

Word Plays

- 1. NISNACKTE "midnight snack"
- 2. ME AL "Square Meal"
- 3. f a s t "Break"fast
- 4. MESNACKAL "between meal snack"
- 5. course
course
course
course meal "Seven course meal"
course
course
- 6. CORN COB "corn on the cob"
- 7. BAKED POTATO BAKED "Twice baked potato"
- 8. CARPPROTS "Peas 'n Carrots"
- 9. GARB SEW BEANS "Garbanzo beans"
- 10. BEGAVSETEL "Mixed vegetables"

Vegetable Letter Square

Find the following vegetables below by reading forward, up , down, and diagonally. Then read the leftover letters to discover what a vegetable truck would get if it went over a big bump!!!

Asparagus Avacado Beans Beet Brussels Sprouts
 Carrot Cauliflower Celery Corn Cucumber
 Eggplant Lettuce Mushroom Okra Onion
 Peas Pepper Potato SpinachSquash
 Tomato Turnip Yam Zucchini

A E G G P L A N T S P I N A C H A B
 S M U S H R O O M L E T T U C E C E
 P E A S P O T A T O P H U T G E U E
 A B R U S S E L S S P R O U T S C T
 R C E L E R Y A M T E O B R O Q U O
 A S O N I O N S E D R S E N R U M M
 G A K R Z U C C H I N I A I R A B A
 U L R A N A V O C A D O N P A S E T
 S C A U L I F L O W E R S D C H R O



Minced Vegetables:

Rearrange the letters in each of the following six groups of words and make it a vegetable

- | | |
|--------------|----------|
| 1. Or cart | carrot |
| 2. Pin spar | parsnip |
| 3. Stoop eat | potatoes |
| 4. Soot mate | tomatoes |
| 5. Cute let | lettuce |
| 6. Had sir | radish |

Ceremonies

Wolf & Bear Ceremonies

All boys are brought into darkened room and positioned around campfire as in Bobcat ceremony, but no rope is used. The dialogue is read from cards containing the following:

CARD 1: Wolf candidates, look upon your brother the wolf.
(Leader holds torch up to statue or picture of wolf.)

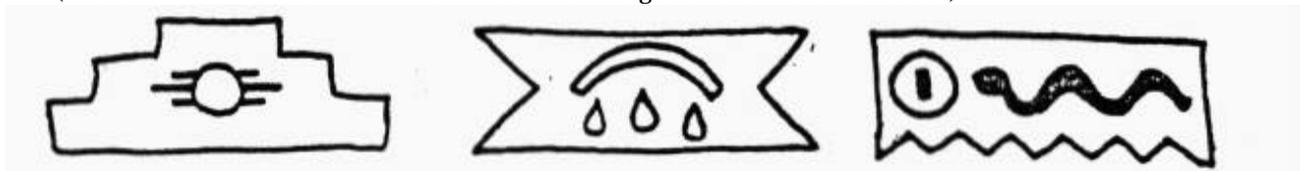
He is courageous, cunning and loyal to his pack. You have earned the right to wear his likeness. You have fulfilled the requirements given to you that have been judged appropriate for young men of your age. In addition, some of you will receive arrow awards for achieving still more. When four seasons have passed, you will be candidates for the Bear award if you do not falter.

CARD 2: Bear candidates, look upon your brother the Bear.
(Leader holds torch up to statue or picture of a Bear)

He fears no other animal in the forest. He is without equal. You have earned the right to wear his likeness. The requirements you have fulfilled are more difficult than those you met as Wolf candidates. When four seasons have passed, you will again present yourselves for the Webelos award, if you have the will.

Gift To Wolves And/Or Bears:

(These are leather or similar material with Indian signs on them as shown below).



You who are now Wolves and Bears, so that all of you may remain true to your efforts as Cub Scouts, you will receive a token of the Great Spirit, each having a sign symbolizing the wish Akela has for you. Keep them to remind you of your loyalty to the Pack.

Recipe For A Happy Den

- 6 - 8 boys
- 3 c eagerness
- 2 c devilment
- 2 c courtesy and helpfulness for each other
- 2 den leaders
- 1 gallon patience
- 3 c love for each boy
- 1 c ability to do crafts and read directions



Mix well together

Add a generous amount of cooperation from each boy's parents.

Serve one hour each week.

Closing Thought

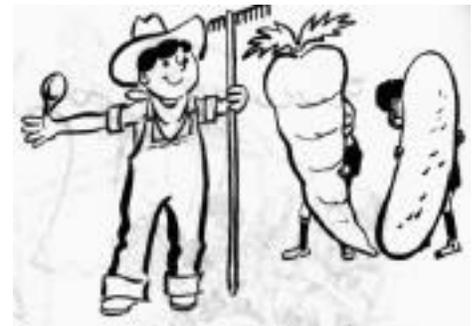
Take bears and bobcats, wolves and webelos, throw in den leaders and a whole lot of fun. Spice it up with a cubmaster and serve over the committee garnished with family. What you've got is a recipe for the future. What kind of "dish" do you want your boy to be a part of?

Audience Participation Stories & Skits

Tossed Salad

Characters: FARMER IN THE DELL, CUCUMBER, TOMATO, CARROT, CELERY, ONION

FARMER IN THE DELL (Cub Scout dressed in overalls, straw hat, plaid shirt, red hanky, rake or hoe in hand. and a very large green thumb made by stuffing toy balloon with cotton and placed on thumb. Curtain opens with FARMER IN THE DELL onstage): I'm the Farmer in the Dell and you know me well, 'cause I grow good things to eat. That's easy to be seen, 'cause my thumb is green (Hold out thumb with green balloon, which was hidden behind back.) And I have some friends I want you to meet.



(All the vegetables are Cub Scouts hidden behind very large cardboard cutouts to represent the vegetables they represent.)

CUCUMBER: I'm a long cucumber, cool and green, and people like me to eat. I'm really tickled, 'cause raw or pickled they all say I am a treat.

TOMATO: I'm a ripe red tomato, juicy and round, and you better not squeeze me, you betcha', 'cause if you do, I'll squirt on you and I won't be tomato, I'll be CATSUP.

CARROT: I'm a bright orange carrot, tall and wise. I'm a health food for lads and lasses. They say, and it's true, I'm good for your eyes. Did you ever see a rabbit wearing glasses?

CELERY: You know me, I'm one of the bunch, and I'm very good for your diet; but I always crunch, whenever you munch; so I'm not too good for your peace and quiet.

ONION: Whatever would a salad be, without poor little me. For that distinctive touch that adds so much, chop me up and see.

ALL TOGETHER SING (to the tune of "Friendship"):

Friendship, friendship, just a perfect blendship. When other salads have been forgot, ours will hit the spot. La-de-da-de-la-de-da-da—. (As the curtain closes.)

The Candy Shop

Ask for two volunteers, who just stand there in the candy shop.

A customer comes in and asks for chocolate covered cherries. Sorry, no chocolate covered cherries. Peanut brittle? Sorry, just sold our last peanut brittle. Toffee. You must have toffee. Urn, well, not today. Licorice? Fresh out of licorice.

Well, what do you have? "Well, all we've got are these two suckers."



The Candy Store

(This one can be really hammed up and included the kid walking up in a dance kind of way and the old storekeeper, being old, very laboriously climbing up a ladder, getting the candy jar, coming down, counting out the candies, and so on.)

Cast: Old storekeeper, very young kid (or act like 4 years old)

Setting: A Candy Store

Kid:(Kid walks up to storekeeper and asks) I want five of those penny candies way up at the top.

Storekeeper: You mean those penny candies, way, way, waaaaaay up top?

Kid:Yes, please.

Storekeeper: Sigh! (Kid takes innocent pleasure in watching the storekeeper go up.)

(Storekeeper climbs up and get him five candies, and receives the five cents.

This scene repeats itself several times over 3 more days, with the storekeeper being more and more tired each time and becoming equally more frustrated until,)

Storekeeper: Oh! I see that kid coming. I know what he's coming to get, so I'll climb up now to get the candies before he comes in and have it ready for him. (Kid walks in.) I bet I know what you want. I bet you want five of the penny candies from way up top, right?

Kid:Nope! Not today!

