Grocery List

ready-to-bake pizza crust
pizza sauce
cheese
various pizza toppings
6 apples
cinnamon
sugar
raisins
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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.

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Awesome Applesauce

Ingredients:

6 apples
1 tsp. cinnamon
1 cup water
1/4 cup sugar (optional)
raisins (optional)

Have children wash and dry their hands thoroughly. Invite them to help you peel and chop the apples. Add the chopped apples, cinnamon, and water to a saucepan, and simmer for about 30 minutes or until the fruit is soft. (You can also add 1/4 cup sugar for a sweeter variety, if desired.) Remove from the heat and pour the fruit into a mixing bowl. Invite children to take turns mashing the cooked apples. (Remind them the fruit is hot!) As the apples begin to mash, talk about how they began to soften as they were heated. They are still apples; the texture just changed as a result of being cooked. Let cool, and serve for a snack.

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