

# Food & Drink

## Kids get cooking

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Correspondent

*Did you hear about the guy who runs the fruit stand? He's berried in his work.*

*Pineapple: Honeydew you want to marry me?*

*Watermelon: Yes, but I cantaloupe!*

Kids and Cooking - who can think of a better combination?

Kids are a wonderful addition to any kitchen: they are creative, imaginative and curious - all necessary attributes of a good cook. And if we encourage our children to come into the kitchen when they are young they will continue to enjoy culinary creations and accomplishments for many years to come.

Cooking has it all. It offers an exciting way for children to learn a variety of different skills, in the comfort of their own home and with a great teacher - You! It provides 'real' work for young children, as they develop their small motor skills and their senses of touch, taste and smell. And it develops children's abstract thinking skills with experiences in cause and effect, recall and sequence.

In the end, the rewards of cooking with your children are much more than simply the results of the final product. It's the caring, sharing and time spent together - planning, shopping, and preparing your cook-



**FUN FOOD:** Kids can have great fun cooking fun food as shown by, from left, Spencer Young, 7, Kristen Dewar, 5, Andy Dewar, 10, and Christopher Young, 10, who are helping mom make some treats.

ing project.

All of these elements will contribute to your enjoyment of the entire project. The cooking process begins at home with the discovery of a favorite recipe or at the grocery store with the selection of toppings for Friday night's pizza. The fun continues as children get involved in the different steps of meal preparation.

Depending on the age of your child there are

many different roles they can play in the preparation of a family meal. Younger children are great fruit and vegetable washers, lettuce tearers, table setters and cake beaters. As children get older their tasks can reflect their level of maturity and responsibility. They can become involved in many different tasks in the kitchen - with a bit of help they can easily prepare a cookie or pancake recipe. They can even help out with the clean-up, and

that's a real bonus.

As the summer approaches, parents will find themselves at home with kids who have a great deal of time on their hands. A fun way to spend time together, away from the television, is to cook up some special family treats. The watermelon cookies and party pops are not only easy to make they are fun to eat, for children and adults of all ages.



**Food for Thought**

Lisa Cartwright

**Treats are easy to make, fun to eat**

**Watermelon cookies, and chocolate-dipped party pops**

Most children love to bake with mom and dad.

And not only are watermelon cookies and chocolate-dipped party pops easy to make, they are also good to eat.

**Watermelon Cookies**

Both Dominion and A&P has Lactantia margarine for \$0.99 and IGA has Smart Choice for \$0.69.

Village Grocer carries Crisco shortening for \$1.59 and pure vanilla extract for \$8.99.

No Frills has large eggs for \$1.69 and four litres of two per cent milk for \$2.99. (One per cent is the same price and is lower in fat.)

Both Loeb and No Frills has flour on sale for \$4.99.

What gives the cookies their watermelon look is the red and green frosting (food coloring is at The Bulk Barn for \$1.69 and icing sugar is \$0.59/lb).

Mini chocolate chips, pressed into the dough before baking, looks like watermelon seeds.

Sugar, baking powder and salt are also needed for this recipe.

**Chocolate-dipped Party Pops**

The Price Chopper has Becel margarine on for \$1.99.

Kellogg's Rice Krispies are on at Loblaws and Food Basics for \$2.99 and No Frills for \$2.49.

Miniature marshmallows (in a 1.36 kg club pack) is on at No Frills for \$2.99.

The recipe also calls for vanilla extract, candy sprinkles and semi-sweet or milk chocolate, all which can be purchased at local grocery stores.

This recipe calls for the mixture to be on a stick.

The sticks can be purchased at a craft store or by eating popsicles.

A big glass of ice-cold white or chocolate (on at A&P or Dominion for \$1.59/1L carton) milk is needed to wash both treats down.

## Party pops and watermelon cookies

### CHOCOLATE-DIPPED PARTY POPS

Wrap these party pops with plastic wrap and tie with a ribbon for a party favor or end of year school treat.

#### INGREDIENTS

- 1/4 cup butter or margarine
- 5 cups crisp rice cereal
- 5 cups miniature marshmallows
- 1 tsp. vanilla extract
- 1/3 cup candy sprinkles
- 1 cup semi-sweet (or milk) chocolate
- 20-24 wooden craft sticks

#### PREPARATION

1.) In a large saucepan over low heat, melt butter. Add marshmallows and stir until mixture is smooth and marshmallows are melted. Remove from heat and stir in vanilla. Add crisp rice cereal and stir until cereal is well coated with marshmallow mixture.

2.) Press mixture into a buttered 13-x-9-inch pan. Cool and cut into 20-24 squares. Insert one craft stick into each bar.

3.) Melt chocolate in a double boiler over low heat. Dip top of bar into chocolate mixture and then sprinkle with candy sprinkles. Place on waxed paper and allow to set.

Yield: 20-24 pops

### WATERMELON COOKIES

These cookies are fun to make and eat.

#### INGREDIENTS

- 1/3 cup butter or margarine, softened
- 1/3 cup shortening
- 3/4 cup sugar
- 1 egg
- 1 tsp. milk
- 1 tsp. vanilla extract
- 2 cups all purpose flour

### RECIPES

- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup red paste food coloring
- 1-1/2 cups semisweet mini chocolate chips
- 2 cups icing sugar
- 2 tbsp. water
- 2 tsp. green paste food coloring

#### PREPARATION

1.) Beat butter and shortening in a large mixing bowl at medium speed with an electric mixer until creamy. Gradually add sugar, beating well. Add egg, milk and vanilla, mixing until blended.

2.) Combine flour, baking powder and salt; gradually add to butter mixture, mixing well. Knead a small amount of red food coloring into dough to color as desired. Shape dough into a ball, cover and chill the dough for at least three hours.

3.) Divide dough in half; store one portion in fridge. Roll remaining portion to 1/4 inch thickness on a lightly floured surface.

4.) Cut dough with a three inch round cookie cutter; cut each circle in half. Place on ungreased cookie sheets. Press several mini chocolate chips into each cookie. Repeat with remaining dough.

5.) Bake at 325 for 8 to 10 minutes (do not brown). Remove to wire racks to cool.

6.) Combine icing sugar and water. Stir in a small amount of green food coloring. Dip round edge of each cookie in green frosting and place on wax paper until frosting is firm.

Yield: three dozen