

## Eat a Letter

### Materials

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Can of refrigerated biscuits • sugar-cinnamon mixture • melted butter • paper plates

### What to do

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1. After discussing letters, tell the children they can make and eat their favorite letter.
2. Give every child a plate and a biscuit (uncooked).
3. Ask them to roll out their biscuit, like with playdough.
4. Ask them how the dough feels. After rolling out a long snake shape, help them form their letters.
5. Let each child brush her shaped letter with butter, and then sprinkle with the sugar mixture.
6. Bake according to the directions on the package.

★ Sandra Hutchins Lucas, Cox's Creek, KY

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## Alphabet Soup

### Materials

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Variety of vegetables • cutting boards and plastic knives • crock pot • 2 large cans of chicken broth • 1 large can of diced tomatoes • 1 box of alphabet-shaped pasta

### What to do

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1. This activity helps children reinforce their letter recognition skills through cooking.
2. Send home a note asking parents to send in different vegetables (corn, peas, beans, onions, carrots, and potatoes).
3. Under supervision, let the children clean and cut up vegetables and put them in the crock pot.
4. Add broth, diced tomatoes, and salt and pepper to taste.

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5. Add the noodles in the last few minutes of cooking.
6. Encourage the children to notice the letters as they eat the soup.

## Related books

*Alphabet Soup* by Kate Banks

*Eating the Alphabet: Fruits and Vegetables From A-Z* by Lois Ehlert

*Growing Vegetable Soup* by Lois Ehlert

★ Janice Bodenstedt, Jackson, MI

# Bag Ice Cream

## Materials

½ cup milk • 1 tablespoon sugar • ¼ tablespoon vanilla • 1 small freezer bag • ice • 6 tablespoons salt • 1 large freezer bag

## What to do

1. Put milk, sugar, and vanilla into the small bag. (This makes one serving.)
2. Close the bag.
3. Put ice into the large bag until the bag is half full.
4. Add salt to the ice.
5. Put the small bag into the large bag, and seal the large bag.
6. Shake the bags for five minutes.
7. Put the bag in the freezer for a few minutes.
8. Serve the ice cream!

★ Jean Potter, Charleston, WV

