STEAM Saturday

Episode 3: Healthy Eating

**Activities**

Children will have fun with STEAM in the kitchen while learning how to measure food. Children will also be encouraged to try different foods this year!

-Counting Ants on a Log (very quick intro to counting w/food)

-Learn How to Measure Activity (how to use measuring cups)

-Healthy Eating Food Game

**Supplies Needed**

Counting Ants on a Log

Celery Sticks

Raisins

Peanut Butter, Almond Butter, Cream Cheese or Hummus

**Let’s Learn How to Measure Food!**

Measuring Cups & Spoons (1 cup, 1/2 cup, 1/3 cup and 1/4 cup set—for dry ingredients; 2 cup measure cup—for liquid ingredients; measuring spoon set—1 Tablespoon, 1 teaspoon, 1/2 teaspoon, 1/4 teaspoon sizes)

Rice, beans, pasta (something easy to practice measuring with)

Water

**Healthy Eating Food Game**

Markers or crayons

Pencil

Construction paper

**Book Suggestions**

Little Pea by Amy Krouse Rosenthal (Illustrated by Jen Corace)

Every Night is Pizza Night by J. Kenji Lopez-Alt (Illustrated by Gianna Ruggiero)

A Fine Dessert by Emily Jenkins and Sophie Blackall

The Adventurous Eaters Club by Misha and Vicki Collins

The Complete Cookbook for Young Chefs from America’s Test Kitchen