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# Parable of the Ingredients

## INSTRUCTIONS:

- There are 9 ingredient stick puppets that will need to be put together for this (flour, baking soda, salt, butter, vanilla, eggs, white sugar, brown sugar, and chocolate chips). There are black-and-white as well as color versions of these on the pages below.
- Each ingredient has a smiling version as well as a frowning version. Tape the smiley version and the frowny version onto colored paper and place them back-to-back on a popsicle stick. On ours, we used the black-and-white version for the sad/scared side and the colored version for the happy side. This made it easier for the kids to quickly know which side was which. (If you want to simplify, you can just do one-sided and choose either the smiley version or frowny version)

FRONT SIDE:



BACK SIDE:



- Assign different people to be in charge of different ingredient stick puppets.
- Read “The Parable of the Ingredients” story out loud. (Origins of story unknown, shared as told by Delaney Nalder)
- As the story is being read out loud, listen carefully for each of the ingredients. As each is mentioned in the story, whoever has that stick puppet will hold up the stick puppet on the side that shows that ingredient’s emotion at that point of the story.
- It could also be fun to get a real mixing bowl to put the ingredients into for the ending of the story. 😊

## Parable of the Ingredients

Story Origin Unknown

Once upon a time, a baker went to the store and bought ingredients. He bought FLOUR, BAKING SODA, SALT, BUTTER, VANILLA, EGGS, WHITE SUGAR, BROWN SUGAR, and CHOCOLATE CHIPS. He took the ingredients home and put them away. None of them knew each other. They only knew that they were all different.

SALT didn't think he was very important because he was small and plain. He knew that SUGAR was known for being sweet tasting, and that he couldn't put as much work into a recipe as FLOUR could. "Surely, they wouldn't want to talk to someone like me," thought SALT.

VANILLA was afraid that she smelled too strong, so she tried to stay away from everyone. The rest of the ingredients thought that she just didn't like them.

Most of the ingredients thought BUTTER and EGGS were strange because they lived in a refrigerator. Why would anyone in their right mind live in a refrigerator?

And so it went. Instead of talking to each other and learning more about each other, they just kept to themselves.

They studied each other when they thought nobody was looking and made judgments such as:

"I can tell by the sack FLOUR is wearing, that he's boring and not very smart."

"What would the other BROWN SUGARS back at the store think if they saw me hanging around CHOCOLATE CHIPS?"

"Look at that BUTTER in shiny blue and gold foil. I bet he thinks he's better than us."

"EGGS are crybabies. Every time we went over a bump on the way home from the store, they gasped and cringed!"

A few days later, the baker's young daughter came into the kitchen, took the ingredients out, and placed them on the counter. She then left, and the ingredients had nothing to do but awkwardly stand around and stare at each other. While there, FLOUR noticed a recipe on the back of CHOCOLATE CHIP. Suddenly, a chill raced down him!

"What could the baker be thinking?" He exclaimed. "Hey everybody, come look at this!"

Now not all of the ingredients knew how to read, so he read the recipe out loud to them.

"That's crazy!" said SUGAR. "We're too different to be mixed together! Can you imagine how we would taste? The thought makes me sick!"

"That's not the worst part!" said FLOUR. "It says here that we are going to be put onto a pan in separate spoonful's and baked in the oven at 375 degrees for 8 to 10 minutes!" At the thought of so much heat, VANILLA fainted and BUTTER began sobbing. "What will become of me?" he cried. "I will melt and burn!"

"There, there!" one of the EGGS said soothingly. "I do not believe the baker would mix us all together just to make an awful tasting mess. Perhaps the baker knows something we don't." "He probably does!" said SUGAR thoughtfully. "To be honest, I'm the only one I know anything about. I can only guess what the rest of you are like. But I want to know more about you before we get baked."

And so, they asked questions they wanted to know about each other. They found out VANILLA was actually really kind, and she found out she didn't smell too strong, so she wasn't afraid to get closer to others.

WHITE SUGAR and BROWN SUGAR found out that they were both from Hawaii and had the same great grandparents.

