

Week of the Young Child: Tasty Tuesday

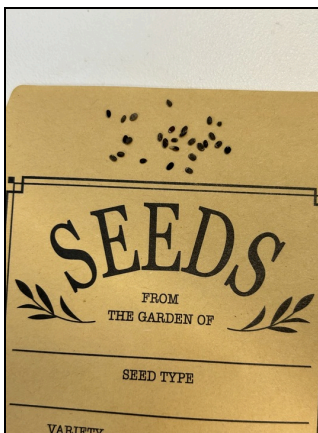


Tasty Tuesday isn't just about eating favorite snacks. It's also about cooking together and connecting math (such as measuring ingredients) with literacy skills and science while introducing ways to incorporate healthy habits into children's lifestyles.

Plant a Seed

Let's plant mint, a yummy herb that smells good, is fun to cook with, and grows easily. Once your mint has grown, have a fun sensory adventure as you smell and taste your herb (nature's chewing gum). You could also [blend it into a smoothie, homemade popsicles, or ice cream](#), enjoy it in some lemonade, or even dip it in melted chocolate.

1. Put a good handful of soil in a cup.
2. Put the seeds from your seed envelope in your cup and cover with soil.

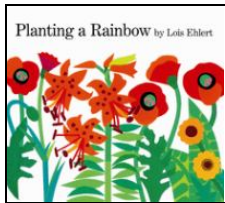


3. Spray a little bit of water with a spray bottle onto the soil.
4. Once home, poke holes in the cup's bottom, and put the cup on a plate.
5. Put your cup in a sunny spot.
6. Keep the soil moist (**not wet**).
7. Watch your cup to see when the seeds sprout. Keep your plant soil moist.



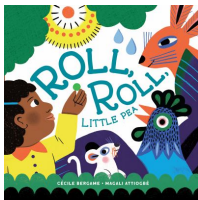
Let's Read

Enjoy sharing books about gardening, cooking, and baking!



Planting a Rainbow by Lois Ehlert

[Picture Book Nature and Science EHL](#)



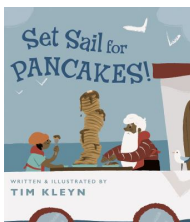
Roll, Roll, Little Pea by Cécile Bergame

[Picture Book Nature and Science BER](#)



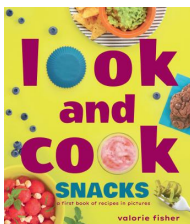
Harlem Grown: How One Big Idea Transformed a Neighborhood by Tony Hillery

[Breezy Summer Reads 635.977 H](#)



Set Sail for Pancakes by Tim Kleyn

[Picture Book Longer Stories KLE](#)



Look and Cook Snacks by Valorie Fisher

[New Kids Nonfiction 641.5 FIS \(Easy\)](#)