

# ABC Snacks

## Summer Snacks Cookbook



## B Is for Bobbing Banana Boy

Nothing is more refreshing on a hot summer day than a relaxing float in the pool, and our bobbing banana boy is feeling *very* refreshed. Your preschooler will love creating and eating this healthy and delicious snack.

**Here's what you'll need to make one bobbing banana boy snack:**

- 1 banana
- 2 thick pineapple rings
- Pretzel sticks
- Blueberries
- 1 raspberry
- 1 red or purple grape
- 1 strawberry “top”



**Step-by-step instructions:**

1. Stack pineapple rings on a plate, enlarging the center as needed.
2. Slice off one end of the banana and rest the banana in the center of the pineapple rings.
3. Arrange blueberries around and in the center of pineapple rings.
4. Create arms with two pretzel sticks.
5. Cut a raspberry in half and place one half on each arm to create “floaties.”
6. Create a mouth with a small piece of pretzel.
7. Create sunglasses with two thin grape slices.
8. Create hair with the top of a strawberry.

### Teaching Tips

- As you and your child assemble this snack, practice saying /b/–/b/– *bobbing banana boy* together.
- See how many ways you can create the letter *B* out of your ingredients as you create your bobbing banana boy snack.
- Here’s a fun interactive book to enjoy together: [Maisy Goes Swimming!](#)

## C Is for Crew in a Canoe

Here's a fun snack idea that is easy to assemble and even easier to eat! And while you munch, you can learn about the letter *C* and about [sculling](#)—a classic summer sport for a crew!

**Here's what you'll need to make this snack for two children:**

- 2 8-inch stalks of celery
- 2 tablespoons cream cheese
- 12 grapes
- 24 pretzel sticks

### Step-by-step instructions:

1. Trim two celery stalks to about 8 inches in length.
2. Spread cream cheese in the trench of each celery stalk.
3. Place celery stalks on a blue plate or plastic lid.
4. Create crew members in each canoe by evenly spacing six red grapes in the trench of each celery stalk.
5. Create oars by placing two pretzel sticks in front of each grape.



### Teaching Tips

- As you and your child create your crew, practice saying /k/–/k/–crew in a *canoe* together.
- Can your child arrange the pretzel sticks or the grapes into the letter *C* before you build your crew?
- Read [Who Sank the Boat?](#) about an unlikely crew that goes for a row in the bay.



## F Is for Fantastic Fruity Flags

Whether it's Flag Day or the 4<sup>th</sup> of July, summer gives us great opportunities to celebrate the history and heritage of the United States of America. This patriotic snack will help make your celebration a little bit tastier.

**Here's what you'll need to make this snack for 1-2 children:**

- 2 slices of bread, toasted
- 2-3 tablespoons softened cream cheese
- 1 banana, halved and sliced
- 4-5 strawberries, halved and sliced
- 8 blueberries

### Step-by-step instructions:

1. Spread cream cheese on two slices of toasted bread.
2. Create the flag stripes with three rows each of banana slices and strawberry slices.
3. Create the flag stars with 4 blueberries.

### Variations:

- Instead of using sliced strawberries, spread strawberry jam over the cream cheese and add the bananas to create the stripe effect.

### Teaching Tips

- As you and your child assemble your flags, practice saying /f/-/f/-*fantastic fruity flag* together.
- Before placing them on your flag, form the letter *F* with your fruit slices.
- Practice saying [The Pledge of Allegiance](#) together with this book.



## H Is for Happy Homerun Hitter

This wholesome snack honors an all-American summer tradition—kids and baseball! This fun recipe combines kid-friendly foods and a bit of artistic ability.

### Here's what you'll need to make this snack for one child:

- ½ cup of peanuts (or your favorite nut variety)
- 1 small, round white or clear plastic cup
- ½ cup of plain or vanilla yogurt
- 12 small strawberry slices

### Step-by-step instructions

1. Place yogurt in a small round cup.
2. Create stitches on the baseball by positioning strawberry slices on top of yogurt.
3. Arrange nuts in the shape of a baseball bat on your plate and place your baseball yogurt cup next to your peanut bat.
4. Batter up!

### Variations:

- Create the baseball bat by substituting the nuts with small pieces of fruit or cereal.

### Teaching Tips:

- As you and your child arrange the peanuts into a baseball bat, practice saying /h/-/h/-/happy homerun hitter together.
- Before you create your baseball bat, form the letter *H* with peanuts.
- Read about [\*Curious George at the Baseball Game\*](#) in this fun book.