Storekeeper: Sigh! Now I have to climb back up to put them away. (He climbs up, puts them away, then comes down.) Now, sonny, what would you like today?

Kid:I would like three of those penny candies way up at the top!

Candy Store

The leader gives instructions for playing candy store. He asks that one person take a long string and hold on and then adds others until there is a long line of people holding onto the string. Then the leader explains that this is a candy store because there are some suckers hanging on the line.

Peanuts

Cast: policeman; three boys; police chief. (Policeman hustles scuffed looking boy up to boy sitting at the table marked CHIEF.)

Policeman: Here's a bunch of trouble- makers for you, sir.

Chief: O.K. constable. I'll deal with this. (dismisses officer, turns sternly to Boy 1.) Well, now. Why are you here?

Boy 1: (embarrassed) I threw peanuts into the lake. (Chief looks puzzled)

Chief:(sternly to Boy 2) And why, then, were you brought in??

Boy 2: (defensively) I threw peanuts into the lake.(Chief scowls angrily)

Chief: (Bellows at Boy 3) And you! What have you got to say for yourself?

Boy 3: I'm Peanuts, Sir! (All exit)

Lunch Break

Announcer: We see here a construction site. It is now lunch time and two friends are about to eat.

Worker 1: (Opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches again!

Worker 2: Look, if you hate them that bad, I'll swap with you. (both pretend to eat)

Announcer: The next day.

Worker 1: (Enters with Worker 2, opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches again!

Worker 2: O.K.... I'll trade with you again. (both pretend to eat and then exit)

Announcer: The next day.

Worker 1: (Enters with Worker 2, opens lunch bag and looks very disgusted) YECCHHHH!! Egg salad sandwiches



again!

Worker 2: (angrily) Look, if you don't like egg salad sandwiches, why don't you ask your wife to make you something else?

Worker 1: Why bother? She's got nothing to do with this. I make my own lunches.

Cub in the Kitchen (an audience participation)

When you hear the word SALT everyone says "oh no"

When you hear the word SUGAR everyone goes "too sweet"

When you hear the word GRANDMA everyone puckers and smacks a kiss into the air

When you hear the word CRAIG everyone says "He can't cook"

When you hear the word LISA everyone says "I'm the big sister".

Craig ___ loved his Grandma ____. He wanted to make something special for her birthday. Craig ___ decided to make Grandma ___ a cake. Craig ___ looked through Mother's recipes. He found a wonderful cake recipe. He checked to see if he had all the ingredients. Craig ___ had plenty of flour and butter and eggs. But Craig ___ could not find the sugar _____. Craig ___ looked all over for the sugar _____. Finally he found a jar full of sugar _____. Craig ___ did his best to make the cake for Grandma ____. He measured the flour and butter and sugar _____. MMMM MMM did it look and smell good. Craig ___ put the cake into the oven to bake. While the cake was baking, Craig's ___ sister Lisa ___ came in to the kitchen. What are you doing with my jar of salt ___? asked Lisa ____. What salt ___? , asked Craig. That jar on the table", said Lisa ___ pointing to the jar of sugar _____. Craig ___ had used to bake the cake for Grandma ____. Oh no! Said Craig ___ What am I to do? The cake is already baking. It's too late to make another one!!!

"I know", said Lisa ____, "We'll make sure Grandma ___ is too full to eat the cake. An excellent plan agreed Craig _____. So they put the jar of salt ___ away. Then at dinner Craig ___ and Lisa ___ tried to get Grandma ___ to eat too much. But she was determined to leave room for the cake full of salt ___ not sugar ___ that Craig ___ had made for her. At last came time for dessert and Craig ___ wanted to hide. He did not want Grandma ___ to taste the cake full of salt _____. He tried so hard to keep her away from the cake that his mother got angry and told him to sit down and be quiet. Craig ___ had no choice but to watch Grandma ___ eat from the cake with too much salt _____. MMM MMM good", said Grandma _____. Did you make this cake yourself Craig _____. Why it is delicious! "It is?" asked Craig _____. Just then Craig ___ looked away from Grandma ___ and over to his sister Lisa ___ who was trying to hold back a laugh. That's when Craig ___ realized he had been had. Craig ___ did not put salt ___ in the cake for Grandma ___ but had had sugar ___ in there all along. The joke was on Craig ___!

