

# Kitchen Chemistry

## **PRE-OPENING**

### **What Am I?**

Make up a "What Am I" card for each scout. This card has the name of a food. Tape one card on the back of each scout as they arrive (be sure the scout does not see the name). The scouts are allowed to ask each scout two questions which can only be answered with "Yes" or "No" as they try to guess "What" they are. Once they figure out the food they are, have them learn which category of nutrition it falls into, such as: carbohydrate (complex or simple), fat, protein.

## **OPENING**

### **Cooking and Learning Together**

**Narrator:** Cooking is an enjoyable activity for many children. Parents and child care providers, however, may hesitate to welcome eager young chefs into the kitchen -- anticipating mess, mayhem, and unappetizing results. But planning ahead and taking the time to help children prepare simple recipes is well worth the effort. Cooking is not only fun, it can also be educational. In fact, cooking helps children develop important skills in a number of areas:

Each carrying a home-made sign:

**#1:** Socio-emotional development: taking turns, sharing, feeling of competence, sense of independence, respect for other's work, trying new experiences

**#2:** Science: investigating the origins of food, physical properties of food, food and temperature changes, how food changes from one state or form to another, predicting and testing predictions

**#3:** Sensori-Motor Development: taste and smell differentiation, touch and food texture, size, sight and food appearance, small muscle coordination (chopping, stirring), large muscle coordination (kneading, mixing)

**#4:** Social Studies: ethnic foods, regional food, geography, meaning of food in different cultures

**#5:** Art: Balance, aesthetic development, awareness of colour, form, texture, shape

**#6:** Nutrition: trying new and unusual foods, developing positive attitudes about nutrition, planning a healthy meal or snack

**#7:** Language: reading recipes, asking questions, learning new vocabulary, writing and recording, following written and verbal instructions

**#8:** Mathematics: numbers, fractions, ordering, classifying, measuring, developing spatial concepts

(Information was adapted by Susan Vaughn from *Cooking with Children*, published by New Brunswick Health and Community Services; and "Creative Food Experiences for Children," in *Health, Safety and Nutrition for the Young Child*, by Lynn R. Marotz, Jeanettia M. Rush, and Marie Z. Cross. This Resource Sheet may be photocopied and/or material inserted in other publications if credit is given and a copy forwarded to the Canadian Child Care Federation, 120 Holland Avenue, Suite 306, Ottawa, Ontario, K1Y 0X6, telephone (613) 729-5289. )

## **COOKING TIPS**

### **Have an adult help you!**

#### **Boiling water on the stove**

Boil water in a teakettle. Pour the boiling water carefully into a measuring cup. Always put the teakettle back on the stove. Turn off the stove.

### **Boiling water in the microwave**

Pour water into a microwavable measuring cup. Microwave until water boils. Remove cup by handle very carefully! The cup could be very hot!

### **How to Measure**

When using a measuring cup, hold it at eye level to be sure that you have measured correctly. Use a set of metal or plastic measuring spoons. Choose the right size spoon -- it's usually printed on the spoon. When the recipe calls for a teaspoon or tablespoon, be sure to use measuring spoons, not the spoons you use for eating.

### **Rules of the Kitchen**

- 1 Wash your hands with soap and water before you begin.
- 2 Read the whole recipe carefully before starting. If you don't understand any part, ask an adult to help you. Read "Cooking Tips," "Equipment," and "Cooking Words To Know" so you will know the meanings of all the words in the recipe.
- 3 Collect all the ingredients and equipment you need for the recipe before you start to cook.
- 4 Do one step of the recipe at time. Do not skip steps.
- 5 Ask an adult to help you when a recipe calls for boiling water, a microwave, stove, oven, or a sharp knife.
- 6 Measure carefully, using the correct equipment.
- 7 Use the size of pan called for in the recipe.
- 8 Follow the times given in the recipe. If a recipe says chill for one hour, be sure to chill the mixture for at least one hour.
- 9 Clean up when you are finished!
- 10 Share your tasty creations with family and friends

### **When teaching cooking safety to children, parents should:**

- Keep an eye on cooking food and supervise children in the kitchen.
- Teach them to turn pot handles inward so younger siblings don't pull them down.
- Impress upon children the need to keep the range top free of anything that burns, including towels, pot holders, and paper products such as bags and paper towels.
- Do not let children play around the range and other hot appliances.
- Make sure children know how and when to call emergency services.
- All parents should consider fire prevention education a vital ingredient in cooking safety