CHOCOLATE CHIP was not only tasty, but also very generous.

BAKING SODA admitted that he had no idea what he was good for, but the others assured him that he must have been made for some important reason.

Their pleasant conversation was interrupted by the baker. He was ready to make cookies. One by one, he started stirring them together in a large bowl. It was so fun, they even forgot about the hot oven. As the baker poured the teaspoon of BAKING SODA in, his young daughter asked, "Daddy, what is THAT for?"

"BAKING SODA is what makes the cookies rise as they bake." He answered.

"I KNEW I WAS GOOD FOR SOMETHING!" BAKING SODA cheered.

Then the baker reached for the EGG. The other ingredients had grown fond of the EGG, and so when the baker raised it in his hand and started to swing it down to the side of the bowl, they all screamed "STOP!" It was too late, and he dumped the EGG on top of the rest. They stared in horror at their broken friend. A few tried to comfort the others, but then the EGG started coming back to his senses!

Imagine their relief that he was alive! "Are you okay?" they were all asking. "YES! Yes, in fact I feel better than I've ever felt," he said smiling.

The baker's daughter soon asked for some dough. As she tried it, she got a funny look on her face. "This doesn't taste quite right, Daddy. Something is missing!"

The baker tasted and knew right away that he had forgotten the SALT. He added it and then the dough tasted much better. "I didn't know that one little teaspoon of SALT made such a difference!" the little girl exclaimed. And SALT realized that even though he was tiny, he was very important.

Now the baker was stirring the ingredients and again the CHOCOLATE CHIPS joined them. But they were NOT having fun anymore because they knew what came next! THE HOT OVEN! "It's only for 8 to 10 minutes at the most," encouraged the EGG. "Maybe if we try really hard to stick together, we will come out okay!"

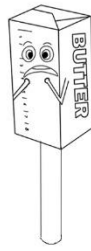
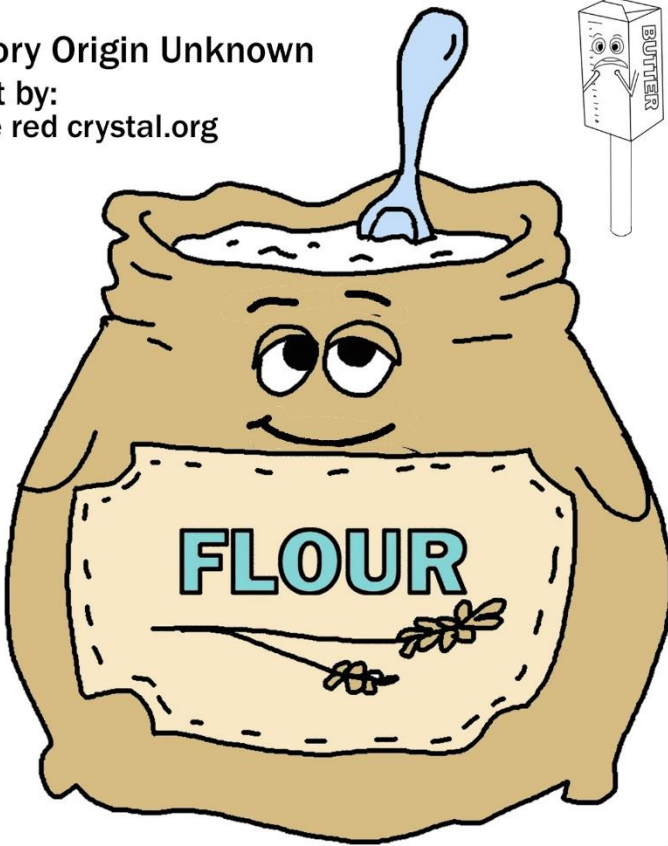
"So long everyone," sniffed BUTTER. "It was nice knowing you." But the other ingredients held him tightly as they went into the oven and told him to lean on them and they would make it all together.

