



Food for Thought

Subject: Ecology, History, Art, Geology, Archaeology and Marine Biology

Duration: 45-50 minutes

Location: Classroom



Sunshine State Standard

LA.C.1.1 LA.C.3.1 MA.A.2.1 MA.B.1.1 SC.F.1.1 SC.G.1.1 VA.A.1.1 VA.E.1.1 LA.A.1.2 LA.A.2.2
LA.C.1.2 LA.C.3.2 MA.B.3.2 MA.B.4.2 SC.F.1.2 SC.G.1.2 VA.A.1.2 VA.E.1.2 LA.A.1.3 LA.C.1.3
SC.F.1.3 SC.G.1.3 VA.A.1.3 VA.B.1.3 VA.E.1.3 LA.A.1.4 LA.C.1.4 SC.F.1.4 SC.G.1.4 VA.A.1.4
VA.B.1.4 VA.E.1.4

Objectives

- Students will identify characteristics of different animals and habitats discussed during the courses of Ecology, History, Art, Geology, Archaeology and Marine Biology and will create an edible recipe representing it.
-

THE EDIBLE ESTUARY

Ingredients:

- Cake or brownie pan
- Mixing bowl (optional)
- Electric mixer or whisk (optional)
- Large serving spoon
- Small plates
- Spoons
- Napkins
- Plastic gloves
- Plastic baggies with twist-ties or Ziploc type bags
- Vanilla wafers or sliced sponge cake (BEDROCK)
- Chocolate pudding mix and milk (or pre-mixed pudding) (SEDIMENT/MUD)
- Yellow sprinkles (SAND)
- Oyster crackers (OYSTERS)
- Coconut (MARSH GRASS OR SEAGRASS)
- Green food coloring
- Chocolate chips (SNAILS)
- Fish crackers or gummy fish (FISH)
- Golden raisins (SHRIMP)

- Stick pretzels (STARFISH AND MANGROVE ROOTS)

Procedure:

1. It's probably a good idea to cover a table with newspaper or a disposable tablecloth and do the assembly on this. All students who are handling food should wear disposable plastic gloves.
2. Assign each child a component of the estuary (e.g. bedrock, mud, etc.). I hand out card with the various components' names on them. You might want to add gummy worms, sharks or other items that seem appropriate. With the gummy fish and sharks, I have the kids stick one end of a toothpick in the gummy, and the other end in the "estuary", so the fish "swim" above the estuary.
3. Depending on the ages of the students, you may want to prepare the chocolate pudding ahead of time. Otherwise, have a couple of the students mix up the chocolate pudding in the bowl. Have another student pour some coconut into a baggie and add 3 or 4 drops of green food coloring. Make sure the bag is sealed, and have the student shake the bag until the coconut is green.
4. Explain that vanilla wafers (or sponge cake) represent the bedrock limestone below the sediments of the estuary. Have students place vanilla wafers in the bottom of the baking dish; make a second tier of vanilla wafers over about 1/3 of the dish to help create a slope. This will represent the gradient from the shore into the deeper parts of the estuary.
5. Have other students pour the chocolate pudding over the wafers (they will need to use a spoon to spread the pudding). This represents the sediment in the estuary.
6. Have students add the other components of the estuary, in the appropriate locations:
 - • Sand (sprinkles) along the bank of the estuary
 - • Salt marsh (green coconut) along the "bank" of the estuary or seagrass scattered over the estuary bottom
 - • Snails (chocolate chips) in the salt marsh or seagrass; some around the edges of the banks
 - • Oysters (crackers) in patchy groups in the sediment; these should really be "attached" to bedrock
 - • Starfish (pretzels broken into pieces and arranged like arms) in the seagrass or on sandy patches
 - • Fish (crackers/gummies) and shrimp (golden raisins) scattered around the estuary
7. When the estuary is complete, review the components and their roles, then allow the students to become dredging operations and sample the estuary!

