



## **Cookies...Cookies...Cookies!**

(A preschool family baking activity)

No matter what the age - cookies are a favorite family baking activity. Toddlers may begin by sitting in a high chair watching eagerly to get involved! And WOW the first memory may be holding the spoon for mom or dad! What could be more fun than the anticipation of that taste of cookie as the aroma fills the kitchen during baking?

### **Project: Family Helper/Cookies for my family!**

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

- Book— *If You Give a Mouse a Cookie*
- Copy of recipe: Designer Oatmeal Cookies
- Large mixing bowl
- Stirring spoons
- Electric mixer
- Dry measuring cups and spoons
- Baking sheet
- Spatula or turner to remove cookies from baking sheet
- Pot holders
- Ingredients for Designer Oatmeal Cookies

#### **Activities:**

- Read together *If You Give a Mouse a Cookie*.
- How many different kinds of cookies can you name?
- Let each family member tell what their favorite cookie is and why.
- Read the recipe Designer Oatmeal Cookies together.
- Design a family cookie by selecting ingredients the chips, and/or dried fruit and/or nuts
- Review how to wash hands and do so before starting to cook.
- Assign an ingredient and amount for each family member to measure
- Share your baked cookies with a neighbor, grandparent or special friend.

## **Baking Activity:**

### **Designer Oatmeal Cookies**

Makes about 2 dozen

#### **Ingredients**

2/3 cups all-purpose flour (may be half or all whole wheat pastry flour)  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/8 teaspoon salt  
1/2 cup (1 stick) butter or margarine  
1/3 cup packed brown sugar  
1/3 cup granulated white sugar  
1 large egg  
1/2 teaspoon vanilla extract  
3/4 cup baking chips **and/or** moist dried fruit pieces  
1 1/2 cups quick or old-fashioned oats  
1/2 cup chopped nuts

**Instructions:** Before starting, select the type of chips, and/or dried fruit and nuts you will use.

#### **Preheat oven to 375 degrees F.**

1. In a small mixing bowl, combine the flour(s), baking soda, cinnamon and salt with a wire whisk.
2. In a medium mixing bowl, beat or cream softened margarine, brown and white sugars, large egg and vanilla until well blended.
3. Stir in the blended dry ingredients and mix well.
4. Mix in chips or dried fruit pieces and nuts.
5. Drop by teaspoonfuls onto an ungreased baking sheet. Bake 8 to 10 minutes.
6. Cool on baking sheets for 2 minutes; remove to wire cooling racks.

#### **Nutrition Facts:** One (1 oz) cookie of 24:

--Made with 1/2 whole wheat flour, dried cherries and pecans

Total calories: 120 calories Total fat: 6g; Saturated fat 2.5g; Cholesterol 20mg; Sodium 55 mg;  
Total Carb. 15 g; Dietary fiber 1g; Sugars 8g; Protein: 2g; Vit A 4%; Vit C 0%; Calcium and Iron, 2%

--Made w/1/2 whole wheat flour, chocolate chips and pecans

Total calories: 140; Total fat: 8g; Sat. fat: 4g; Cholesterol: 20mg; Sodium: 60mg; Total carb. 16g;  
Dietary fiber: less than 1g; Sugars 9g; Protein 2g; Vit. A 4%; Vit. C 0%; Iron and Calcium: 2%

Source: Home Baking Association

NOTE: Find more delicious and fun cookie recipes at [www.homebaking.org](http://www.homebaking.org).  
*The All American Cookie Book*-[www.kitchenlane.com](http://www.kitchenlane.com)  
Cookie flour: [www.stone-buhr.com](http://www.stone-buhr.com)

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

1. We can thank the Dutch for introducing American colonists to cookies in 1614 in the new colony now known as New York City. Called keokje or “little cake”, it’s thought cookies were small amounts of batter or dough used as an oven test to see if the wood-fired oven was hot enough to bake cake or bread. Today Americans from many cultures enjoy a wide range of cookies.
2. How many cookies would you say the average American eats each year—purchased or made at home?  
(95% of American households eat cookies, averaging 300 per person per year.) (Baking for Success. Home Baking Association)
3. What were the earliest cookies?  
(macarons, fruit tartlets, gingerbread, shortbread)
4. What did these first cookies have in common?  
(No leavening except air and beaten egg white—baking soda wasn’t used until early 1800s and baking powder, 1860s)
- 5: What are cookies called to this day in Britain?  
(biscuits)
6. What is America’s favorite home baked cookie?  
(Chocolate Chip Cookie - Half the cookies baked in American homes are chocolate chip!)
7. Are cookies a “bad” food?  
(There are no bad foods—only bad diets. A diet is what a person regularly eats over an average of a week or two. There is room for a few cookies in a well-planned diet and active life! Check out the Food Guide Pyramid for Young Children ([www.nutrition.gov](http://www.nutrition.gov)))
8. Be sure to visit check out these great resources on the main Bake for Fun Month web site:  
Eating Together  
The Thrill of Skill  
Ten Tips for Baking Success  
Safe Kitchen Check List  
<http://www.homebaking.org/familyfun/>

### **Vocabulary:**

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

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

**If You Give a Mouse a Cookie.** Laura Joffe Numeroff