In just nine minutes they emerged from the oven smelling and tasting better than they ever could have imagined. They realized that by helping and loving each other, recognizing their strengths, and working together, they had become the best they could be!

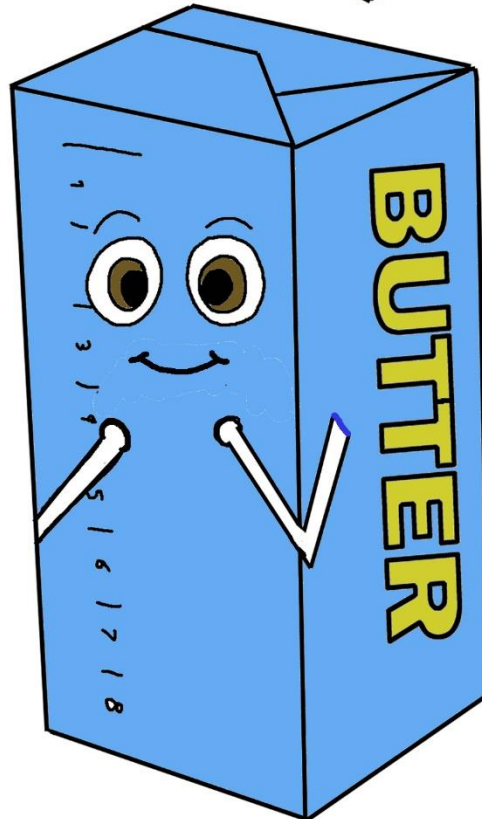
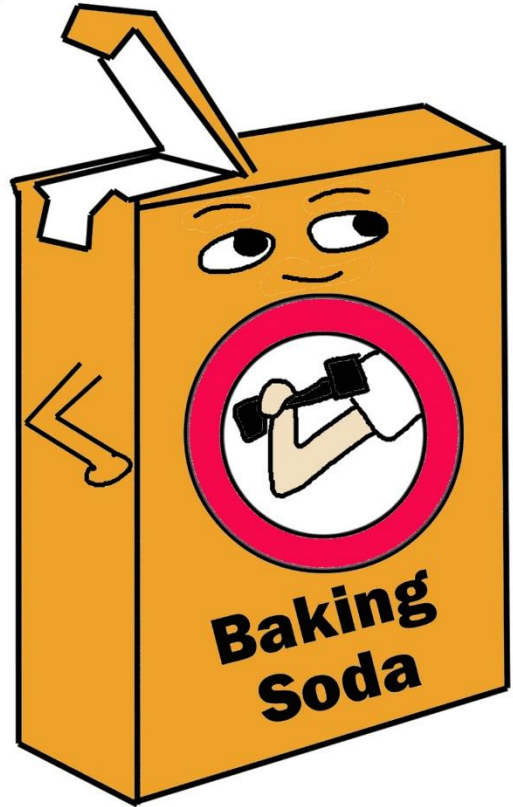


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Attach to sticks to make puppets.



