

## Ants on a Log



Sawyer is a curious little girl who loves to learn. She points at pictures in books and likes to ask, “What’s that?” She points at animals and likes to ask, “What’s that?” She points at things in the store and likes to ask, “What’s that?” When she wants to play the food-group game with her parents, she’ll even point at her food and ask, “What’s that?” hoping they will make a mistake so she can give the right answer.

Sawyer also likes to climb on things. One day when she and her dad went on a hike, they came upon an old log on the side of the trail. “What’s that?” she said as she pointed at the log covered with green moss. When her dad told her what it was, she asked, “Can I climb on it?”

“Yes, you can climb on the log,” said her dad. “But please be careful. It’s an old rotten log, and there might be....”

Before her dad could finish talking, Sawyer was already walking along the top of the log. Suddenly she let out a big scream. “What’s that?” she yelled as she pointed at the log. “What’s that? I see little black things crawling on the log.”

“Those are ants, Sawyer. Ants on a log,” her dad said, smiling. Sawyer had never seen ants on a log before and enjoyed watching them crawl around. She wondered why they didn’t fall off.

After the hike, Sawyer and her dad were hungry and wanted a snack, so they went home to fix something to eat. Sawyer’s dad had a special healthy snack in mind, but wanted it to be a surprise. While Sawyer waited in the other room, her dad got out 2 pieces of celery, filled each with some peanut butter, and added some dark raisins along the top. Then he put the snack

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on a plate and called Sawyer to the table. When she saw what her dad had made, Sawyer pointed and said loudly, “What’s that?”

Her dad smiled and said, “Ants on a log. I thought it would be a fun way to remember our hike today.” Sawyer smiled, too.

“And,” he added, “I made it with food-group foods just like you learned about in school.”

