



# Apple of My Eye

## Criss Cross Apple Sauce Rhyme

Criss cross

*(Draw an X on your child's back.)*

Apple sauce,

*(Pat her shoulders with both hands.)*

Spiders crawling up your back.

*(Walk fingers up child's back.)*

Cool breeze,

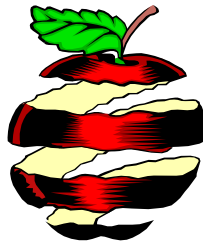
*(Blow on child's neck.)*

Tight Squeeze,

*(Give her a big hug from behind.)*

And now you've got the shivers!

*(Tickle your child all over her back.)*



▶ Parents are children's first teachers.

Use this rhyme as a tickle rhyme for babies and young children. Older children can learn to say the rhyme themselves. They may want to do the actions on you or someone else.

Early Years Literacy



Ontario  
Early Years



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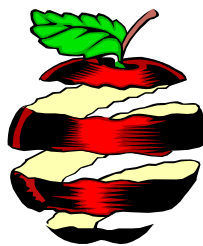
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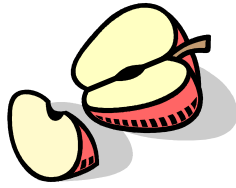


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## Applesauce

*(Do actions as rhyme indicates.)*

Peel an apple,  
Cut it up,  
Put it in a pot.  
When you taste it,  
You will find  
It's applesauce  
You've got!



**Nutrition Tip:** Make meal times pleasant. Involve your child in meal preparation. Eat together as a family. Limit distractions at the table, like television.

## Finnish Apple Pancake

2 cups thinly sliced apples, peeled and cored  
1 tbsp butter, melted  
3 eggs  
1/2 cup milk  
1/3 cup all purpose flour  
1/4 tsp. baking powder  
1/8 tsp. salt

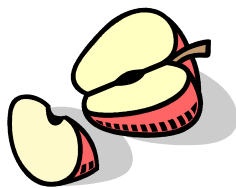
**Topping:** 1/2 tsp cinnamon & 1 tbsp sugar

Place apples and butter in pan and toss to coat. Bake in 220°C (425°F) oven for 5 min. Whisk eggs, milk, flour, baking powder & salt together. Combine cinnamon and sugar separately. Pour egg mixture over cooked apples and sprinkle with topping. Bake 15-20 min or until pancake is puffed and golden brown.

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