

SET SAILS FOR SUMMER FUN

It's anchors aweigh this summer as the imagination conducts a magic ride on a sailboat or catamaran that only sets anchor for the deep, yummy taste of pudding. With Mom's help, any First Mate can sight ships ahoy, if only by taste alone.

Those sunny-day dreams of the sea can take on a special reality—and taste. The makers of Jell-O sugar free instant pudding and the Children's Museum of Denver have come up with some creative, summer fun experiences for children.

The fun is in the sailboat making—and even the tasting. To capture the high sea for a sailboat, new sugar free instant pudding becomes the sea and a slice of pear, the boat. Because it looks as good as it tastes, this sailboat won't have time to be blown out to sea before being eaten by the First Mate.

Create a catamaran from a banana split. Bananas become the twin hulls, held together by pudding. Cargo or crew—fresh fruits, nuts, toppings—whatever your First Mate requests—is then loaded on board. It's not meant to be seaworthy, just eaten. It's all fun eating, and only Moms have to know that it's good eating, too. Mothers concerned about the amount of sugar in their children's diets will especially appreciate the fact that this new sugar free pudding is sweetened with NutraSweet, and it has lots of wholesome goodness because it's made with lowfat milk. For nutritious toppings, use raisins, fruits or nuts.

SETTING SAILS

More creative play games to go with this story of the salty sea can provide fun after lunch or snack.

To help the Admiral-Mom cope with too many doldrums of a still summer sea, here are ideas for a thaumatrope, a parachute and a pudding box raft to help all the mateys pass the time. Just follow the directions for making a thaumatrope that creates the illusion of a parrot flying from its cage. The parachute is made of any empty pudding box and a piece of paper towel. It plummets toward a target on the ground. Let it float to the ground empty or watch what happens when you fill it with nuts, paper clips or anything else. Make a pudding box raft and sail it in a wading pool, a pan of water or your own bathtub.

The Children's Museum of Denver, creators of these fun ideas, is a nationally acclaimed hands-on learning center dedicated to fostering discovery among children and adults by playful exploration. So this summer, kids can enjoy the new sugar free instant pudding and the box it comes in!

Pudding Sailboats

- 1 package (4-serving size) sugar free instant pudding and pie filling, any flavor
- 2 cups cold lowfat milk
- 4 wedge-shaped pieces of fruit (peach or pear slice, grapefruit or orange section, quartered banana or whole strawberry)

Prepare pudding with milk according to package directions. Pour into 4 dessert dishes. Chill. Just before serving, place a fruit piece on each. Cut 4 small triangles from white paper to make sails. Insert wooden picks through sails and insert into fruit pieces. Makes 2 cups or 4 servings.