### **Kitchen Fire Safety Reminders**

National fire statistics show that the kitchen is the leading room for fire injuries & fire origins. With this in mind the Silver Lake Fire Department wants you to know how to reduce your risk of kitchen fires & burns by giving the following suggestions:

1. Keep things that burn away from the cooking area & appliances in your kitchen. Do not place towels, pot holders, pizza boxes, or paper bags on the stove or near hot appliances.
2. Clean any grease build-up from the stove, oven & exhaust fan regularly. Cooking grease & oil ignite easily & burn rapidly. Use a lid or bigger pan to smother a small pan fire. Do not use water or flour on a grease fire. It will make the fire bigger. Do not try to carry a burning pan outside or to the sink. You could accidentally spread the fire. Keep a lid, baking soda, or an ABC fire extinguisher handy in the kitchen.
3. Avoid reaching over the stove for anything while cooking. Store frequently needed items in other areas of the kitchen. Do not store cookies or other treats near the stove. It might tempt little children to climb on the stove. Keep young children & pets away from cooking areas entirely.
4. Keep pot handles turned inward, out of the reach of children & pets. Keep appliance cords up on counter tops too. Check those cords regularly for frayed or broken spots. Replace damaged cords or appliances.

5. Dress for fire safety in the kitchen. Do not wear loosing fitting clothing, like nightgowns & bathrobes while cooking.
6. Never leave cooking unattended. If you must leave the kitchen for some reason, turn the heat off & take something with you to remind you that you have something cooking.
7. Shield yourself from steam when uncovering food, especially microwave servings. Steam can cause serious burns.

## **EXPERIMENT**



### **Salt and Ice**

2 glasses  
2 thermometers  
salt  
ice cubes  
tablespoon

Place a thermometer in each glass. Fill both glasses with ice. Add a little water. Watch until both thermometers read 32 degrees Fahrenheit. Now, pour a tablespoon of salt into one of the glasses. Notice how the temperature reading on the thermometer drops. Salt lowers the freezing point of the ice to below 32 degrees. This is the reason that rock salt is added to home ice cream makers in order to make the ice cream freeze. It is also the reason people sprinkle salt on their driveways in winter.

Note: Salt also affects the boiling point of water as well, by raising it a few degrees above 212 Fahrenheit.

## **CRAFTS**

### **NON-EDIBLE CRAFTS**

#### **"Sand" Painting**

corn meal  
food coloring  
paper or cardboard  
glue

Pour some corn meal into several small bowls. Sprinkle a few drops of food coloring over the corn meal, using a different color for each dish. Mix with a spoon until cornmeal is evenly colored. Draw a design on paper or cardboard. Smooth a layer of glue into each area to be colored (working with one color at a time -- do all the blue areas at one time, etc.) Then sprinkle the cornmeal over it, tapping off the excess. Continue with each color, allowing a little drying time between colors.

#### **Finger-Paint In A Bag**

1/3 cup sugar  
1 cup cornstarch  
4 cups water  
pint size freezer bags --about 10

Stir together ingredients in a saucepan. Have an adult cook the mixture over medium heat until thick (the consistency of pudding.) let cool. Put in pint sized freezer bags. Let the kids add food coloring and squish

the bags to mix. Then use to paint. Kids can experiment with drizzling paint as well, but cutting a small piece off the corner of the bag. Leftovers should be stored in the refrigerator.  
Note: Recipe can be cut in half or doubled.



## **EDIBLE CRAFTS**

### **Soft Pretzels**

2 - 16 oz. loaves frozen bread dough  
1 egg white, slightly beaten  
1 teaspoon water  
Coarse salt

Separate thawed bread into 24 - 1 1/2" balls. Roll each ball into a rope 14 1/2" long. Have children plan and design pretzel shapes (letters or numerals). Put pretzels one inch apart on greased cookie sheet. Let stand for 20 minutes and brush with combined egg white and water. Sprinkle with coarse salt. Place a shallow pan containing 1" of boiling water on bottom rack of oven; bake pretzels at 350 degrees on rack above water for 20 minutes or until golden brown.

### **Corny Kisses**

2 egg whites  
3/4 cup sugar  
2 cups corn flakes  
1/2 teaspoon vanilla extract  
1 cup dry shredded coconut

In a clean, dry bowl eat egg whites until stiff. Gradually add sugar and keep beating. Gently fold in other ingredients, barely mixing. Drop batter onto GREASED cookie sheets, by small spoonfuls. Bake at 325 for 12 minutes.

