**ACTIVITIES**

**Memories**

**Sharing Stories and Histories**

Take turns asking each other the questions and filling out the chart. Take time to talk over and explain the answers given. You don’t have to complete the chart at one time. Perhaps you could fill it in over a series of afternoons or meals together. If some of the questions don’t fit you or your grandchild, change or replace them with some that do.

|  |  |  |
| --- | --- | --- |
| **Question** | **Parent/Grandparent answer** | **Child answer** |
| Where are your ancestors from? |  |  |
| What foods does the family still eat that are from that place? |  |  |
| Are you allergic to any foods? If yes, which foods? |  |  |
| What were/are your favorite foods when you were younger? |  |  |
| Is there a food that you like now that you didn’t like when you were younger? |  |  |
| How old were you the first time you ate pizza? |  |  |
| What is the best Christmas food? |  |  |
| What is your favorite Halloween candy? |  |  |
| What is the best food to eat while watching a movie? |  |  |
| What food do you want to eat when you feel sad? |  |  |
| When you were younger how often did you go out to eat and what kind of food did you have? |  |  |

|  |  |  |
| --- | --- | --- |
| What is your favorite drink to have with pizza? |  |  |
| What goes best with a peanut butter sandwich? |  |  |
| What is your favorite kind of bread? |  |  |
| What are the best sandwich ingredients? |  |  |
| What food do you wish had never been invented? Why? |  |  |
| What food would you miss most if you moved to Mars? |  |  |
| What do you consider to be the best vegetable? Why? |  |  |
| What is the first food you learned to cook? |  |  |
| Describe your favorite way to cut and eat a watermelon? |  |  |
| What is the best afterschool (or work) snack during the winter? |  |  |
| What is the best Saturday morning breakfast? |  |  |
| What would you like your partner to teach you? |  |  |

Other memories???

**Young Children’s Cooking Skills**

2-year-olds can:

* Scrub fruits and vegetables
* Carry unbreakable items to the table
* Dip foods
* Wash and tear lettuce and salad greens
* Break bread into pieces

3-year-olds can:

* Pour liquids into batter
* Mix batter or other dry and wet ingredients together
* Shake liquid in a closed container
* Spread butters or soft spreads
* Knead dough
* Wash fruits and vegetables
* Serve foods
* Put things in the trash during cooking and after a meal

4- and 5-year-olds can:

* Juice oranges, lemons and limes
* Peel some fruits and vegetables
* Mash soft fruits and vegetables
* Cut soft foods with a plastic knife
* Press cookie cutters
* Measure dry ingredients
* Crack open/break eggs
* Beat eggs with an eggbeater
* Set the table
* Wipe up after cooking
* Clear the table after a meal

Source: Kim, Y. (2015) Cooking with young children, University of Nevada Extension, Reno. Retrieved March 11, 2012 from <https://extension.unr.edu/publication.aspx?PubID=2468>

**Bread**

**Beginner’s Focaccia**

3-1/4 cups all-purpose flour

1 packet RapidRise Yeast

1 tablespoon sugar

1 teaspoon salt

1-1/2 cups water

4 tablespoons extra virgin olive oil, divided

3 tablespoons shredded Parmesan cheese

1-1/2 teaspoons Italian herb seasoning

Directions

1. Combine flour, dry yeast, sugar and salt in a large mixing bowl and stir until blended.
2. Combine water and 2 tablespoons olive oil in a 2-cup glass measuring cup OR microwave-safe bowl. Microwave on HIGH in 15 second increments until very warm but not hot to the touch (120° to 130°F).
3. Add to flour mixture. Stir with a spoon until well mixed.
4. Spread into greased 13 x 9-inch pan. (Don’t worry if the dough isn’t even or filling the corners.) Cover with towel; let rise in warm place until doubled in size, about 30 minutes.
5. Using your lightly oiled finger, gently poke holes about every inch in the dough going nearly to the bottom of the dough.
6. Drizzle with remaining 2 tablespoons olive oil; evenly sprinkle with Parmesan cheese and Italian herbs.
7. Let rise, uncovered, an additional 15 minutes while oven preheats to 375°F.
8. Bake for 25 to 30 minutes or until golden brown. Cool slightly. Cut and serve with extra oil for dipping if you’d like.



Source: Fleischmann’s Bread World at <http://www.breadworld.com/recipes/Beginners-Focaccia>

**Popped Corn**

**Spicy Curry Popcorn**

1/4 cup unsalted butter

2 tablespoons brown sugar

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon ground turmeric

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/4 teaspoon cayenne pepper

1/2 teaspoon salt

12 cups popped corn in a large bowl

1. Put butter, brown sugar, spices and ½ teaspoon salt in a small saucepan. Heat over medium heat. As butter melts mix to combine ingredients. Heat until mixture just begins to boil. Remove from heat.
2. Drizzle heated mixture over popped corn in the large bowl. Allow to cool for a couple of minutes then serve.

**Rosemary Parmesan Popcorn**

2 sprigs fresh rosemary

1 large glove garlic, peeled and smashed

1/4 cup extra-virgin olive oil

1/2 teaspoon garlic salt

1/4 teaspoon ground black pepper

12 cups popped corn in a large bowl

1/4 cup grated Parmesan cheese

1. Place 1 sprig rosemary and smashed garlic clove in a small saucepan. Pour olive oil over top and set on stove over low heat. Stir in garlic salt and black pepper. Heat until very warm but not simmering. Turn off heat set aside until needed.
2. Pull leaves from second sprig of rosemary and cut finely with scissors. Set aside.
3. Remove rosemary sprig and garlic clove from the warmed olive oil. Drizzle oil over popped corn and toss to coat. Sprinkle with Parmesan, 1 teaspoon of the snipped rosemary. Serve at once.

**Homemade Ice Cream with Fruit**

**Vanilla Ice Cream**

1 cup milk

1 cup sugar

1 dash salt

1 cup half and half

1-1/2 teaspoons vanilla extract

2 cups whipping cream

**Directions**

1. Scald (heat) milk until bubbles form around the edge of the pan. Remove from heat.
2. Add sugar and salt. Stir until dissolved.
3. Stir in half and half, vanilla extract and whipping cream.
4. Pour into can of ice cream maker. Cover with lid. Refrigerate 30 minutes.
5. Freeze ice cream in the ice cream maker.

**Using the ice cream maker (ask questions if unclear)**

1. Place ice bucket on motor drive and rotate until it drops securely in place.
2. Pour chilled ice cream mixture into cooled can, filling no more than half full.
3. Insert dasher. Be sure that bottom of dasher fits into indentation at bottom of can.
4. Place chilled can in ice bucket. Be sure can engages drive hub of bucket.
5. Place support arm cover over dasher and snap into dual rim recesses of ice bucket.
6. Plug in power cord.
7. While ice cream maker is running, pour 1 cup cold water into ice bucket. Distribute 12 to 15 ice cubes uniformly around ice cream can. Sprinkle 1/3 cup rock salt over layer of ice. Continue adding ice and rock salt in layers until the ice bucket is full. As ice melts, add more layers of ice and salt to maintain original level.
8. Ice cream should churn 25 to 40 minutes or until motor stops. **Do not allow unit to run longer than 50 minutes**. NOTE: The dasher does not more; the can turns around it.
9. Remove support arm cover by unsnapping at dual rim recesses of ice bucket. Carefully lift ice cream can out of ice bucket. **Wipe off ice and salt.**
10. Lift out dasher and scrape clean with a rubber spatula. Pack down ice cream into can. Cover with lid provided. Place in freezer until needed.

**Berry toppings**

Strawberries, Blueberries, Blackberries, Raspberries or a Mix

1. Wash and drain berries. Pat dry with a paper towel.
2. Cap or stem berries. Slice strawberries and leave other berries whole. Put berries into a bowl. Sprinkle with a small amount of sugar if needed. Cover with a paper towel and set in the refrigerator until needed.

**Soup**

**Vegetables of the Day Soup**

1 quart chicken broth or stock

Assorted vegetables such as

* yellow onion, celery, potato, carrots, green beans, zucchini, corn (cut off the cob), spinach

1 can black beans, drained

1 can diced tomatoes, undrained

1 cup pasta

1. Put broth or stock into a large pan.
2. Each child and grandparent team will choose a vegetable to clean, cut and add about 1 cup to the broth.
3. Bring the pan to a boil, reduce heat and simmer 30 minutes, stirring occasionally.
4. Add drained beans, diced tomatoes, and pasta and continue cooking 10 minutes, stirring occasionally.
5. Broth to see if it needs salt or pepper. Serve.

**Looking Ahead**

**Memory Pouch**

Needed:

* 1 pouch or zippered freezer
* paper
* 2 pencils or pens

Instructions

1. Tear or cut paper in half. Give half to the child, half to the grandparent.
2. On their half the child will write a specific memory from their time with their grandparents and one food memory they want to create with their grandparent(s) within one year.
3. On the other half of the paper the grandparent will write a specific memory from their time with their grandchild and one food memory they want to create with their grandchild(ren) within one year.
4. Read the notes to each other.
5. Roll the notes unto a small tube that will fit into zippered freezer bag and zip it shut. Write on the pouch the date, one year from the day it was sealed.
6. One of you will keep the pouch for the year then you will open it and see if you have done what you wanted to do or if you need to continue working on it.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit https:///eeo.okstate.edu