

July Activity Ideas

Fruit S'mores

I think we can all agree that S'mores are yummy. Here is a healthy alternative to this traditional treat. Ingredients: graham crackers, low fat whipped cream cheese, and thin sliced strawberries and bananas. *You can also beat sugar free pudding with the cream cheese.

Directions:

1. Spread the cream cheese on top of one of the graham cracker.
2. Layer the strawberries and bananas on top of the cream cheese.
3. Top off the treat with the other graham cracker.

Ice Cream in a Bag

July is National Ice Cream Month. I use to love making this ice cream recipe with my class. I won't lie...it can get really messy but it is oh so much fun. Your child will be amazed that they can make ice cream all on their own. Ingredients: 1 small Ziploc bag, 1 large Ziploc bag, 1/2 cup milk, 1 Tbsp sugar, 1/2 tsp vanilla, 6 Tbsp salt, and ice. *I used a pint and gallon sized bag.

Directions:

1. Take a small sized sealable bag and add 1/2 cup milk and 1 Tbsp of sugar. You can add 1/2 tsp of vanilla for flavor. Seal it up, getting rid of as much air as possible.
 2. Put ice in the large Ziploc bag. Add 6 Tbsp of salt. You can use any type of salt since you don't eat the salt. The salt is just there to lower the freezing point of water. Put the smaller bag in and seal the large bag up, getting rid of as much air as possible.
 3. Here is the fun (and messy) part - start shaking baby. Wrap the bag in a towel or use gloves because it will get cold and wet fast. Shake the bag for at least 5 minutes before you check on the ice cream.
 4. You will notice it getting thicker by just touching it. In 8 minutes max, you should have some delicious ice cream. Make sure to wipe the down the smaller bag carefully to get rid of all the salt. You can put your ice cream in a bowl or eat it right out of the bag.
- ***1/2 cup milk will make about 1 scoop of ice cream. You can double the recipe to make more. Don't do more than double or the bag will be too heavy for your child to shake

The Ice Cream Accident

Here is an adorable little math rhyme about the sadness of losing a scoop of ice cream.

[Five] scoops of ice cream with sprinkles on top.

I licked one scoop, and it went plop!

Continue in descending order to "one." Then finish with the remaining lines.

No scoops of ice cream left on my cone.

I'm still hungry, so I'm going home!