### **Holiday Train**

It's suitable for holding place cards for a holiday dinner, as gifts for a class, or a special presents for friends and relatives. Here's what you'll need:

1 roll Lifesavers  
1 pack stick-type chewing gum (like Wrigley's)  
4 pennies  
1 Hershey kiss  
Glue

Start by gluing two pennies to each side of the chewing gum package to make the wheels of the train. Then glue the Lifesavers on top of the gum. Add the Hershey kiss for a smokestack.

### **Funny Face Carrot Salad**

Ingredients:  
2 carrots  
1 small can crushed pineapple  
1/2 cup vanilla yogurt  
Raisins

Peel carrots. Roll up a few long shavings and save them for "hair" on a final salad. Grate carrots with a grater. Be careful of your fingers. Drain can of crushed pineapples in a strainer, using a spoon to push out the juice. Toss pineapple with carrots, then add vanilla yogurt. Spoon some salad onto a plate. Make a smiling face with raisins. Style carrot "hair", and serve with a smile.

## **BUG-THEME FOOD**

### **Ants on a Raft**

Ingredients:

Raisins

Saltine Crackers, graham crackers or other square cracker  
cheese spread, peanut butter, or cream cheese

Put the spread you choose over the cracker. Place several raisins on top!

### **Ant Treats**

Use cinnamon twists (glazed donut-like pastries formed into the number eight) as the insect body, stick bendable plastic straws in the sides (three on each side) to be the legs, and they should look like giant ants. Use 'donut holes' for ant eggs.

### **Bee Bread**

•1 cup corn syrup

•1 1/4 cup powdered sugar

•1 cup peanut butter

•1 1/4 cup powdered milk

Combine ingredients, then roll into 1-2" balls, then roll the balls in powdered sugar to keep them from sticking together.

### **Fly-in-the-batter desserts**

- 1) Fly-in-the-batter cookies: Make chocolate chip or oatmeal cookies, adding raisins (flies) or chocolate sprinkles (gnats).
- 2) Fly-in-the-batter pudding: Vanilla pudding with raisins.
- 3) Cow Pies: Chocolate pudding with slivered almonds or coconut sprinkles (maggots). Place a few plastic fly adults on top.

### **BUGBLOOD or BUG JUICE**

Mix a yellow drink (citrus pop or lemonade) with a blue one (kool-aid). You'll end up with a radioactive shade of green.

### **Caterpillar in a cocoon**

- 1) Use a bundt cake & filling recipe or box, but bake in cupcake tins (greased-do not use cupcake papers). When cool, dip or cover with a thin layer of frosting, and then roll in or sprinkle coconut on top.
- 2) Soften (but don't melt!) caramel candies, coat with melted chocolate and/or roll in nuts/sprinkles/coconut.

### **Butterfly mouthparts**

•1 3-oz. pkg. flavored gelatin

•1/2 cup warm water

•1 1/2 cups mini marshmallows

Grease an 8-9" square pan VERY LIGHTLY. Mix boxed gelatin (any flavor) with warm water in a 1 1/2 quart size bowl and microwave 1 1/2 minutes. Stir to dissolve completely. Add marshmallows, microwave 1 minute more or until marshmallows are puffed and almost melted. SLOWLY stir mixture until marshmallows are melted. Allow creamy layer to float to the top-don't mix it all together. Pour mixture into pan. Refrigerate until set (about 1 hr.). Loosen edges with a knife. Roll up tightly like a jelly roll, then (with seam-side down) cut into 1/2" slices with a sharp knife. Serve immediately or refrigerate.

### **Butterfly snacks**

Use pretzels as butterfly wing frames, and stick them together with softened caramel candy or peanut butter. Sprinkle chocolate chips on top.

### **Chocolate pretzel spider**

Stick two oreo cookies together with chocolate frosting. Make 8 curved legs by breaking bow-tied pretzels, and attach them around the middle of the spider by sticking them into the chocolate frosting. Use M & M's for eyes on the front, 'glued' with frosting. As a variation, use sandwich crackers, instead of sandwich cookies, stuck together with peanut butter.

### **Spider cake**

- 1 boxed cake mix
- Black Frosting
- 1 box green gelatin
- 8 black licorice sticks
- 8 gumdrops, M & M's or other round candy for eyes

Prepare any boxed cake mix. Bake it in 2 metal bowls, 1 bigger than the other. Once unmolded, cut the bigger one (the "body") in half, horizontally. CAREFULLY scoop out an adequate cavity in each half. FILL with well-whipped set green Jello, and reattach the halves. Frost both cakes black, arrange on serving platter. Use licorice sticks as legs. Use 2 BIG green gumdrops and 6 little ones as eyes. When the cake is cut into, it spurts green goop, just like a real spider when stepped on.

