

# Parent's Page

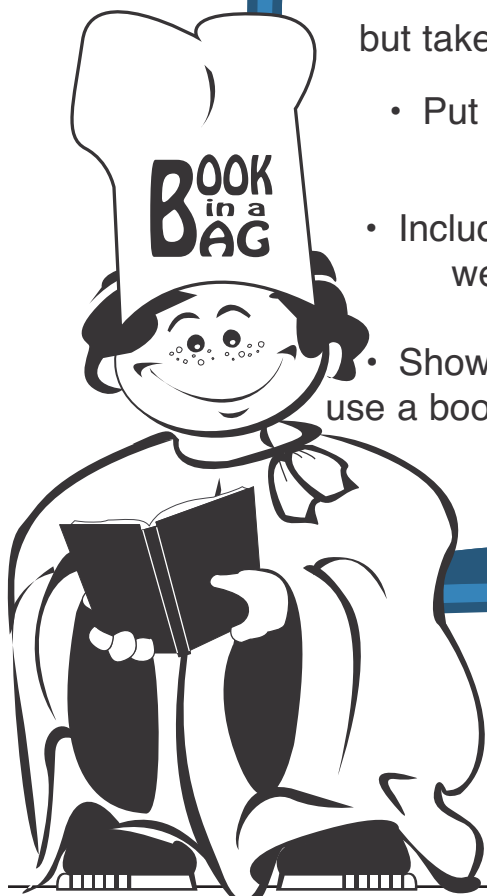
## A Look at Our Book

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!**



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Cooking with your child is fun, and helps their reading skills. Here is a recipe that you and your child can create together!

### Germ 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	
<b>Calories</b> 60	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1.5g	9%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 7g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 4%

\*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	
<b>Calories</b> 280	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	24%
Saturated Fat 3g	14%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 430mg	18%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

### Read All About It!

Here are some additional books you might enjoy sharing with your child!

**Germ 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!**