

MAY - MYSTERIES OF THE PEA POD

[Watch Willow on YouTube](#)

"Nibble with Willow" at Home



Goal: Explore peas and green beans in family meals

RECIPE: Snap Pea, Green Bean & Mint Salad

Activities to Do With Your Child:

- Shop for green beans and peas together.
- Set the table.
- Press the buttons on the microwave to cook the snap peas.
- Make the salad together.
- Watch the "[Willow's Spring Adventure](#)" YouTube video.



Nurture Your Child's Curiosity for Food:

- How many peas can you count in the bean or pea pod?
- How many seeds inside the green bean?
- What color are the peas?
- What shape are the peas?
- What does it smell like?
- Say "1,2,3 Nibble!" and then taste the new food together.

TIPS FOR PARENTS

Teach children RESPECT towards food

- Teach children to give each new food a chance by trying it. If they don't like it, explain they can politely 'turn down' eating the rest of it.
- Teach children to politely say "No, thank you;" explain it is impolite to say 'Yuck' when offered a food they don't like.
- Resist the temptation to pressure children to eat certain amounts or types of food, they might fight back by being rude about the food.

Teach your Child the Finger Play:

Five Fat Peas, in a pea pod pressed,

(Children hold hand in a fist)

One grew, two grew, and so did all the rest.

(Put fingers up one by one)

They grew and grew and did not stop,

(Raise hand in the air very slowly)

Until one day the pod went POP!

(Children clap hands together)

SNAP PEA, GREENBEAN & MINTSALAD



INGREDIENTS

1/2 pound	Snap Peas
1/3 pound	Green Beans
1/2 bunch	Mint
3 tablespoons	Olive Oil
1	Lemon
*	Salt to taste



Prep Time: 10 minutes
Cook Time: 2-3 minutes
Makes 4 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

1 ADULT & CHILD

Help REMOVE the strip of membrane down the side of the snap peas.

2 ADULT & CHILD

Help SNAP the ends off the green beans.

3 ADULT

Place the snap peas and green beans on a dish and cover with paper towel in a microwave. COOK for 2-3 minutes, or until they are tender. COOL.

4 CHILD

Help CUT the beans and peas in half with a table knife.

5 CHILD

Help REMOVE the mint leaves from the stems. DISCARD the stems and CHOP the leaves roughly with a table knife.

6 ADULT

CUT the lemon in half, remove seeds.

7 CHILD

Help MEASURE the olive oil into a small bowl or cup. SQUEEZE the lemon into the olive oil. WHISK together until well-blended. ADD salt to taste, WHISKING to blend evenly.

8 ADULT

ADD the cut veggies and mint to a serving bowl.

9 CHILD

POUR the lemon juice mixture over the veggies and mint in the bowl. TOSS well, NIBBLE and ENJOY!