A Look at Our Book

Today your child enjoyed the book *Germs! Germs! Germs!* by Bobbi Katz. In this book, children learn that germs are everywhere, and that some germs can make us sick. From the entertaining story, we learn that handwashing keeps us healthy by keeping germs away. Your child was encouraged to wash for 20 seconds – about the time it takes to sing the ABC song.

Before enjoying cooking with your child, remember to wash hands thoroughly. Since germs are everywhere, there are many opportunities to wash throughout the day. Remind family members to wash after going to the bathroom or changing diapers, coughing or nose blowing, playing with or feeding pets. It is also important to wash before eating meals and snacks, before touching clean dishes or helping with cooking.

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child’s questions or remarks.
- Put variety and “life” into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark pages, and turn pages gently.
- Most importantly—HAVE FUN!

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.
Cooking with your child is fun, and helps their reading skills. Here is a recipe that you and your child can create together!

Germs on a Log
This tasty snack can have several variations.

2 stalks celery
6 tablespoons cream cheese or peanut butter
1/4 cup granola
2 tablespoons raisins, dried cranberries or dried fruit pieces

Wash and dry celery. Cut each stalk into three pieces. Spread one tablespoon of filling you choose onto each celery piece. Top with granola; press down into filling. Add raisins or other dried fruit as desired.

Makes 6 pieces.

Nutrition Facts
Serving Size 1 piece (41g)
Servings Per Container 6

| Amount Per Serving | Calories: 280 | Calories from Fat: 140%
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*Percent Daily Values are based on a 2,000 calorie diet.

Giant Germs
Let each child create their Giant Germs from the listed "parts":

Body -
- crackers (2 per Germ)
- may be round or shaped – work best with about 2" size

Germ Filling - choose one, or offer variety -
- 1 tablespoon peanut butter (creamy works best) OR
- 1 tablespoon cream cheese spread OR
- 1 tablespoon pimiento-cheese spread

Legs/antenna -
- small pretzel sticks (10 per Germ)

Eyes -
- raisins
- dried fruit bits
- sliced olives

Spread the Germ Filling on one cracker. Make a cracker sandwich. Insert the pretzel “legs” into the filling. With a dab of filling, set fruit or olive eyes on top of Germ.

Makes 1 Giant Germ.

Nutrition Facts
Serving Size 1 piece (56g)
Servings Per Container 1

| Amount Per Serving | Calories: 280 | Calories from Fat: 140%
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Read All About It!
Here are some additional books you might enjoy sharing with your child!

Germs Make Me Sick
by Melvin Berger

The Man Who Didn’t Wash His Dishes
by Phyllis Krasilovsky

Buddy Bear’s Handwashing Troubles
by Marjorie T. Cooke

Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs
by Judith A. Rice
This book contains story text in Spanish and English on each page.

Check for these titles at the public library!