Run ons/jokes

What do you get when you mix a bagel and a monster?

What?

Scream cheese!

What kind of cheese does a basketball player put on his sandwich?

What kind?

"Swish" cheese.

What do you call someone who's crazy about cocoa?

What?

A Coconut!



What do cheerleaders eat for breakfast?
What?
Cheer-ee-ohs.

Customer: Why is this cake you brought me all smashed?
Waiter: Because you said you wanted a cup of coffee and a piece of cake and to step on it!!!

When do you stop at green and go at red?
When?
When you eat a watermelon!

What's more useful when it's broken?
An egg!

What do you call a grandmother who cracks jokes?
A gram-cracker.

Why are you rubbing your food on the back of your sleeve?
They said it was elbow macaroni!

What goes snap, crackle and pop but is not a cereal?
Don't know, what?
A firefly with a short circuit.

Customer: Waiter, what's this fly doing in my soup?
Waiter: I think it's doing the backstroke, sir.

Applauses

Watermelon Applause: Pretend you're holding a watermelon, run it past your mouth while slurping and turning your head from right to left, then turn your head back spitting out seeds.

Cantaloupe Applause: Variation of Watermelon (above) cub hands, spit out only one seed!

Grape Applause: Use in conjunction with the Watermelon and Cantaloupe applauses. Hold an imaginary grape between thumb and first finger. Pop grape into mounch with appropriate sound.

Ketchup bottle applause: Slap the top of your fist with the other hand.

Jolly Green Giant applause: Stand with your hands on your hips and say "Ho, Ho, Ho".

Cheese Applause: Grate, Grate, Grate!

Games

Circle treat

Arrange the Cub Scouts in a circle, facing inward. Then start a plate of candy around the circle. At frequent intervals, call "stop!" The boy holding the plate should try to answer a question about Cub Scouting. If he gives the right answer, give him a piece of candy. Then continue the plate around the circle.



Taste And Tell

Prepare paper cups with contents to be tasted. Each contestant should have a pencil and paper. Liquids are more easily disguised than solids or soft solids. Vegetable colors help disguise the contents. Number each container. Leave a box of toothpicks on this table. Contestants use a fresh toothpick for each taste. When this is played as a team game, the final decisions represent the taste consensus of the entire team. Disguise tongue ticklers might be:

Red vinegar, blue-colored lemon-flavored gelatin in a liquid state, green milk, pink orange juice, cold coffee, cold green tea, root beer, red pineapple juice, juice from maraschino cherries, yellow saltwater solution, pink sugar water, alum solution, licorice dissolved in water.

Candy Bar Dress Up

EQUIPMENT: A candy bar gift wrapped and a sack full of clothes such as a large shirt, gloves, a hat and necktie, dice, a knife and a fork.

The den sits on the floor in a circle. One person throws the dice while the person to his right has the clothes. The leader says "go" and then the first boy dresses up in ALL the clothing and then tries to unwrap the candy bar using only the knife and fork. The boy with the dice starts throwing them. He gets three tries to throw doubles. If he is unsuccessful, he passes the dice to the person on his left. As soon as someone rolls doubles, the first boy must take off the clothes and give them plus the knife and fork to the person who rolls the doubles. That player then puts on the clothes and tries to unwrap the candy bar with the knife and fork while everyone else is now rolling the dice trying to get doubles. Have several candy bars handy and play several times.

Bubble Gum Blow

Equipment: Crackers, peanut butter, bubble gum, knife.

Divide into relay teams. Each team lines up behind a line. Sound the start and then the first person runs to a table at the other end of the race. On the table is a plate of crackers, peanut butter and bubble gum. Each person must spread the cracker with peanut butter and eat it. When he is done, he unwraps the bubble gum and chews it. When he blows a bubble of any size, he can run back and tag the next person in line. When everyone on the team has blown a bubble and come back to the start, the game is finished.

Candy Trap

EQUIPMENT NEEDED: 1 die, 1 pony bead for each player attached to equal lengths of yarn (about 18 inches total length), 1 large pan lid. Candy pieces, a cardboard or paper circle cut the size of the lid.

Divide the candy evenly between the players. Each player should have at least a dozen pieces of candy to start the game. Players are seated on a carpeted floor. (If no carpet put down something to muffle the sound of the lid banging!!) Each player places his bead and holds the other end of the yarn in his hand. The player without the button holds the pan lid with one hand and rolls the die with the other hand. He has 3 rolls. If he rolls a 1 or a 6, he tries to trap the beads on the cardboard with his lid. If a player's bead is caught, the owner of the bead gives the trapper one of his pieces of candy. If a player is successful in pulling his bead away, the trapper must give that player a piece of candy. If a 1 or a 6 is not rolled but the trapper puts the lid down by mistake he must pay each player one piece of candy. (Faking is ok.) If a player pulls his bead away and it was not a 1 or a 6, he must give the trapper one piece of candy. After 3 rolls of the die the person to the left becomes the trapper. When a person loses all of his candy he is eliminated from the game. Play continues until one player has won all of the candy. Then be kind and distribute the candy equally to all the players or have a treat for the other boys.

Peanut Race

Have the Cub Scouts roll a peanut with their noses on the floor for a short distance. They must not touch the peanut with their hands. The one who rolls the peanut across the finish line first is the winner.



Hot Potato Tag

Play this with a ball or a potato. Have the players form a circle with one in the center. The potato (or ball) is passed or thrown across the circle. When the player in the circle is able to tag the one who has the potato, the tagged player must then be "it".

Songs

From the Cub Scout Song Book:

- It's Cheese
- I'm A Nut
- I Like to Eat
- Johnny Appleseed

All You Etta

(Tune: Alouette)

All you etta, think of all you etta
(Unison)

All you etta, think of all you et.
(Unison)

Think of all the _____ you et
(Leader)

Think of all the _____ you et (Group)

All the _____
(Leader)

All the _____
(Group)

All you et (Leader)

All you et (Group)

OHHHHHH.....

(repeat using different foods each time starting with appetizers and continuing through dessert)

Ham And Eggs

(Two groups)

#1: Ham and eggs

#2: Ham and eggs.

#1 I like mine fried good and brown

#2: I like mine fried upside down

#1: Ham and eggs.

#2: Ham and eggs.

#1: Flip 'em

#2: Flop 'em

#1 Flop 'em

#2: Flip 'em

All: Ham and eggs

(each group stands when it's their turn)

On Top Of Spaghetti

(Tune: On Top of Old Smokey)

On top of Spaghetti,
All covered with cheese
I lost my poor meatball
When somebody sneezed

It rolled off the table
And on to the floor
And then my poor meatball
It rolled out the door.

It rolled in the garden
And under a bush
And now my poor meatball
Is nothing but mush.

So if you have spaghetti
All covered with cheese
Protect your poor meatballs
Should somebody sneeze.

Peanut, Peanut Butter, Jelly

CHORUS:

Peanut, Peanut butter, jelly
Peanut, Peanut butter, jelly

First you take the peanuts and you crunch them,
crunch them

(Chorus)

Then you take the grapes and you stomp 'em,
stomp 'em,

(Chorus)

Then you take the bread and you spread it, spread
it,

(Chorus)

Then you take the sandwich and you eat it, eat it,
(Chorus)

Peanut, peanut butter, jelly
Mm, mm, mm, mm, mm, mm.



Crafts

Pasta Pets

Use elbow, bow tie, wagon wheel or penne macaroni. Pipe cleaners.

First create the animal's torso by sliding a few pieces of wagon wheel pasta onto the center of a pipe cleaner for a chubby belly or one long penne or rigatoni for a long lean belly. Then bend the pipe cleaner on both sides of the torso to form a neck and tail. Add more pasta and fold the tips of the pipe cleaner to hold the pieces in place. Bend the neck (between pastas) into a right angle to form a face. To attach legs ears or horns, wind shorter lengths of pipe cleaner around the body and string them with a macaroni. You can even glue on miniature soup pastas for a mane or fur.

