Activity Title: Edible Bird’s Nest

Objectives:

- Sharing of cultural/historical traditions
- Teamwork and cooperation
- Stay on task/ Complete an activity

Materials Needed:
(Recipe makes 6 nests)

- Mixing bowl
- Spoon
- 2 sets of measuring spoons and cups
- 2 Shredded wheat biscuits
- ¼ cup Shredded coconut
- 1 Tbsp. Brown sugar
- ¼ Melted Butter
- Grapes (as the birds’ eggs)
- Muffin baking tin
- Aluminum foil

Methods:

Facilitator Preparation

1. Set up chairs in adult/child alternating fashion at table.
2. Bring materials to the activity table or a counter close to the activity table.
3. Melt butter so it is still liquid but not hot when participants are handling it.
4. Preheat oven to 350°F.

Intergenerational Participants (shared group format)

1. Participants wash hands before coming to the table or use hand sanitizer at the table.
2. Have one IG pair crumble wheat biscuits into mixing bowl.
3. Have another pair line and press a sheet of foil into the muffin tin.
4. Pass the bowl with the biscuits to another pair to stir in coconut and sugar.
5. Pass the bowl to another pair to drizzle melted butter over mixture and toss to coat.
6. Each pair can press some of the mixture into the bottom and up the sides of the foil-lined muffin tin to shape a nest.
7. Facilitator collects tins to bake for 10 minutes or until crisp.
8. Allow to cool in cups before returning to participants. Remove nests from tin by lifting foil.
9. Peel cooled nests off of aluminum foil and each pair can fill their nest with fruit and other additional toppings.
10. Enjoy!
11. Participants wash hands.
Special Considerations

- Pairs can work on some of the different steps simultaneously to minimize waiting among participants. When one step depends on completion of a previous step (e.g., the biscuits have to be shredded before the sugar and coconut can be added), pass the mixing bowl to another pair to take a turn contributing to the activity.
- Know your participants! If it will be distracting to have all the activity materials present at the table, locate them within arm’s reach of the facilitator but away from the participants’ immediate grasp.
- Possible ingestion/choking of fruit
- Food allergies or restricted diet
- Spilling of ingredients – make sure that melted butter is not hot!
- Not enjoying activity

Key Conversation/ Facilitation Questions

- Where do birds live?
- What do they eat?
- Why do birds build their nests in trees and other high places?
- What types of birds might build their nests on the ground?
- What do birds use to build their nests?
- What are different types of birds you like?
- Has anyone had a pet bird?

Extensions and Themed Activities

- Can be used as a springtime activity or seasonal holiday activity (e.g. Easter).
- Additional toppings such as candy, chocolate shavings, and sprinkles may be used.
- Upward extensions
  - Birds nest made from outdoor foliage (e.g. Sticks, leaves, etc.)
- Downward extensions
  - Ingredients already pre-measured; groups mix ingredients.
- Horizontal extension
  - Instead of having each pair do a different step, each pair can complete the activity as an individual unit if enough of the materials are available.
- Related activities
  - Going on a bird watching walk.
  - Building a habitat for birds to place outside the school/center.
  - Find an iPad app with different bird calls and play those for each other. Guess the name of the bird making the call.
  - Do the chicken dance!
  - Build a bird feeder (e.g., pinecone with lard/peanut butter and seeds).