

# Parent's Page

## A Look at Our Book

Today your child enjoyed the book, *Cook-A-Doodle-Do!* by Janet Stevens and Susan Stevens Crummel. Big Brown Rooster is tired of chicken feed and wants something new. What happens next when Rooster, Pig, Turtle and Iguana work together to make strawberry shortcake is a hilarious tale.

Make time to read with your child. Remember these tips when sharing a story:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



### Read All About It!

Here are some additional books you might enjoy sharing with your child!

- *Chicks and Salsa* by Aaron Reynolds
- *Cooking with the Cat* by Bonnie Worth
- *Finn Cooks* by Birte Muller
- *Froggy Bakes a Cake* by Jonathan London

**Check for these titles at the public library!**

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Book in a Bag—Cook-A-Doodle-Do!

# Great Granny's Magnificent Strawberry Shortcake

12 servings

## Ingredients:

2 cups all-purpose flour\*  
2 tablespoons sugar  
1 tablespoon baking powder  
½ teaspoon salt  
½ cup butter  
1 egg, beaten  
2/3 cup milk  
3 to 4 cups strawberries, washed and sliced  
1 cup whipping cream, whipped or prepared whipped topping, optional



## Directions:

1. Preheat oven to 450 degrees.
2. Lightly coat 8 x 1½-inch round pan with cooking spray; set aside.
3. Sift flour, then sift together dry ingredients.
4. Cut in butter until mixture resembles coarse crumbs.
5. Add egg and milk, stirring by hand just enough to moisten.
6. Spread dough in pan, building up edges slightly.
7. Bake 15 to 18 minutes or until lightly brown. Remove cake from pan and cool on rack 5 minutes.
8. Split into two layers and lift top off carefully.
9. Alternate layers of cake, whipped cream and strawberries, ending with strawberries on top.

*\* The recipe in this book calls for sifted flour. This is a fun activity for kids to do, but not required for this recipe. Instead of sifting, stir flour in the bag and lightly spoon into measuring cup. Level off with the straight edge of a knife for a good measure.*

*Nutrition Facts: 1 serving without whipped cream provides 180 calories, 9g total fat, 5g saturated fat, 0g trans fat, 40mg cholesterol, 250mg sodium, 23g total carbohydrate, 1g dietary fiber, 5g sugar, vitamin C 40%*

## Safety Tips - Cooking with Children and You!

- Wash hands for 20 seconds. Wash counter tops.
- Wash strawberries and other fruits before cutting or peeling.
- Supervision is #1 when cooking with young children.
- Tie hair back, pull up sleeves and no strings on clothing.
- Use dry hot pads.
- Store sharp knives away from young children.
- Use a cutting board for chopping, cutting and slicing.
- Pets out of the kitchen!
- Use a clean dish cloth daily.
- Sit down while eating and drinking.