

Keep this sheet.
Collect them all!



Explore your world with this Science-to-Go backpack



Books in this backpack

- **The Apple Pie Tree**
by Zoe Hall
- **Eat Like a Bear**
by April Pulley Sayre
- **Feast for Ten**
by Cathryn Falwell
- **Plants Feed Me**
by Lizzy Rockwell
- **Rah, Rah, Radishes!**
by April Pulley Sayre

Idea!

Compare how many pages each book has. Show your child the page numbers. Which book has the most pages?

More books
at your
library

Eating the Alphabet. Lois Ehlert. E EHLERT
From Wheat to Bread. Stacy Taus-Bolstad. E664.722
Kitchen Science Lab. Liz Lee Heinecke. J507.8
Pretend Soup and Other Real Recipes. Mollie Katzen. J641.5123
Trout are Made of Trees. April Pulley Sayre. E577.16

Local Connection

Visit a farmers market or go grocery shopping. Practice counting and adding as you put items in your basket. Talk together about where food comes from.

ACTIVITY

Bake Bread

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Cooking is the ultimate home chemistry experiment! While preparing bread, your child will practice measuring and mixing liquids and solids together. They will also experience the satisfaction of eating something they made themselves.

What you need:

- 1½ cups all-purpose flour (more for forming the dough)
- 1 tsp. salt
- 1 tsp. rapid-rise yeast (heaping)
- ⅔ cup water (lukewarm)
- 1 gallon plastic zip-top bag (or a bowl and spoon)
- Baking sheet or Dutch oven
- Parchment paper or oil
- Oven (450 degrees)

Try this:

1. Help child measure flour, salt and yeast into the zip-top bag. Seal; shake.
2. Open the bag and add water. Close; gently knead.
3. Open the bag; let sit at room temperature for two hours.
4. Cut open the bag. Sprinkle the dough and your child's hands with flour. Be generous!
5. Have your child shape the dough into a ball. Place the ball on a parchment-lined or oiled baking sheet. Preheat oven.
6. Slash the dough with a serrated knife. Bake for 25-30 minutes.

Adapted from somethingedible.com

Rhyme

The Food Chant

Apples on a tree
Apples on a tree
Pick them off
Eat them up
Apples on a tree

Carrots in the ground
Carrots in the ground
Pull them up
Wash them off
Carrots in the ground

Food in your tummy
Food in your tummy
Lick your lips
Mmm Mmm Mmm
Yum yum yummy

Field Notebook

Add something to the field notebook!

For example: Encourage your child to draw a picture or paste in a photo of their favorite food. Write down what they say they like about it.