Bean Scene

Get a piece of cardboard or a scrap of wood. Sketch a design on the board. Use q-tips to paint a portion of the design with glue. Choose from an assortment of beans, colorful peas, and legumes and arrange them over the glue. Continue until the entire surface is covered. Allow the glue to dry completely before standing upright.

Clay Cutlery

Materials: Mismatched silverware, polymer clay

Roll a 1-inch ball of polymer clay into a rope that is twice the length of the utensil's metal handle. If you want a multicolored handle, roll two or more thinner ropes and twist them together. Press the rope onto the front and back of the utensil handle and pinch together the clay along the sides. Then use your fingertips to smooth the surface of the clay. Bake the decorated pieces according to the directions on the clay package. Wash and dry the finished cutlery by hand.

Pasta Pictures

Cook spaghetti and other shaped noodles. Use the damp pasta to form a picture on heavy construction paper. Cover it with waxed paper and weigh it down with a heavy book to dry. Remove the waxed paper when dry. The pasta hardens and adheres to the construction paper.

Gumdrop Bugs

Materials: Large gumdrops, small pretzels, Twist & Peel licorice strands cut into 1/2 inch lengths, gel frosting.

Break the pretzels into pieces that resemble wing shapes and poke the ends into the gumdrops. Use a toothpick to make holes in the tops of the gumdrops and insert licorice antennae. Make two gel dots on the gumdrops for eyes.

Cookie Painting

Buy refrigerated sugar cookie dough or make your favorite recipe. Roll into "canvasses" or rectangles about 5 or 6 inches long. Place the cookies on a greased cookie sheet. Paint with colored egg yolk paint (an egg yolk blended with 4 or 5 drops of food coloring) using a different paint brush for each color. Bake in a preheated 350 degree oven for 8 to 10 minutes or until the sides of the canvas are golden brown. If you put the paint on thick it will look like stained glass!!

Outdoor Cookery

OPEN STOVE: Place a well cleaned turpentine can on the wide flat side and cut an opening in the other side, as shown. Bolt two tuna cans to the bottom of the stove, and add waxed wicks. Cut a piece of hardware cloth or other heavy metal screening for the grill and turn under the sharp edges. For a charcoal burner, bolt aluminum foil pans to the bottom of the stove and fill with charcoal.



CLOSED OVEN: Leave the lid of a large can partially attached to form a hinged door. From a second can of the same size, cut a section of tin, the full length and slightly wider than the can. Bend up the sides, as shown, and insert the rack in the oven for holding baking.

Close the door and set the can directly on the coals to use.

REFLECTOR OVEN: You will need two potato chip cans and a coat hanger wire for this oven. Cut the bottom from one can, and open it along the seam. Then, flatten it out. Bend back one edge about 3" to make a stand and bend the rest of the sheet into a large 'V' shape using the shiny surface for the inside of the oven.

From the second can, cut two triangles for the sides of the reflectors about 1" larger than the 'V' just formed. Drill three small holes along the center line of these side pieces for the baking rack. Fit the side pieces to the reflector and fasten securely with small nuts

DOUBLE BOILER: Use a large can for the bottom of a double boiler. For the rack, bend two pieces of coat hanger wire into a U-shape with hooks at the ends as shown. Hook the ends **over the sides of the can and set** a smaller can on the rack above the boiling water.

FRYING PAN: For a frying pan, use the bottom 2" of a large tin can and make a tab about 4"x 6", as shown **by the dotted lines. Make a cut on each side at the base** of the tab so that the **metal can be wrapped around** a wooden stick for a handle. Attach the metal to the stick with screws to hold securely in place.

SAUCEPAN:For a deeper pan, use the pan higher.

Barbecue Tools

To make these useful implements, use coat hanger wire straightened with pliers. Sand off all paint.

Grills are handy for toasting buns and cooking meats. At one end of your wire, bend up 1" as a prong for holding the meat; coil the wire around the prong to form a circular rack about 3" across. From another hanger, make a long narrow loop for a handle and twist the end of the grill around the handle. To finish, slip a clothespin over the loop and wrap with plastic coated tape.

For forks, twist two wires together bending the ends to make two tines. Place the clothespin between the wires for a handle and wrap with tape.

To make skewers for kabobs or toasting marshmallows, all you need is a long straight wire with a loop handle at one end.