### **Variations:**

- 1) Add a red hourglass to the back for a Black Widow.
- 2) Substitute pistachio pudding instead of green jello.

Black cake frosting: add blue food coloring to chocolate frosting or purchase black food coloring from a specialty store.

### **"Dirt" cake**

- 1 20-oz. pkg. chocolate sandwich cookies, crushed
- 1/2 stick margarine
- 1 8-oz. pkg. cream cheese
- 1 cup powdered sugar
- 3-1/2 c. milk
- 2 pkg. instant chocolate pudding
- 1 12-oz. tub whipped topping
- 1/4 c. mini marshmallows (beetle grubs)
- 1 plastic flower pot
- 1 plastic flower
- plastic ants/beetles
- gummy worms

Cream margarine, sugar, cream cheese. In another bowl mix milk and pudding. Let sit until thick. Stir in cool whip, mix with cream cheese mixture. Make sure pot holes are plugged. Put 1/3 of cookie crumbs in bottom of pot. Add 1/2 of cream cheese mixture. Repeat cookie crumbs and cream cheese mixture, adding some gummy worms and the mini marshmallows. Add extra crumbs on top (to look like dirt). Refrigerate over night. Add flower(s), bugs, and the rest of the worms on top. Use a trowel to serve.

## **SONGS**

### **Animal Crackers in My Soup**

Animal crackers in my soup  
Monkeys and rabbits loop da loop  
Gosh oh gee but I have fun  
Swallowing animals one by one

In every bowl of soup I see  
Lions and tigers watching me  
I make 'em jump right through a hoop  
Those animal crackers in my soup

When I get hold of the big bad wolf  
I just push him under to drown  
Then I bite him in a million bits  
And I gobble him right down

When they're inside me where it's dark  
I walk around like Noah's Ark  
Stuff my tummy like a goop  
With animal crackers in my soup

### **Chicken Lips and Lizard Hips**

When I was a little kid

I never liked to eat  
Mom would put things on my plate  
And I'd dump 'em on her feet  
But then one day she made this soup  
I ate it all in bed  
I asked her what she put in it  
And this is what she said:

"Oh, chicken lips and lizard hips  
And alligator eyes  
Monkey legs and buzzard eggs  
And salamander thighs  
Rabbit ears and camel rears  
And tasty toenail pies  
Stir 'em all together  
And it's mama's soup surprise"

I went into the bathroom  
And I stood beside the sink  
I said, "I'm feeling slightly ill  
And I think I'd like a drink"

Mama said, "I've just the thing

I'll get it in a wink  
It's full of lots of protein  
And vitamins, I think"

"Oh, chicken lips and lizard hips  
And alligator eyes  
Monkey legs and buzzard eggs  
And salamander thighs  
Rabbit ears and camel rears  
And tasty toenail pies  
Stir 'em all together  
And it's mama's soup surprise"

### **Found a Peanut**

(Tune: Clementine)

Found a peanut, found a peanut,  
Found a peanut just now,  
Just now I found a peanut,  
Found a peanut just now.

Cracked it open, cracked it open,  
Cracked it open just now,  
Just now I cracked it open,  
Cracked it open just now.

It was rotten, it was rotten,  
It was rotten just now,  
Just now it was rotten,  
It was rotten just now.

Ate it anyway, ate it anyway,  
Ate it anyway just now,  
Just now I ate it anyway,  
Ate it anyway just now.  
Got a stomach ache, got a stomach ache,  
Got a stomach ache just now,  
Just now I got a stomach ache,  
Got a stomach ache just now.

Called the doctor, called the doctor,  
Called the doctor just now,  
Just now I called the doctor,  
Called the doctor just now.

Penicillin, Penicillin,  
Penicillin just now,  
Just now I took Penicillin,  
Penicillin just now.

Operation, operation,  
Operation just now,  
Just now an operation,  
An operation just now.

Was a dream, was a dream,  
Was a dream just now,

Just now it was a dream,  
Was a dream, just now.  
Then I woke up, then I woke up,  
Then I woke up just now,  
Just now I woke up,  
I woke up just now.

Found a peanut, found a peanut,  
Found a peanut just now,  
Just now I found a peanut,  
Found a peanut just now.

