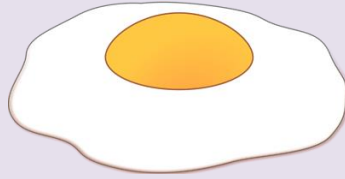


# Fun with Food

## Excellent Eggs

### Ingredients

- 6 eggs
- 1/3 Cup Milk
- 2 tablespoons of butter
- Salt and pepper to taste



### Directions

1. Break eggs into a bowl
2. Add milk, salt, and pepper
3. Beat the egg mixture with a fork or whisk
4. Heat frying pan with butter until it melts
5. Add egg mixture
6. Stir eggs with spatula until they are slightly firm

## Sensational Smoothies

### Ingredients

- 6-8 ice cubes
- 1 ½ cups of plain or flavored yogurt
- 2 peeled bananas
- Handful of strawberries or blueberries



### Directions

1. Add all the ingredients into a blender
2. Blend until smooth, adding more liquid if needed

## Terrific Tacos

### Ingredients

- 1 15-ounce can of pinto beans, rinsed
- ¾ cup mild salsa
- 1 head lettuce
- 8 taco shells
- 1 cup shredded cheddar



### Directions

1. Combine the beans and ½ cup of the salsa in a small microwave-proof bowl
2. Microwave on high until hot, 1 to 2 minutes
3. Tear the lettuce into bite-sized pieces
4. Divide the taco shells among 4 plates
5. Divide the bean mixture among the taco shells and top with the lettuce, cheddar, and remaining ¼ cup of salsa.

## The Tip Box

**Tip:** Ask your child to read the recipe out loud to help them practice their reading skills.

**Tip:** Ask your child to write these recipes on index cards and add them to a recipe box to practice their writing skills.

**Tip:** Ask your child to circle all the verbs in the directions to practice their grammar skills.

**Tip:** Ask questions such as: What comes *first*? What do we do *next*? What's the *last* step? The order of step-by-step instructions is important for reading and writing skills

**Tip:** Ask your child to describe the food using their 5 senses (sight, sound, touch, taste, and smell.) Is it soft? Squishy? Hard? Sweet? Sour? This will help them build their vocabulary.

**Tip:** Talk to your child as you cook! Share family stories.