## L Is for Laughing Ladybug Lollipop

Nothing says summer like watermelon—and ladybugs. And these cute creepy-crawlies are easy to make and fun to eat! Made with healthy foods that kids love, this snack will make moms happy too!

### Here's what you'll need to make two ladybug lollipops:

- 1 ½- to 2-inch thick slice of watermelon
- 2 wood skewers or large popsicle sticks
- 3 strips of fruit leather
- 6-8 chocolate chips
- 2 blueberries

### Step-by-step instructions:

1. Use a cup or mug to cut two circular ladybug bodies from a slice of watermelon.
2. Cut 12 L-shaped legs from strips of fruit leather.
3. Insert a long wooden skewer all the way through the watermelon circle.
4. Form the ladybug's head by attaching a blueberry to one end of the skewer.
5. Insert 3-4 chocolate chip "spots" on the ladybug's back.
6. Create the ladybug's legs by inserting L-shaped fruit leather pieces into the sides of the watermelon body.

### Teaching Tips:

- While you're making your ladybugs, say /l/-/l/-*laughing ladybug lollipop* together.
- Notice all the *L*'s you're making while you cut out your fruit leather legs.
- Have fun playing with the [Little Ladybug](#) in this interactive finger puppet book!



## P Is for Pretty Patriotic Parfait

Just in time for the 4<sup>th</sup> of July, this patriotic breakfast parfait is all kinds of yummy! With sweet and crunchy layers of red, white, and blue, our pretty parfait honors American heritage as it feeds your tummy. Little hands can easily create this tasty treat with very little assistance from mom and dad.

### Here's what you'll need to make one breakfast parfait:

- 3 large strawberries, sliced
- ½ banana, sliced
- ½ cup granola
- ¼ cup vanilla yogurt
- ¼ cup blueberries



### Step-by-step instructions:

1. In a small clear glass, layer sliced strawberries, sliced bananas, ¼ cup of granola, yogurt, and blueberries.
2. Top with the remaining granola.
3. Dig in!

### Variations:

- Be creative...and patriotic! Substitute any red, white, and blue foods you prefer!

### Teaching Tips:

- While creating your breakfast parfait, say /p/–/p/–*pretty patriotic parfait* together.
- Before adding them to your parfait, form your blueberries into a letter P.
- While enjoying your yummy parfait, read about a familiar bear in [Corduroy's 4th of July](#).

## R Is for Roarin' Road Racer

Summer is the time for vacations and road trips, and this snack will take your preschooler on his very own tasty trip! Created from healthy ingredients, this snack is hearty enough to count as lunch. But beware: the roarin' road racer might be as much fun to play with as it is good to eat!

### Here's what you'll need to make one road racer:

- 1 slice of bread
- 2 tablespoons hummus or cream cheese
- 2-3 slices of white sliced cheese
- 1 green apple
- Cucumber slices



### Step-by-step instructions:

1. Cut two cheese slices into narrow strips.
2. On a dinner plate, create a curvy road with long strips of cheese.
3. Create a center line with short strips of cheese.
4. Cut off the upper corners of a piece of bread to form the shape of a car.
5. Spread hummus or cream cheese on the bread.
6. Create the car's features (window, door, headlights, tail lights) with pieces of cheese.
7. Create wheels with two cucumber slices.
8. Create three bushes from slices of green apple. Position them along the road.

### Teaching Tips:

- While you're building your road racer, say /r/—/r/—roarin' road racer together.
- Before you build your road, can you make the letter R from pieces of cheese?
- Have fun reading the touchy-feely book [\*That's Not My Car\*](#) together.



## S Is for Sunny Summer Smiles

Kids love eating fruit on a hot summer day, and this fruity snack will bring a smile to their lips. Made entirely of fruit, this sunny summer smile is fun to make and good to eat.

**Here's what you'll need to make this snack for one child:**

- 1 thick center slice of navel orange
- 2-3 large strawberries, sliced
- 2-3 black berries or blueberries

**Step-by-step instructions:**

1. Cut a thick slice from the center of a navel orange.
2. Create the sun's rays by arranging strawberry slices around the outside of the orange slice.
3. Create a sunny smile with slices of blackberry or with whole blueberries.

**Teaching Tips:**

- As you and your child make a fruity sun, practice saying /s/-/s/-sunny summer smiles together.
- How many words can you think of that start with the letter S?
- Enjoy your fruity snack with Toot & Puddle while you read [You Are My Sunshine](#).



## T Is for Tasty Towering Trees

Don't you just love relaxing under the branches of a shady tree on a hot summer day? You can grow your *own* shady tree with this creative snack recipe. In a tasty combination of sweet fruit and salty crunch, this snack is easy to build even for your youngest preschooler.

