



OVERVIEW

The Moonbeams combine the basics of cooking with familiar nursery rhymes.

OBJECTIVES

To earn this emblem, Moonbeams need to make two of the recipes, complete at least one activity to go along with the recipe, learn the nursery rhymes for the chosen recipes, and complete the Bible lesson.

WORD BANK

- Measure
- Taste
- Recipes

DEVELOPMENTAL ASSETS SUPPORTED BY THE ACTIVITIES

- Safety
- Engagement in Learning Experiences
- Responsibility
- Personal Power

SAFETY TIPS FOR LEADERS

- Always closely supervise children when working with or near stoves, ovens, knives or other sharp tools, electric mixers or microwave ovens.
- Use pot holders when handling hot utensils or pans.
- Turn handles of all pots in so they'll not be accidentally bumped or pulled by young children.

CLEAN AS YOU GO!

Cleaning up spills, peels and trimmings will help to prevent slips.

- Keep a damp cloth or paper towel handy to wipe up messes.
- Wash pots, pans and utensils as they're used.
- Peel or slice foods over a large container or paper towel so the trimmings can be disposed of quickly and easily.

GROUP ACTIVITIES ✱

Use these simple and fun recipes to teach Moonbeams basic cooking terms.

LITTLE MISS MUFFET'S CURDS WITH BERRY TOPPINGS

Little Miss Muffet sat on a tuffet,
Eating her curds and whey;
Along came a spider,
Who sat down beside her,
And frightened Miss Muffet away.



The following recipe makes about 6 half-cup servings.

SUPPLIES:

- 2½ cups fresh or frozen strawberries, blueberries, raspberries or blackberries
- Small saucepan
- 2 Tablespoons of honey
- 2 cups cottage cheese or yogurt

Have the Moonbeams assist in cleaning, washing and preparing fresh berries.

Place the berries into small saucepan. Stir in 2 Tablespoons of honey. Cook over medium heat while stirring constantly until mixture begins to boil. Reduce the heat and simmer 8–10 minutes. Cool to room temperature.

Spoon cooled topping over cottage cheese or yogurt.

ENHANCEMENT IDEAS

1. Taste and compare different kinds of berries.
2. Pick fresh berries, if they are in season.
3. Invite a garden center owner or gardener to bring in plants for children to view. Talk about what plants need in order to grow.
4. Draw happy or silly pictures with lots of berries or draw a picture of a favorite berry-flavored food.
5. Look in magazines or garden catalogues for pictures of berries, berry plants or bushes. Cut out the pictures and display them around the room.
6. Make berry-shaped felt “tuffets” to use as sit-upons or decorative bed pillows.



HUMPTY DUMPTY'S EGG SALAD SANDWICHES

Humpty Dumpty sat on a wall;
Humpty Dumpty had a great fall.
All the king's horses and all the king's men
Couldn't put Humpty together again.

SUPPLIES:

- Small bowl, butter knife and spoon
- 1 large hard-boiled egg
- 2 teaspoons of mayonnaise or salad dressing
- Dash of salt
- ½ teaspoon sweet pickle relish
- Pinch of sugar
- 2 slices bread

Show the children how to crack and peel the eggs. Chop the eggs and put them into a small bowl. Add relish, mayonnaise, salt and sugar. Stir to mix. Spoon the egg salad onto the bread and spread evenly. Cut the bread into halves. Serves four.

ENHANCEMENT IDEAS

1. Visit a farm or zoo to look at chickens.
2. Find out how many eggs a hen lays in one week.
3. Dye hard-boiled eggs. Use the colored eggshells to make a mosaic.
4. Have children draw a picture of Humpty Dumpty sitting on the wall. Talk about what might have caused him to fall.
5. Look at an egg. What shape is it? Talk about other things that are shaped like an egg.

LITTLE BOY BLUE'S HAYSTACKS

Little Boy Blue, come blow your horn,
The sheep's in the meadow,
The cow's in the corn.

Where's the little boy who looks after
the sheep?

He's under the haystack, fast asleep.

Will you wake him, no, not I,
For if I do, he's sure to cry.

SUPPLIES:

- Large mixing bowl
- Mixing spoon
- Pot holders

- Wax paper
- Teaspoon
- Cookie sheet
- Waxed Paper
- 1 10 ounce package of butterscotch morsels
- ½ cup peanut butter
- 1 medium-size can of chow mien noodles

Empty butterscotch morsels into glass bowl. Microwave the morsels on low for 5 minutes, stirring after 2–3 minutes. Use pot holders to remove bowl. Stir. If the morsels aren't completely melted, return to microwave for an additional minute.

When butterscotch is completely melted, add peanut butter and stir until mixed. Fold in chow mien noodles and mix until well-coated.

Cover cookie sheet with waxed paper. Drop mixture by teaspoonful onto the wax paper. Chill haystacks in refrigerator for approximately a half-hour.



