

### RECIPE: HOT BUTTERED PEA PODS

*Children love this tasty, nutritious treat. The recipe works well with **sugar snap peas** and/or **snow peas**.*

1. Rinse the pea pods and snap off the ends.
2. Fill the bottom of a double boiler halfway full with water, and then place the steamer insert inside. Add the pea pods to the top section. (A basket steamer or colander in the bottom of a pot will also work.)
4. Bring the water to a boil. Put the lid on and steam the pea pods to the desired crispness – for 2 minutes (if you like them crisp) to 5 minutes (if you prefer them tender). Or you can cook the pods for one to three minutes in a pot of boiling water.  
Caution: Be careful to avoid the hot steam.
5. Put the pea pods in a bowl and cover with melted butter. (Butter can be melted in the microwave or in a small pot. There's no need to add salt if you use salted butter.)
6. Enjoy!

\*To prepare in microwave, put pea pods in a microwave safe bowl with a little water, cover and microwave for 3 to 4 minutes.

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### CLASSROOM GAME

Good for acceptance, self-confidence, concentration, helping others through cooperation, plus lots of giggles

Have you ever watched a colony of ants either outdoors or in an ant farm? The Queen lays eggs, and there are workers to babysit, clean rooms, build new rooms, protect the colony and gather food. Everyone has a job, and they are always moving!

Divide the students into small groups and have them sit in circles. Then have each child choose a role: Queen, caregiver, cleaner, builder, protector or gatherer.

- Begin by asking each child in turn to say his/her role, followed by "I am busy all day!"
- Start the game by choosing a child to announce his/her role, repeat "I am busy all day!" and then add a small movement.
- Have the next child in line say his/her role, copy the movement of the last "ant" and add one a small movement that matches his/her role.
- In turn have the rest of the children in each group say their role, copy the movements of the last "ant" and add their own.
- If someone forgets a movement, carries out the movements in an incorrect order or moves the wrong body part(s), either have another child help out – or just keep going! Although this game involves copying the last person and adding your own movement, the true goal is for the students to realize that it's alright to make mistakes and accept help from others in order to succeed.