

What You Will Need

More Spaghetti, I Say!

Equipment:

electric skillet and lid
can opener
wooden spoon
hot pads
small paper plates
paper napkins
plastic spoons

Ingredients:

1 pound ground meat, browned and drained
1 16 ounce can spaghetti with tomato sauce and cheese
1 can cream of celery soup
1/3 cup ketchup

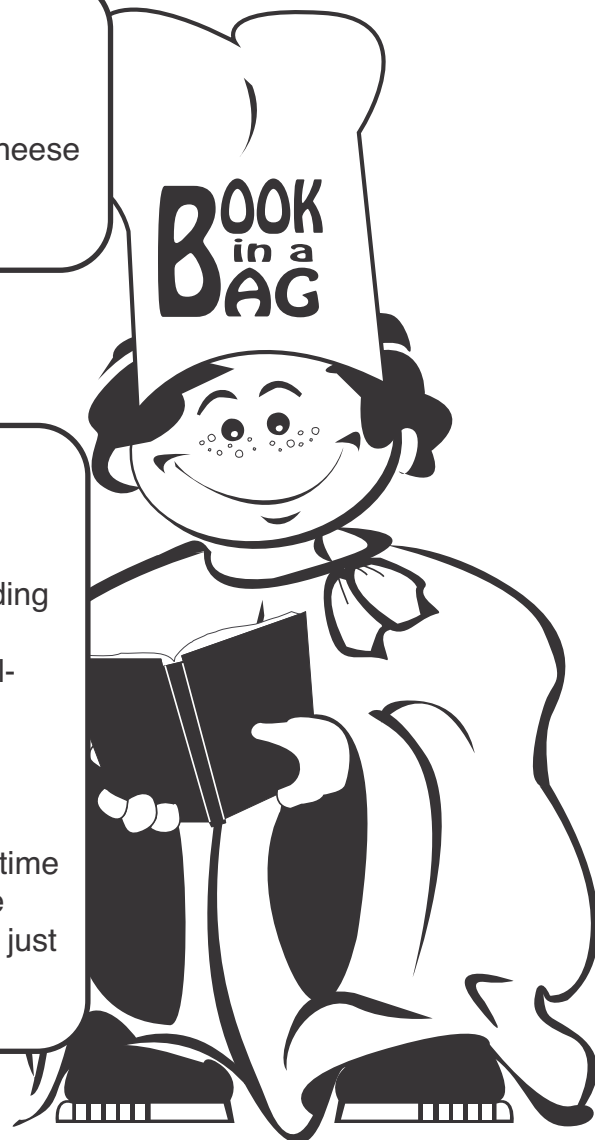
Other Possible Activities:

Jumpaghetti:

Two children sit facing each other on the floor holding a jump rope between them. They wiggle the jump rope back and forth on the ground, while other children take turns jumping back and forth. (Keep the rope on the ground or someone could trip!)

Make Pasta:

Noodles and pasta are easy to make. If you have time (and possibly equipment), you might want to make pasta or noodles with your group. Recipes usually just consist of flour, salt, egg and water.





Freddy Spaghetti

- 1 pound ground beef
- 1 can (15 ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5 ounce) cream of celery soup
- 1/3 cup ketchup

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Heat until bubbly and serve hot.

Makes 7 servings 1/2 cup each.

Nutrition Facts	
Serving Size 1/2 cup (181g)	
Servings Per Container 7	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 750mg	31%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	4%
Sugars 4g	
Protein 15g	
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 10%

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