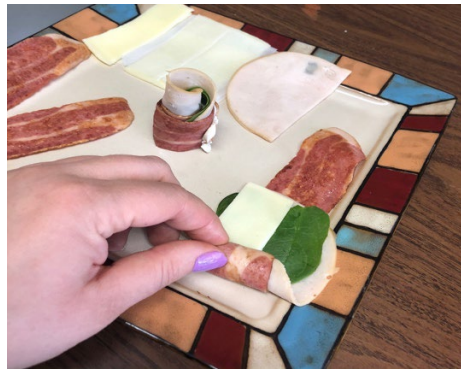


# Title: Turkey Bacon Roll-Ups

Age Group: School Age

Submitted by: Alicia (Holy Cross)



Type of Activity: Food Preparation

## Materials:

- Turkey bacon
- Deli meat
- Sliced cheese
- Cream cheese
- Spinach
- Butter knife
- Large plate
- Frying pan

## How to Do it:

- Fry 4 bacon slices on low-medium heat for 2-3 minutes on each side
- Meanwhile, have your child slice 2 slices of deli meat in half with a butter knife
- Continue to slice 2 cheese slices in half or thirds
- Allow the bacon to cool for 1 minute
- Your child can now line up the flat edge of the semi-circle deli meat with the edge of the bacon
- Repeat with the piece of cheese
- Add spinach
- Help your child roll tightly and add a dollop of cream cheese to the end of the bacon to secure roll

## Root Skill / Extension:

**Emotional: 2.3 Self-esteem & Social: 1.4 Helping skills**

Helping in the kitchen is a great way for children to build confidence in their abilities and contribute to family responsibilities. Children are more likely to try new foods that they've helped prepare.

**Extend the learning:** Have your child pick a recipe out of a cookbook. Next, bring them to the grocery store so that they can pick out all the ingredients from the recipe. They can read through the recipe (literacy) and use measuring cups according to the instructions (math).