EDIBLE DIRT

Ingredients:

- 1 sm. pkg. Jello instant chocolate pudding
- 2 c. cold milk
- 3 1/2 c. (8 oz.) Cool Whip, thawed
- 1 (16 oz.) pkg. Oreos, crushed
- 8-10 (8 oz.) plastic cups

Procedure:

1. Prepare pudding with milk.
2. Let stand 5 minutes.
3. Fold in whipped topping and 1/2 of the crushed cookies.
4. Place 1 tablespoon crushed cookies in each cup.
5. Fill cups 3/4 full with pudding mixture.
6. Top with remaining crushed cookies.
7. Chill. NOTE: Plant a plastic flower in each flower pot.



LADYBUG ON A STICK

Time: 20 min prep

Amount: 12 ladybugs on a stick

Ingredients:

- 12 red seedless grapes
- 12 strawberries, with stems (read *Note)
- miniature dark chocolate chips or black dried currant
- 12 green toothpicks (or wooden skewers)
- lettuce leaf (green paper leaves or green Easter grass)



Procedure:

1. *Note: I found it easier to slice off a small section on the back of the strawberries (meaning from the stem to the bottom of the berry.) That way it will lay flat on the plate and easier to attach the chocolate chips. They won't be so wobbly. Ask an adult for help.
2. HEAD: Place a grape on a toothpick or wooden skewer, sliding it all the way to the end of the stick.
3. BODY: Next place the strawberry on the skewer, stem end first, and slide it down to touch the grape.
4. SPOTS: Lay the ladybug down and carefully push the pointed ends of several chocolate chips (or dried currants) into the strawberry to make the ladybug's spots.
5. PRESENTATION: Place several large lettuce leaves (or paper leaves or Easter grass) on a pretty platter. Arrange the ladybugs on the leaves.

Melon Brain

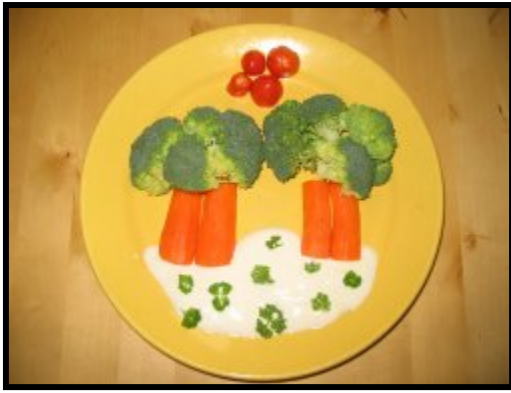


Ingredients:

- Made from nothing more than a small, round seedless watermelon, this spooky cerebral creation is bound to turn heads.

Procedure

1. Use a vegetable peeler to remove the entire green rind, exposing the inner white rind.
2. Slice off the bottom of the melon to create a flat base that will keep it from rolling. With a toothpick, outline squiggly furrows that resemble the folded surface of a brain.
3. Finally, carve narrow channels along the tracings with a sharp paring knife (a parent's job) to expose the pink fruit beneath the rind.



Edible Forest

Ingredients:

- Broccoli
- Carrots
- Cream cheese
- Celery
- Tomatoes

Procedure:

1. Using broccoli create the canopy of the forest.
2. use carrots to create the trunk of the trees
3. use cream cheese for the soil
4. use celery for the grass.

Hairy Daddy Longlegs Cupcakes

Ingredients:

- Chocolate cupcake (body)
- Canned chocolate icing
- Chocolate sprinkles (hair)
- 2 pieces of eye-type candy
- Clean scissors
- Ruler
- 1 package of black string lace licorice (legs)





Fish Food Gelatin Snack

Ingredients:

- 4 (1/4 oz) packets of unflavored gelatin
- 2/3 cup of sugar
- 4 cups of water
- 1/2 teaspoon of lemon extract
- Gummy fish

1. To make a batch, combine four 1/4-ounce packets of unflavored gelatin with 2/3 cup of sugar in a large bowl. Pour in 2 cups of boiling water, stirring until the gelatin and sugar are dissolved, then stir in 2 cups of cold water and 1/2 teaspoon of lemon extract.

