

## Art

- The child learned fine motor skills by spreading the cream cheese on the bagel.
- They explored color and texture as they spread the cream cheese using different techniques.
- They practiced creativity and imagination by experimenting with different patterns or designs on the bagel.
- They developed an appreciation for food as an art form through the process of creating their own bagel snack.

## Physical Education

- The child engaged in gross motor skills by moving around the kitchen to gather the bagel and cream cheese.
- They practiced hand-eye coordination as they spread the cream cheese on the bagel without dropping any.
- They developed strength and control in their hands and fingers through the repetitive motion of spreading the cream cheese.
- They learned about healthy eating habits and the importance of making their own snacks.

## Science

- The child learned about the properties of cream cheese, such as its texture, taste, and spreadability.
- They observed the chemical changes that occur when the cream cheese is spread on the bagel, such as its softening and blending with the bread.
- They explored the concept of food preservation by understanding the need to keep the cream cheese refrigerated.
- They gained an understanding of the food production process, from the dairy farm to the cream cheese packaging.

For continued development, encourage the child to try different types of spreads on their bagel, such as peanut butter, jelly, or hummus. They can also experiment with various toppings like sliced fruits, vegetables, or sprinkles to create unique and colorful designs. Additionally, you can incorporate discussions about nutrition and the importance of balanced meals while enjoying their self-prepared bagel snack.

## Book Recommendations

- [The Bagel King](#) by Andrew Larsen: A heartwarming story about a boy and his grandfather bonding over making bagels together.
- [The Cream Cheese and Jelly Sandwich Adventure](#) by Laura Numeroff: Follow the adventures of two best friends as they create their own cream cheese and jelly sandwich.
- [The Artful Bagel](#) by Aimee Aryal: Join a young bagel artist as she uses cream cheese and toppings to create edible masterpieces.

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