



COLORS IN COOKING

Mixing and matching different colors when cooking can be fun and creative!

Colorful Pancakes

When you and your child cook pancakes, add different colored toppings like blueberries or strawberries. Add a few drops of food coloring to whipped cream to change it's color too!

Rainbow Ice Cubes

Ask your child to help you make red, orange, yellow, green and blue ice cubes by using juice or food coloring. Add texture to the ice cubes by freezing small pieces of fruit in the ice trays as well.

Textured Fruit Salad

Invite your child to help you prepare a bowl of fruit salad. Make sure you use fruits of different textures like pineapples, oranges, bananas and apples. Be creative and use your favorites. Name and count the fruits as you add them to the bowl.

Fancy Toast

Pour a little milk into several cups of a muffin or cupcake pan. Color each cup with a few drops of food coloring. Let your child use a cotton swab to dip into the milk and "paint" a slice of bread. (Use a different swab for each color.) Dry the paintings by lightly toasting the bread. Use the toast when you serve sandwiches to the family!

