

FUN & EASY RECIPES FOR KIDS

Fruit Kabobs with Dip:

Bananas	Cherries
Grapes	Marshmallow Cream
Melon	Cream Cheese
Strawberries	Kabob Skewers

Slice the bananas and cut the melon into cubes. Place each type of fruit into its own bowl. In another bowl, make a 1:1 mixture of marshmallow cream and cream cheese (enough to provide each child with about 1/8 cup of dip).

Have each child take a skewer and create a kabob using the available fruits. Next, give each child a portion of the "fruit dip" for dipping each piece of fruit in.

* remember to stress the importance of being careful with the skewers-they are very sharp and can easily hurt someone if misused.

* citrus fruits can also be used, but do not taste as good when dipped in the "fruit dip."

Nachos:

Tortilla Chips	Refried Beans (best if warmed up with a small amount of milk to soften)
Nacho Cheese Sauce	Seasoned Ground Beef (optional)
Sour Cream	Sliced or Diced Jalapeno Peppers (optional)
Diced Tomatoes	Salsa

Set each topping out in a separate container. Give each child a bowl filled with tortilla chips and allow him or her to make a nacho creation.

Banana Boats:

Bananas	Mini-Marshmallows
Chocolate Chips	Whipped Cream (optional)
Butterscotch Chips	Aluminum Foil

Give each child a banana that has been sliced open like a baked potato (length-wise along the inside curve). Allow each child to fill the banana with chocolate chips, butterscotch chips, and/or marshmallows. Wrap the bananas in aluminum foil and bake until the chips and marshmallows melt. Top with whipped cream if desired. Enjoy!

Watermelon Smoothies:

Seedless Watermelon
Vanilla Ice Cream
Blender

In a blender, mix a 1:1 ratio of watermelon and ice cream. It's that simple and it tastes incredible. Wonderful for those hot summer days! This is much easier (and less expensive) to do with smaller groups.

Ants on a Log:

Celery Sticks
Creamy Peanut Butter
Raisins

An old classic! Give each child a couple of celery sticks and have them spread peanut butter into the "groove" of the celery. Then place the "ants" on the "log" by sticking several raisins into the peanut butter. Enjoy. (Another variation is to use soft cream cheese instead of peanut butter.)

Pepperoni Rolls:

10"-12" Flour Tortillas (1 for each child)
Shredded Cheddar or "Pizza Mix" Cheese
Pepperoni

Provide each child with a flour tortilla. Instruct them to spread a layer of shredded cheese onto the tortilla and then have them place 8-10 slices of pepperoni on top of the cheese. Broil or bake in an oven until the cheese is melted. *Remove from the oven and roll the tortilla up. Enjoy!

FUN AND EASY ACTIVITIES

Puzzle Races

Directions:

Split the children up into groups of 3 or 4.

Give each group a 100-piece puzzle (preferably a new one or one with all of its pieces).

Tell the children that they will be racing against the other teams to try to get their puzzle completed first.

Stress the importance of working together as a team. If there is a particular team that is arguing, then give the team a "penalty" by having them stop for 1 minute.

Give a small prize to each team that completes the puzzle.

While monitoring the activity, give praise to children who work well with others, while giving a stern look to those who do not.

Newspaper Tower

Supplies Needed:

One thick (preferably Sunday) newspaper for each group of 3-4 children

One roll of masking tape for each group of 3-4 children

Split the children into groups of 3 or 4. Give each group a newspaper and a new roll of masking tape.

Instruct the teams to build the tallest tower that they can, using only the newspaper and masking tape. Explain the following rules to them:

1. The tower can not be attached to a wall or to the ceiling.
2. There is a time limit of (decide on a time limit, usually 20-45 minutes)
3. Once you run out of newspaper or tape, you are done.

Remember to praise teams that are working well together. Be specific about what you like.