingredient and amount for each family member to measure
- Measure, mix and enjoy or package the Snack Mix.
- *Optional:* Show your graph of the recipe. Give each member 1 cup of mix. Have them sort out each ingredient, count how many cereal (squares), peanuts (ovals), chocolate pieces (circles) and fruit pieces there are. Graph their results!

### **Baking Activity:**

1. Make Crispy Cinnamon Snack Mix

### **Crispy Cinnamon Snack Mix**

Makes eight, 1 cup ( oz) servings

#### **Ingredients:**

- 2 cups bite-size crispy wheat squares cereal
- 2 cups alphabet shaped cereal
- 1/3 cup butter, melted
- 2 teaspoons sugar
- 1 teaspoon ground cinnamon
- 1 cup dried fruit pieces, such as dried cherries, raisins etc.
- 1 cup milk chocolate or cinnamon chips
- 1 package (12-oz) dry roasted salted peanuts (about 3 cups)  
OR 1 ½ cups roasted sunflower kernels

#### **Instructions:**

1. In large bowl stir together cereals and butter.
2. Mix sugar and cinnamon and sprinkle evenly over cereal.
3. Stir in all remaining ingredients.
4. Store in tightly covered container.

Source: Home Baking Association

#### **Bake for Family Fun Exploration:**

1. In which food group are peanuts and sunflower kernels? (Meat, nuts, seeds, dried beans)
2. What food group is the cereal in? (Grain)
3. What food group are the raisins or dried fruit pieces in? (Fruit)
4. What food group are the chocolate pieces in? (Tip of Pyramid—sweets, fats)
5. When would you enjoy having this snack?
6. How many cups of mix do you think you have made? (Estimate)
7. Add the cereal, peanuts, chocolate pieces and dried fruit. How many cups does it total? (9) If you left out the dried fruit, how many cups would you have? (8)
8. Does the mix have more cereal or more peanuts/sunflower seeds? More dried cherries/fruit or more peanuts/sunflower seeds? Of what two ingredients are there the least?

#### **Vocabulary:**

**Recipe:** a set of directions for making something, especially food

#### **Books for Reading Together:**

- Alphabite! A Funny Feast from A to Z.* Charles Reasoner. 1989.
- Food is Fun.* Marcia Leonard. 2000.
- The Beastly Feast.* Goldstone, Bruce