



SIT, TRUMAN
by
Dan Harper

Truman is a lovable mastiff who seems to frequently forget that he is a dog. Dogs, like people, need to eat a healthy diet. Cooking is a wonderful way to reinforce math skills of measurement and following directions in a sequence. It's also a wonderful way to encourage our students to choose a healthy diet.

To transition to these activities talk to your students about what Truman wanted to eat. Do they think these foods would be good for him? Should dogs eat the same foods as people? Do they know that some foods that people eat are actually toxic to dogs: for example, chocolate, onions? Tell your students that they are going to learn to cook some healthy snacks for dogs.

MATERIALS: You will need whatever ingredients are listed in the recipe/s you choose to make, as well as an oven (a convection oven works well), cooking utensils, measuring spoons, measuring cups (both clear 1 cup and/or 2 cup and 1/4 cup, 1/3 cup, 1/2 cup, and 3/4 cup), cookie sheet(s), mixing bowls, forks, spoons, rolling pin, cookie cutters (bone and hydrant if possible), spatula, flipper, cooking spray, wire racks, mini paper cups. [Our school is fortunate enough to be a part of a Nutrition Network which has provided carts with all needed utensils so our teachers can cook with their students. You might wish to start one at your school.]

ACTIVITY: These two recipes, the "Yogurt Pupsicles" and the "Cheese Biscuits" could probably be eaten by your students!

SOURCE: Ask magazine, April 2004, Vol. 3, #4, takeout section.

STANDARDS:

BSL: 1.4, 1.8, 1.11, 2.1, 6.3, 12.4, 12.6

NCTM: 2a, 4a, 4d, 4e, 10a, 10b, 10d, 12a, 12b, 12c, 12e, 13c

SCS: B1, F1

Harper, Dan. Sit, Truman Orlando, FL. Harcourt, c2001. ISBN#0152026169

Stevens, Janet, and Susan Stevens Crummel My Big Dog. NY: Golden Books Publishing, c1999. ISBN#0307102203

RECIPES

Yogurt Pup-sicles

2 cups plain yogurt
1 ripe banana, mashed up
2 tablespoons peanut butter
1 tablespoon honey
Small paper cups or empty ice cube tray

- Mix the ingredients together in a large bowl.
- Use a tablespoon to scoop the mixture in cups or compartments in ice cube tray.
- Cover with plastic wrap and freeze overnight.
- When you are ready to give your dog a treat, remove paper or pop out a cube. *Please let the treat thaw for 10 minutes!*

Cheese Biscuits

2 $\frac{1}{4}$ cups whole wheat flour
1 teaspoon baking powder
1 teaspoon garlic powder*
1 large egg
1 cup skim milk
1 cup shredded cheddar cheese

- In a bowl mix the dry ingredients: flour, baking powder and garlic powder.
- In another bowl, beat the egg with a fork and stir in milk and cheese.
- Preheat oven to 375° F. Spray cookie sheet cooking spray.
- Mix wet and dry ingredients; the dough may get stiff and you might have to use your hands to knead it.

- Sprinkle the counter or table with extra flour. Using a rolling pin, roll the dough until it is about 1 inch/2.5 cm thick. Use bone cookie cutter or cut out rectangles.
- Place on cookie sheet and bake for 10 minutes.
- Cool on rack and store in airtight container.

*Garlic helps prevent fleas and other pests from biting your dog!