ENHANCEMENT IDEAS

1. Visit a farm to observe hay being mowed.
2. Find out how hay is used and which animals eat it.
3. Go on a hay ride.
4. Visit a farm or petting zoo. Help feed the sheep or cows.
5. Pop a popcorn snack.

LITTLE TOMMY TUCKER'S BUTTER

Little Tommy Tucker sings for his supper.

What shall he eat?

White bread and butter.

How shall he cut it without e'er a knife?

How shall he marry without e'er a wife?

SUPPLIES:

- 1 cup (half pint) of cream, well chilled
- Pint jar with lid (use a plastic container if available)
- Dash of salt
- Bread or toast
- Jelly or jam (optional)

Pour cream and salt into jar. Cover tightly with lid. Take turns shaking vigorously until cream hardens and butter is formed. Pour off the remaining liquid. Serve at room temperature. Let each child spread a slice of bread or toast with butter and jam.

NOTE: The butter won't be yellow, like butter purchased in the store. If you want to make it yellow, mix in 2 drops yellow food coloring after it forms.

ENHANCEMENT IDEAS

1. Purchase canned biscuits or frozen bread dough to bake during the meeting, so children can experience the aroma of baking bread.
2. Purchase an unsliced loaf of bread from a bakery. Show children how to slice it with a serrated knife so that they understand it must be “sawed” back and forth. Talk about other things that must be sawed.
3. Visit a bakery to watch bread being baked.
4. If your corps is blessed to receive breads from a local food pantry or bakery, do a taste-test on different types of bread.
5. Think of other types of food that would taste good with butter. You might try crackers, popcorn, etc.

CRAFTS

LITTLE BOY BLUE’S HORNS

Make homemade horns.

SUPPLIES:

- Paper towel roll
- Waxed paper
- Rubber band
- Ink pen

Cover one end of the paper towel roll with waxed paper. Secure the waxed paper with a rubber band. Punch a row of holes along one side of the roll with the tip of the ink pen.

To play the horns, sing or hum a tune into the open end.

PAT-A-CAKE

Use Play-Doh® to make pretend pat-a-cakes. Be sure to roll it, mix it and mark it with a B.

HUMPTY DUMPTY PUPPETS

SUPPLIES:

- Small wooden or plastic spoons
- Permanent markers
- Assorted colors of ribbon 18” in length

For an easy craft, use inexpensive wooden (or plastic) spoons to make Humpty Dumpty puppets (pre-fall, of course.)

Use permanent markers to draw Humpty’s face on back of the spoon’s bowl. Add a decorative ribbon bow tie.

SONGS & RHYMES

Choose a nursery rhyme to enhance this emblem. Many are songs (“Baa, Baa, Black Sheep”; “Mary Had a Little Lamb”) the children will enjoy learning. Others, such as “Hickory-Dickory-Dock, “are finger plays the children will enjoy learning.

If you’re unfamiliar with the words and tunes, you’ll find many children’s songs at: www.KIDiddles.com.

GAMES

DUCK, DUCK, GOOSE

Play the familiar “Duck, Duck, Goose” game. Provide a Mother Goose bonnet to be worn by the child who is “It.”

GET PHYSICAL

Put children's imaginations and large muscles to work. Pretend you are the cow jumping over the moon, Jack and Jill tumbling down the hill, Miss Muffet running from the spider, etc.

LONDON BRIDGE

If you're unfamiliar with the words and directions, follow the link: www.ehow.com/how_2085902_play-london-bridge-falling-down.html.

BIBLE LESSON

"But with God all things are possible."
Matthew 19:26b (NIV)

In the story of Humpty Dumpty, there's an egg with a big problem. He's cracked to pieces, and even all the people who work for the king couldn't put him back together.

Ask the children to think of other things that are impossible. If they have trouble, suggest things such as walking on water, feeding a thousand people with one little lunch, etc.

Say the following as written or in your own words: **Did you know the Bible says nothing is too big or too hard for Jesus? Jesus walked right on top of water during a big storm. Jesus fed five thousand people with one little lunch.**

When we get into trouble, we should trust Jesus to help. Do you think that's a good idea?

Lead the children in the song *My God is So Big, So Strong and So Mighty*. The words are available in *Great Big Praise for a Great Big God Volume 1* or www.biblestudycharts.com/CH_My_God_Is_So_Big.html.

Close with prayer.

LEADERS' RESOURCES

BOOKS

The Mother Goose Cookbook by Marianna Meyer (A book of rhymes and recipes introduce young chefs to the delights of reading and cooking)

Richard Scarry's Best Mother Goose Ever by Richard Scarry

WEBSITES

Download and print free Christian Nursery Rhymes from this website: www.4shared.com/document/DMdXcxvN/Christian_Nursery_Rhymes-2011_.html.

To find activities, craft ideas and games to use with this emblem, check out: <http://pinterest.com/samoonbeams/cooking-fun-with-mother-oose/>.