### **Mairzy Doats**

(Drake/Hoffman/Livingston)

Mairzy doats and dozy doats and liddle lamzy  
divey,  
A kiddley divey too, wouldn't you?  
Mairzy doats and dozy doats and liddle lamzy  
divey,  
A kiddley divey too, wouldn't you?

If the words sound queer and funny to your ear,  
A little bit jumbled and jivey,  
Sing "mares eat oats and does eat oats  
And little lambs eat ivy."

Mairzy doats and dozy doats and liddle lamzy  
divey,  
A kiddley divey too, wouldn't you?  
Mairzy doats and dozy doats and liddle lamzy  
divey,  
A kiddley divey too, wouldn't you?  
A kiddley divey too, wouldn't you?

### **Mrs. Murphy's Chowder**

Won't you bring back, won't you bring back  
Mrs. Murphy's chowder?  
It was tuneful, every spoonful made you yodel  
louder  
After dinner Uncle Ben used to fill his fountain  
pen  
From a bowl of Mrs. Murphy's chowder

There was ice cream, cold cream, benzine,  
gasoline  
Soup beans, string beans, floating all around  
Sponge cake, beef steak, mistake, stomach ache  
Cream puffs, ear muffs, many to be found  
Silk hats, door mats, bed slats, Democrats  
Cow bells, door bells, beckon you to dine  
Meat balls, fish balls, moth balls, cannon balls  
Come on in, the chowder's fine!

Won't you bring back, won't you bring back  
Mrs. Murphy's chowder

It was tuneful, every spoonful made you yodel  
louder  
If they had it where you are, you might find a  
motor car  
In a bowl of Mrs. Murphy's chowder

There was ice cream, cold cream, benzine,  
gasoline  
Soup beans, string beans, floating all around  
Sponge cake, beef steak, mistake, stomach ache  
Cream puffs, ear muffs, many to be found  
Silk hats, door mats, bed slats, Democrats  
Cow bells, door bells, beckon you to dine  
Meat balls, fish balls, moth balls, cannon balls  
Come on in, the chowder's fine!

### **On Top of My Pizza**

(To the tune of "On Top of Old Smoky")  
On top of my pizza  
All covered with sauce  
Could not find the mushrooms  
I think they got lost

I looked in the closet  
I looked in the sink  
I looked in the cup that  
Held my cola drink

I looked in the saucepan  
Right under the lid  
No matter where I looked  
Those mushrooms stayed hid

Next time you make pizza  
I'm begging you, please  
Do not give me mushrooms  
But just plain old cheese

### **Peanut Butter and Jelly**

First you take the peanuts  
And you crunch 'em, you crunch 'em  
First you take the peanuts  
And you crunch 'em, you crunch 'em  
For your peanut, peanut butter and jelly  
Peanut, peanut butter and jelly

Then you take the grapes  
And you squish 'em, you squish 'em  
Then you take the grapes  
And you squish 'em, you squish 'em  
For your peanut, peanut butter and jelly  
Peanut, peanut butter and jelly  
Then you take the bread  
And you spread it, you spread it  
Then you take the bread  
And you spread it, you spread it

For your peanut, peanut butter and jelly  
Peanut, peanut butter and jelly

Then you take your sandwich  
And you eat it, you eat it  
Then you take your sandwich  
And you eat it, you eat it  
'Cause its good, peanut butter and jelly  
Good, peanut butter and jelly

First you take the peanuts and you crunch 'em,  
Then you take the grapes and you squish 'em,  
Then you take the bread and you spread it,  
Then you take your sandwich and you eat it  
'Cause its good, peanut butter and jelly  
Good, peanut butter and jelly

### **A Peanut Sat on a Railroad Track**

(Tune: Polly Wolly Doodle)  
A peanut sat on a railroad track,  
His heart was all a-flutter,  
Round the bend came number ten.  
Toot! Toot! Peanut butter! SQUISH!

### **The Quartermaster Corps**

Oh, it's beans, beans, beans  
That turn us into fiends  
In the corps, in the corps  
Oh, it's beans, beans, beans  
That turn us into fiends  
In the Quartermaster Corps

CHORUS:  
Mine eyes are dim  
I cannot see  
I have not brought my specs with me  
I have not brought my specs with me!

