

# Payson City Library

# DIY Storytime

## Let's Explore Cooking!

*Here are some songs to sing together:*

### **This is the Way We Make a Cake**

*(Sing to the Tune of "Here We Go Round the Mulberry Bush")*

This is the way we make a cake, make a cake, make a cake,  
This is the way we make a cake, so early in the morning!

*Repeat with "frost the cake," "put on the sprinkles," "eat the cake"*

### **Are You Hungry?**

*(Sung to the tune of "Are You Sleeping?")*

Are you hungry? Are you hungry?

Yes, I am. Yes, I am.

Let's all make some \_\_\_\_ [favorite food] \_\_\_\_

Let's all make some \_\_\_\_ [favorite food] \_\_\_\_

For my tummy!

Yum, yum, yummy!



## VIRTUAL READ ALOUD of Favorite Books

### Little Chef

*by Elisabeth Weinberg & Matt Stine*

Some questions to ask during or after the story:

- What is your favorite thing to help cook?
- What do you think the secret ingredient is?

### Fry Bread: A Native American Family Story

*by Kevin Noble Maillard  
(Seminole Nation)*

Some questions to ask during or after the story:

- What foods are special to your family?
- How do you feel when you are together with your family like the kids in this book?

**Come to the library and pick up a  
craft to make your own chef hat!**

# Let's Explore Cooking!

*Here is a sink or float activity to do together:*

Learn about density and buoyancy:

**Density:** How tightly molecules are packed together. If the object is *denser* than water, it will sink. If the object is *less dense*, it will float.

**Buoyancy:** How well something floats. The greater the surface area, the better the buoyancy.

To prepare for your experiment:

- Fill a clear container with water (at least 8 inches deep).
- Collect food from your kitchen to test. Try marshmallows, fruit snacks, fruits and vegetables, dried beans, etc.  
*Note: Test fruits/vegetables prepared different ways. i.e. A whole orange vs a peeled orange, whole bell pepper vs a bell pepper slice.*
- Draw a line down the middle of a paper and label one half "sink" and one half "float"

## Test it out!

- Start by asking your child some introductory questions:
  - What does float mean? What have you seen that floats in water?
  - What does sink mean? What have you seen that sinks in water?
- Before placing anything in the water, ask your child to predict if it will sink or float.
- Have your child place the food in the water and observe what happens. Ask them questions like "What happened?" or "Is it sinking or floating?"
- Draw or write the food that you tested on the corresponding section of your paper.
- When you have tested all of your foods, count how many sank and how many floated.



Here are 5 reasons why you should cook with kids from the New York Times:

- 1) Children who cook become children who taste, and sometimes eat.
- 2) Children who cook say "I can," not "I can't"
- 3) Cooking is a way to talk about health.
- 4) Cooking is a way to talk about healthy ingredients.
- 5) Cooking brings cooks of all ages closer.

For more details on this list, [click here](#).

## Parent Tip: