

# It's Pasta Time at Brooke 3 Pre-K

Mix It, Knead it, Roll It, Boil It, and then time to Eat It!

January 2012

## MANGIARE!

The idea to have a Pasta Cooking Experience came after the children read the book *Wednesday Is Spaghetti Day* by Maryann Cocca-Leffler. They loved it! Just mix that reading with a pasta machine and help from our parents and it was off to rolling out the dough. It was decided that instead of eating the spaghetti at the center that it would be sent home with the children and this would give the parents and children the opportunity to cook dinner together.

A letter was sent home to the parents asking them to take a break from making dinner. The children had so much fun and it could not have been done without the support of our parent volunteers Paul Schroeder, Joyce Fulks and Amber Lucas. Special thanks to Laura Weigel, Head Start Health/Nutrition Specialist, who joined our activity. The children made the dough from a recipe (1 cup of flour and 1 egg) the day before the event. The next day they stretched out the dough and ran it through one side of the pasta machine. After thinning out the dough, they put it through the cutters to make noodles. They bagged up the pasta and took a container of sauce home with them. The children were very excited to make dinner for themselves and their

parents. Again, thanks to the parent volunteers for the final touches of getting the noodles ready to take home.



*Thanks to our parent volunteers for supporting this activity—the children had a great time!*



*Telephone 304.737.1338 or via email at [brooke3@npheadstart.org](mailto:brooke3@npheadstart.org) to learn more about the "It's Pasta Time" Experience at Brooke 3 Pre-K  
Helen DeMaria, Teacher*