### Here's what you'll need to make one tree:

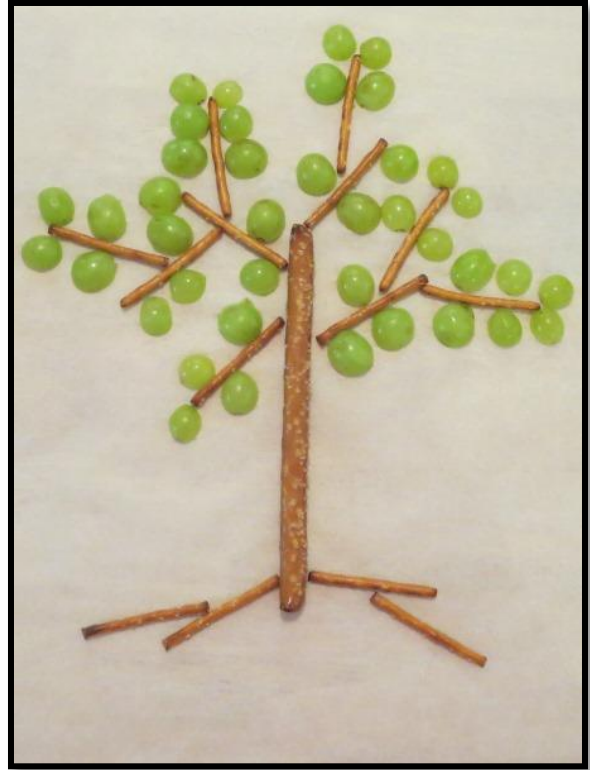
- 1 pretzel rod
- 15 pretzel sticks
- About 20 green grapes, halved
- Parchment paper

### Step-by-step instructions:

1. Place a sheet of parchment paper on a large baking sheet.
2. Create a tree trunk and branches with a pretzel rod and pretzel sticks.
3. Create the base of the tree with three or four pretzel sticks.
4. Create leaves by positioning grape halves around the branches.

### Teaching Tips:

- As you and your child make each tree, practice saying /t/–/t/–*tasty towering tree* together.
- Before you make the branches of your tree, make the letter *T* with your pretzels.
- While you eat your snack, read [\*The Giving Tree\*](#), a Shel Silverstein classic.

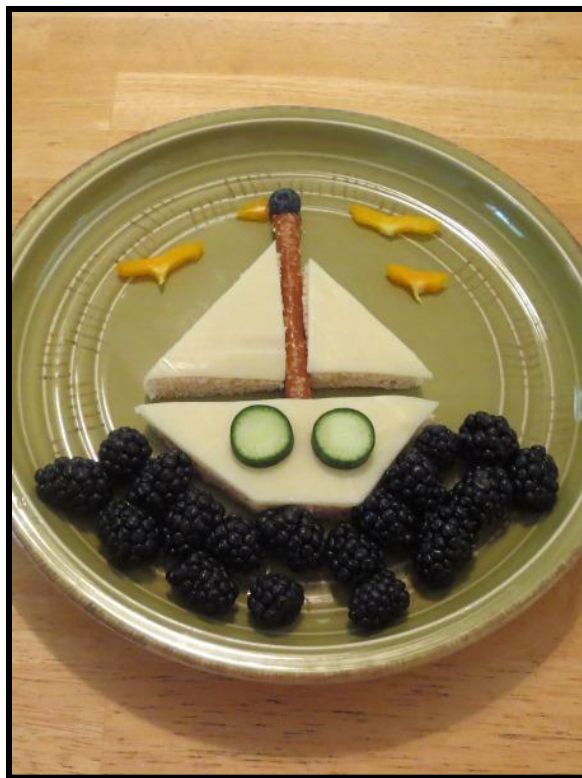


## W Is for Wind on the Water

Sailboats, seagulls, and saltwater...it's the best of summer! And this creative snack brings it all to a dinner plate near you. Featuring healthy, kid-friendly foods, our crafty sailboat snack is fun to make and yummy to eat.

**Here's what you'll need to make this snack for one child:**

- 1 slice of bread
- 1 slice of white cheese
- 1 pretzel rod
- Yellow bell pepper
- Cucumber
- 18 blackberries or blueberries



### Step-by-step Instructions:

1. Remove crusts from bread and trim all edges to create a square piece of bread. Cut in half diagonally.
2. Cut one piece in half again to form sails. Cut the bottom off large piece to form sailboat.
3. Cut cheese slices to the same size and shape as the bread pieces. Arrange cheese on bread.
4. Create sailboat and sails by positioning bread slices around pretzel rod as seen in the photograph.
5. Cut small pieces of yellow bell pepper with rib to form seagulls.
6. Arrange two small cucumber slices to form portholes.
7. Arrange blackberries or blueberries to form water around the sailboat.

### Teaching Tips:

- As you and your child create your sailboat, practice saying /w/-/w/-wind on the water.
- Can your preschooler break up an extra pretzel rod and form the letter W?
- Learn about sailing with Mr. Small and Tinker in [\*The Little Sailboat\*](#) by Lois Lenski.

# ABC SNACKS: Tips for Working on Pre-Reading Skills

*by Marie Rippel*

The ABC Snacks series is perfect for slipping in important pre-reading skills while engaging in a tasty hands-on activity. Pick and choose ideas from this list to effortlessly increase your child's pre-reading skills.

## Print Awareness

- Run your finger under the words on the recipe cards to show that you are reading the words on the paper. Have your child share the recipe with a family member or friend. Highlight the fact that his friend can make and enjoy the same tasty treat by reading and creating the recipe.
- Point out matching words when possible. For example, show your child the word *flour* on the recipe sheet. Then compare this to the word *flour* printed on the bag of flour.

## Letter Knowledge

- As you create each recipe, use snack ingredients to form the letter of the alphabet that the snack begins with.
- Show your child the first letter of the recipe title. For example: "Laughing Ladybug Lollipops. *Ladybug* starts with L!"
- Have your child search for the featured letter, both upper- and lowercase, in the snack recipe.

## Phonological Awareness

- Say the name of the recipe you are preparing and emphasize the first sound of the words in the title. For example: "S...s...sunny summer smiles starts with /s/!"
- Choose a particular sound and emphasize words in the recipe that begin with that sound. For example, for /m/, search for words like *mix*, *measure*, *make*, *milk*, *mash*, and *melt*. For /s/, look for words like *stir*, *salt*, *slice*, *simmer*, or *steam*.



## Listening Comprehension

- Have your child help you gather the ingredients.
- Read the recipe instructions aloud and have your child complete the steps that he is able to do, such as stir the batter or add the raisins.
- Begin by giving one instruction at a time, such as “Please bring me a big spoon,” and then build up to two-part instructions, such as “Please bring me two bananas and a spoon.”
- Have your child explain the recipe to a family member or friend.

## Motivation to Read

- Share your own enthusiasm for reading recipes and cooking with your child. Let your child see how exciting it is to be able to read and create recipes together.
- As you and your child enjoy the snacks you have created together, point out that you have to be able to read in order to follow a recipe and make yummy snacks.
- Look at some other cookbooks, preferably those with color photographs. Explore the recipes together and talk about special foods that you might make in the future.

For the full lineup of ABC Snacks, go to <http://www.abc-snacks.com>.

# ABC SNACKS: Summer Snacks Cookbook

## *Picture Book List*

### **B Is for Bobbing Banana Boy**

*Maisy Goes Swimming* by Lucy Cousins

### **C Is for Crew in a Canoe**

*Who Sank the Boat?* by Pamela Allen

### **F Is for Fantastic Fruity Flag**

*The Pledge of Allegiance* by Scholastic, Inc.

### **H Is for Happy Homerun Hitter**

*Curious George at the Baseball Game* by H. A. Rey and Anna Grossnickle Hines

### **L Is for Laughing Ladybug Lollipops**

*Little Ladybug* by Chronicle Books

### **P Is for Pretty Patriotic Parfait**

*Corduroy's 4<sup>th</sup> of July* by Don Freeman and Lisa McCue

### **R Is for Roarin' Road Racer**

*That's Not My Car* by Fiona Watt and Rachel Wells

### **S Is for Summer Sunny Smiles**

*You Are My Sunshine* by Holly Hobbie

### **T Is for Tasty Towering Trees**

*The Giving Tree* by Shel Silverstein

### **W Is for Wind on the Water**

*The Little Sailboat* by Lois Lenski



**We hope you enjoyed this pre-reading activity  
from *All About® Reading*!**

The *All About Reading* Pre-reading program is designed for preschoolers and kindergarteners. Your student will enjoy the special games, crafts, and storytime read-alouds, and you will love the way your student effortlessly learns the five essential pre-reading skills:

- **Letter Knowledge**
- **Phonological Awareness**
- **Print Awareness**
- **Listening Comprehension**
- **Motivation to Read**

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