2. Line 5 drinking glasses or coffee mugs with sandwich bags and pour 1 cup of the liquid into each. With the bags open, chill the gelatin in the refrigerator for 1 hour. When set, cut a slit in the gelatin with a butter knife, slip in a gummy fish or two, then tie closed the bags. Makes 5 bags.

Jell-O Aquarium

- Ingredients:
- 4 boxes of blue raspberry Jell-O or other blue colored flavor of Jell-O
- Blue M&M's
- Assorted gummy sharks and fish candies



Procedure:

1. Combine hot and cold water and Jell-O mix according to package directions.
2. Spray a mold or plastic bowl with vegetable shortening (for easy removal). Pour liquid Jell-O into mold.
3. Chill for 20 to 30 minutes.
4. Press gummy sharks and fish and blue M&M's into the Jell-O.
5. Return the Jell-O to the refrigerator. Chill for 3 to 4 hours.

Nilla Wafer Sand Cups

Prep Time: 15 min

Total Time: 1 hr, 15 min

Makes: 8 servings, about 1/2 cup each



Ingredients:

- 1 qt. (4 cups) cold milk
- 2 pkg. (4-serving size each) JELL-O Vanilla Flavor Instant Pudding & Pie Filling
- 32 NILLA Wafers, finely crushed, divided
- 8 paper or plastic cups (6 to 7 oz.)
- 8 worm-shaped chewy fruit snacks

Procedure:

POUR milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Let stand 5 minutes.

PLACE 1 Tbsp. of the wafer crumbs in bottom of each cup; cover evenly with pudding. Top with remaining crumbs.

How To Crush NILLA Wafers

Place wafers in resealable plastic bag; crush with rolling pin. Or, place in food processor container; cover and process until finely crushed.

Special Extra

For an extra special treat, garnish each cup with 1 TROLLI Octopus and 1 TROLLI

Edible "Ants on a Log"

Ingredients:

- celery stalks
- peanut butter or cream
- cheese
- raisins



Directions:

Wash celery and cut ends off. Spread peanut butter down the middle of each celery stalk and place raisins in a line (just like ants!) on the peanut butter. A great way for playful eaters to be enthusiastic about a healthy snack!



Snow Castle Cake

Prep Time: 45 min

Total Time: 5 hrs

Makes: 12 servings

Ingredients:

- 1 pkg. (12 oz.) pound cake, cut lengthwise into 8 thin slices
- 2 cups boiling water
- 2 pkg. (4-serving size each) JELL-O Brand Berry Blue Flavor Gelatin
- 2 cups ice cubes
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- 4 COMET Cups
- 24 small blue chewy fruit snacks
- 24 blue jelly beans

Procedure:

LINE 9-inch square pan with plastic wrap. Arrange cake slices on bottom and up sides of pan; set aside. Stir boiling water into dry gelatin mixes in large bowl 2 min. until completely dissolved. Add ice cubes; stir with wire whisk until gelatin is slightly thickened. Remove any unmelted ice. Add 1 cup of the whipped topping; stir until well blended. Refrigerate 15 min.

POUR gelatin mixture into cake-lined pan; cover with plastic wrap. Refrigerate 4 hours or until firm.

UNMOLD dessert onto serving plate; remove plastic wrap. Frost dessert with remaining whipped topping. Refrigerate until ready to serve. Decorate with ice cream cones and candies to resemble a castle. Store leftover dessert in refrigerator.

Fun Idea

Make pennants using toothpicks and construction paper to place on top of each ice cream cone turret. If desired, cut out a 2-inch square from middle of one of the cake sides for the front of the castle.