Fun Recipes

Bubbles

1/4 cup good quality liquid dishwashing detergent

4 cups water

large container for dipping the frame

35 inch length of cotton kite string

2 plastic drinking straws

1. In a bowl, mix the dishwashing detergent with the water and pour into the container.
2. Thread one end of the string through each straw and tie both ends in a knot.
3. Holding one straw with each hand, form a frame and put it in the solution. As you slowly take it out, a film will form on the frame. Hold your arms out in front of you and slowly pull the



frame to the side. The air will force the film off and make bubbles. You can change the bubble patterns by the way you move or shake the frame. To close off one large bubble, twist the frame towards you. The bubble will form a sphere and drift away.

Baking - Soda clay

2 cups baking soda

1 cup cornstarch

food coloring (optional)

1 1/3 cups water

1. In a saucepan, mix the baking soda with the cornstarch
2. Stir in a few drops of food coloring in the water, if desired, then add it to the mixture and stir. Cook the mixture over medium heat, stirring continuously. When the mixture looks like thick, moist mashed potatoes, remove the pan from the stove.
3. Put the clay on a large plate and cover it with a damp cloth. As soon as the clay is cool enough to handle, knead it until it is smooth. It can be used several weeks if it is stored in a tightly closed plastic bag in the refrigerator.

Finger Paint

2 cups water

food coloring

1/3 cup cornstarch

1/3 cup warm water

1. In a saucepan, bring 2 cups water and desired coloring to a boil.
2. Put the cornstarch into a small bowl, dissolve it with 1/3 cup warm water then gradually stir it into the boiling water. Stirring constantly, bring the mixture to a boil again. Then remove the pan from the heat and let it cool.

Cubs in the Kitchen

Hot Fudge

Mix 1 can sweetened condensed milk (not evaporated) and two cups of semi-sweet chocolate chips for 1 minute in the microwave. Heat for 1 more minute or until chocolate chips melt when stirred. Stir in 1/4 cup milk until the milk is fully mixed in. Serve warm over ice cream. Umm umm good!!

Easy Quesadillas

Mix one can of cheddar cheese soup, 1/2 cup salsa and 1 pound cut up cooked chicken or turkey. Warm 3 minutes in the microwave. Scoop onto tortillas and fold the tortilla in half. Place on a cookie sheet. Cook 5 minutes in a 400 degree oven. Eat and enjoy!

Yummy Cookies

Melt 1 package of butterscotch chips (2 cups) and 1 cup peanut butter in the microwave about 2 minutes or until the chips melt when stirred. Quickly put in 6 cups of corn flakes and gently stir until all the cornflakes are coated. Drop the cookies onto a cookie sheet that was lined with wax paper. Freeze for 5 minutes and then eat!!!

Easy Ice Cream

1 bottle 2 liters fruit flavored soda pop



1 can (14 oz.) sweetened condensed milk.

Ice cream freezer, ice, ice-cream salt

1. Pour the soda pop and the condensed milk into the freezer container and mix thoroughly
2. Freeze the mixture according to freezer directions.

Field Trips

Chevy's Restaurant: Call the local restaurant and ask for the manager. (We called the one in Newark.) They gave us a tour of the restaurant and we were able to see how some of the foods were made. The kids were given ingredients and allowed to make their own burritos.

Dreyer's Grand Ice Cream Factory in Union City. By reservation only for ages 6 or older. Group can not be larger than 40 people. Tours are at 9:15, 11:15, and 2:00 daily. Call (510) 471-6622 for reservations.

Jelly Belly Factory: (Herman Goelitz Candy Factory) 2400 North Watney Way, Fairfield. Retail shop open 11 a.m. to 5 p.m. weekdays; tours of the factory Monday through Friday by appointment only. Tours are free with sweet samples at the end. (707) 428-2800.

Hershey's Chocolate Factory: Located at 1400 S. Yosemite Ave. in Oakdale. Visitor center is at S Sierra Ave and G St. Shuttle bus is available from the visitor's center to the factory. Free 30-minute tours are given Mon-Fri 8:30 - 3. Visitor center open Mon-Fri 8:30-5. Closed Good Friday and holidays. (209) 848-8126



