

Peanut Butter and Jelly Swirls

Materials

Bread
Serrated knife (adult only)
Rolling pin
Creamy peanut butter
Grape or strawberry jelly
Plastic knife

What to do

1. Cut off the crusts of the bread using a serrated knife (adult only).
2. Give each child a slice of crustless bread.
3. Demonstrate how to use a rolling pin to roll the bread flat.
4. Encourage the children to use a plastic knife to spread a thin layer of peanut butter on the bread, followed by a thin layer of jelly.
5. Help the child roll up the bread, jelly roll style. Use the serrated knife to cut each child's roll into approximately five slices (adult only).
6. Enjoy at snack time.

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◆ Vicki L. Schneider, Oshkosh, WI

Peanut Butter and Jelly Burritos

Materials

Tortilla shells, one for each child
Peanut butter
Jelly
Plastic knives
Microwave oven (adult only)

What to do

1. Give each child a tortilla. Show them how to spread peanut butter and then jelly onto it.
2. Next, show them how to wrap it up to make a burrito.
3. Put each child's burrito into a microwave for about 15 seconds.
4. Eat and enjoy this simple, tasty, and fun snack.

◆◆ Lisa Chichester, Parkersburg, WV

Making Peanut Butter and Honey Sandwiches

Materials

Plastic container

Plastic spatula

Peanut butter

Honey

Bread

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What to do

1. Pour a generous amount of peanut butter and honey into a plastic container.
2. Encourage the children to stir the contents together with a spatula.
3. Then ask them to spread the peanut butter and honey mixture onto a piece of bread to make a sandwich.
4. It's easy to save any leftover mixture for later because it's already in a plastic container!

◆◆ Jayne Morrison, Magna, UT