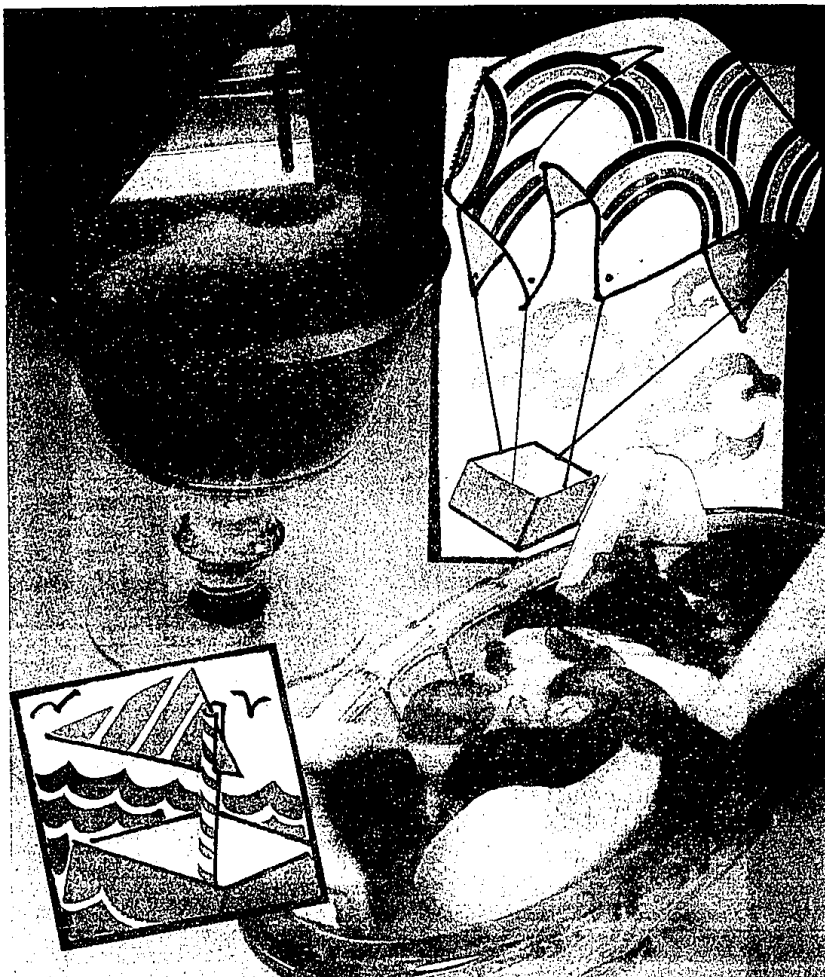
Note: Recipe may be prepared in shaker as directed on package; let stand 1 to 2 minutes.

Pudding Banana Splits

- 1 package (4-serving size) vanilla flavor sugar free instant pudding and pie filling
- 2 cups cold lowfat milk
- 3 bananas, cut in half lengthwise
- Diced strawberries, sliced green grapes and chopped walnuts

Prepare pudding mix with milk as directed on package. Arrange bananas in banana split dishes. Spoon on pudding and top with fruit and nuts. Makes 3 servings.

Note: Recipe may be prepared in shaker as directed on package; let stand 1 to 2 minutes.



PUDDING BOX RAFT

What you need:

- Empty pudding box
- Scissors
- Toothpick, drinking straw or twig
- White or colored paper
- Glue
- Small piece of clay

How to do it:

1. Cut out one of the larger sides of the pudding box (front or back) to make a boat.
2. Cut a small sail from the paper and push the toothpick through the sail to make a mast.
3. Attach the bottom of the toothpick to the inside of the raft by sticking it into a piece of clay on the deck of the raft.
4. Fill the sink or tub with water and test your raft!



PARACHUTE

What you need:

- Empty pudding box
- Piece of paper towel, tissue paper, lightweight material or facial tissue
- Thread
- Tape or sewing needle
- Scissors



How to do it:

1. Cut the front or back out of the pudding box, leaving the sides intact.
2. Tape or sew lengths of thread to each corner of a paper towel, tissue or piece of cloth.
3. Tape the loose end of each thread to an inside corner of the box.
4. Drop your parachute from a high place and watch it float to the ground. If it falls too quickly, enlarge the size of the chute. If it falls too slowly, place some objects in the pudding box.
5. Experiment with size of chute and length of thread until you get your parachute to perform smoothly.
6. Decorate the canopy of your parachute.
7. Draw a target on the ground or on a piece of paper. With a group of friends, drop your parachutes and see who can get theirs nearest the bull's eye. (You could also assign points to various parts of the target and after several drops, the person with the most points would be the winner.)

THAUMATROPE

What you need:

- The pictures in this newspaper of the parrot and bird cage
- Scissors
- Pieces of thin cardboard (3"x3")
- A Tinkertoy stick or a straw in which you make a 1/2"-3/4" slot at the top
- Crayons or magic markers
- Paste or glue

How to do it:

1. Cut out the pictures of the parrot and bird cage.
2. Glue one picture on one side of the card.
3. Glue the related picture on the opposite side of the card.
4. Put the card in the slot. (If the card is too thin and does not stay in the slot, fold the bottom edge to make it thicker.)
5. Hold the stick between the palms of your hands and rub your hands together quickly. What happens when you spin the card?