Oh, it's soup, soup, soup  
That knocks you for a loop  
In the corps, in the corps  
Oh, it's soup, soup, soup  
That knocks you for a loop  
In the Quartermaster Corps

(Chorus)

Oh, it's cheese, cheese, cheese  
That brings you to your knees  
In the corps, in the corps  
Oh, it's cheese, cheese, cheese  
That brings you to your knees  
In the Quartermaster Corps

(Chorus)

Oh, it's cake, cake, cake



That makes your stomach ache  
In the corps, in the corps  
Oh, it's cake, cake, cake  
That makes your stomach ache  
In the Quartermaster Corps

(Chorus)

Oh, it's pie, pie, pie  
That hits you in the eye  
In the corps, in the corps  
Oh, it's pie, pie, pie  
That hits you in the eye  
In the Quartermaster Corps

(Chorus)

Oh, it's meat, meat, meat  
That isn't fit to eat  
In the corps, in the corps  
Oh, it's meat, meat, meat  
That isn't fit to eat  
In the Quartermaster Corps

(Chorus)

Oh, it's peas, peas, peas  
That make you want to sneeze  
In the corps, in the corps  
Oh, it's peas, peas, peas  
That make you want to sneeze

In the Quartermaster Corps

(Chorus)

Oh, it's stew, stew, stew  
That turns you black and blue  
In the corps, in the corps  
Oh, it's stew, stew, stew  
That turns you black and blue  
In the Quartermaster Corps

(Chorus)

Oh, it's bread, bread, bread  
Sits in your gut like lead  
In the corps, in the corps  
Oh, it's bread, bread, bread  
Sits in your gut like lead  
In the Quartermaster Corps

(Chorus)

Oh, it's pears, pears, pears  
That give you curly hairs  
In the corps, in the corps  
Oh, it's pears, pears, pears  
That give you curly hairs  
In the Quartermaster Corps

(Chorus)

## **SKITS**

### **Two Cannibals**

Two cannibals meet one day. The first cannibal says, "You know, I just can't seem to get a tender Missionary. I've baked them, I've roasted them, I've stewed them, I've barbecued them, I've tried every sort of marinade. Just can't seem to get them tender."

The second cannibal asks, "What kind of Missionary do you use?"

The reply, "You know, the ones that hang out at that place at the bend of the river. They have those brown cloaks with a rope around the waist and they're sort of bald on top with a funny ring of hair on their heads."

"Ah, Ha!" the second cannibal replies, "No wonder--those are fryers!"

## **GAMES**

### **Hoop Circle**

Have players form a circle and join hands. The leader has a hula-hoop resting on his arm (and is holding hands with those beside him/her). Without breaking hands, the leader must pass the hoop to the next person and it continues around the circle with each player stepping into the hoop and then over his/her head and on to the next person.

Once this concept is learned, see if you can get two players through the hoop together, then three and so on. Some little kids have actually gotten five in at a time!

### **People To People**

Everyone has a partner except for the leader. The leader chants body parts for partners to touch. For example: "head to head" or "elbow to elbow." After doing a few of these the leader calls out "people to people," at which time everyone, including the leader, must find a new partner (thus there's a new leader). The game continues in this fashion.

## **ACTIVITY for CLOSING**

A really neat idea for this theme would be to have a dad-lad bake-off with certificates and then sell the cakes as a fund-raiser.

# Bon Appetit!!!

## **Resources**

Idea Box- Kids Recipes

<http://www.worldvillage.com/ideabox/kidsrecipes.html>

Fashion/Food/Fun

<http://members.aol.com/TchrfromOz/fashion.html>

MacScouter Scouting Resources Online

<http://www.macscouter.com/directory.html>

The Global Gourmet <--**available only to AOL members**

<aol://4344:4006.ggmain.20841498.534739043>

Kid's Kitchen: Archives

<http://dcpages.com/Dining/KidsKitchen/archives.html>

Kid's Kitchen: October 1

<http://dcpages.com/Dining/KidsKitchen/>

Fun with Food

<http://www.brouhaha.com/%7Eeric/food.html>

Index of All Songs

<http://www.stairway.org/kidsongs/allsongs.html>

Musical Plays for All Seasons

[http://www.clarusmusic.com/musical\\_plays/all\\_season\\_nf.html](http://www.clarusmusic.com/musical_plays/all_season_nf.html)

MELODY PAGE - CONTINUED. 1930 UP

<http://www.cnct.com/~mlp/melodyb.html>

Pack 114's Library

<http://www.creighton.edu/~bsteph/pack114/library/>

Awesome Library Lesson Plans, K-12

<http://www.neat-schoolhouse.org/lesson.html>