

Pancakes were first made in New York City in March of 1882! Have a Pancake Day for some flapjack fun!

- Try different kinds of pancakes I.e. blueberry, strawberry, and potato
- Make finger pancakes
- Song: Do You Know the Pancake Man  
*(sing to the tune of Do You Know the Muffin Man)*



Do you know the pancake man,  
the pancake man, the pancake man?  
Do you know the pancake man, he lives in the fry-  
ing pan.

- Make paper pancakes and glue on paper plates with a small paper square of yellow for the margarine. Mix glue with maple syrup and let children dribble the glue over their pancakes.
- Read pancake books:  
Pancakes, Pancakes by Eric Carle  
Pancakes for Breakfast by Tomie dePaola  
If You Give a Pig a Pancake by Laura Numeroff
- Have a pancake race:  
Have the children walk to the other end of the room holding a craft foam pancake on a spatula.
- Five Little Pancakes (Finger Play)  
*Five little pancakes stacked on a plate,  
(child's name) ate one, oh it tasted great!  
Four little pancakes, are they for me?  
(child's name) took one, now there are 3.  
Three little pancakes, waiting for you,  
(child's name) grabbed one, now there are two.  
Two little pancakes, yummy as can be,  
(child's name) passed one, right to me!  
One little pancake having no fun,  
(child's name) took it, then there was none.*



## Finger Pancakes

*Yield: 15 servings*

*Serving size: 2 pancakes*

### Ingredients:

- 2 large eggs
- 3 cups lowfat milk
- 2 cups enriched all-purpose flour
- 1/2 tsp. salt
- 1 tsp. sugar
- 1 tsp. baking powder
- Powdered sugar, as needed

### Directions:

1. Beat eggs; add milk.
2. Combine the dry ingredients and sift into egg and milk mixture; mix well.
3. Pour 1/8 cup batter quickly on hot, greased griddle; spread evenly.
4. When golden brown, turn and brown other side.
5. When pancake is cooked, sprinkle lightly with powdered sugar. Roll up in jelly roll fashion and eat with fingers. The batter is very thin so the pancakes roll easily.

### Variations:

Pancakes may be spread with fruit spreads, jam, jelly, or peanut butter.

Source: **What's Cookin' II**

Nebraska Dept. of Education Nutrition Services

### Other Ideas:

- Make different sizes of pancakes out of paper, take two of them, and ask, which is bigger, which is smaller? Match sizes together.
- Stack the pancakes and count them.
- Use the enclosed activity sheet to help children understand how pancakes are made, where the ingredients come from, and sequencing of events.

# Let's Make Pancakes!

Understanding sequence, the order in which events occur, is important in reading development. In Pan-cakes Pancakes! by Eric Carle, the barnyard rooster crows to tell Jack it's time to get up. It's very early in the morning and Jack is so hungry that what he really wants is a large pancake for breakfast. But first, Jack's mother needs flour from the mill, an egg from the black hen, milk from the spotted cow, and butter churned from fresh cream. Will it ever be time for breakfast and that large pancake?

Cut out the pictures below. Read the book to your day care children and put the pictures in order. Mix up the pictures and have the children put them in the right order. Talk about where the ingredients come from.