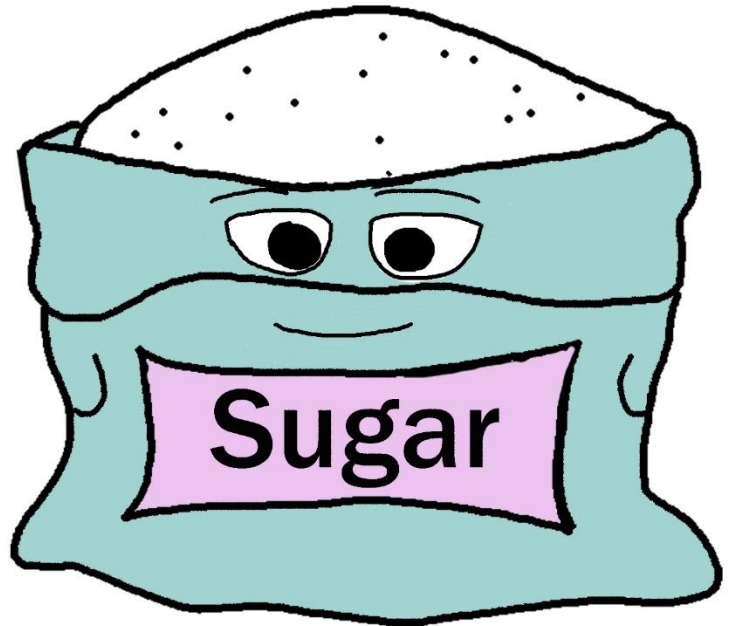
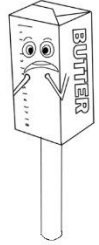
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Attach the pictures  
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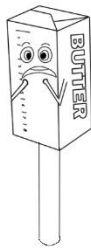
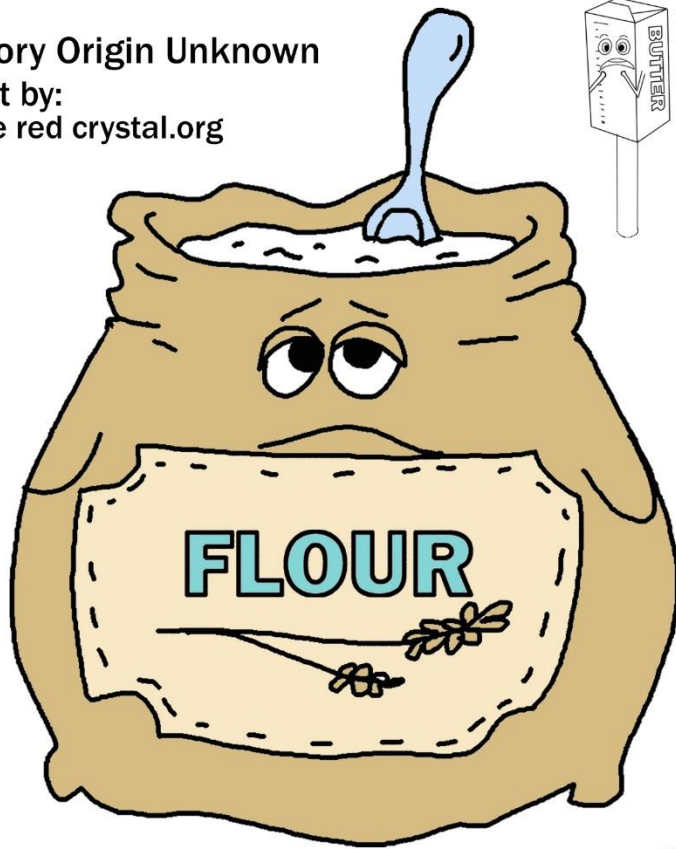


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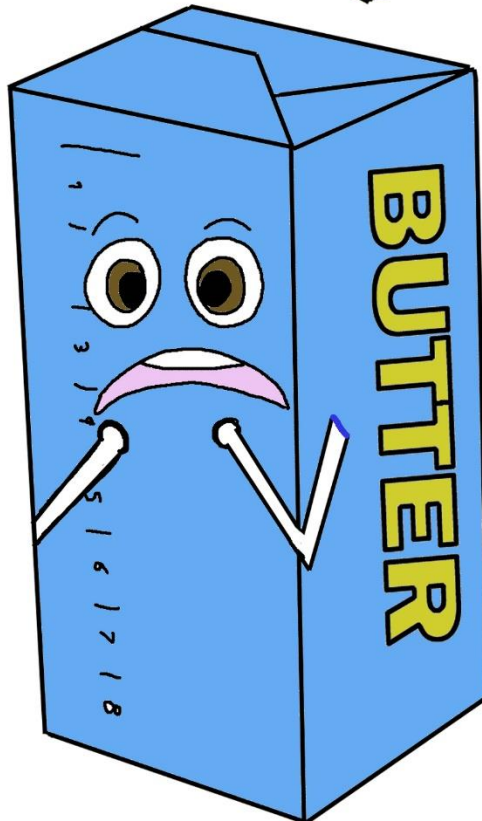
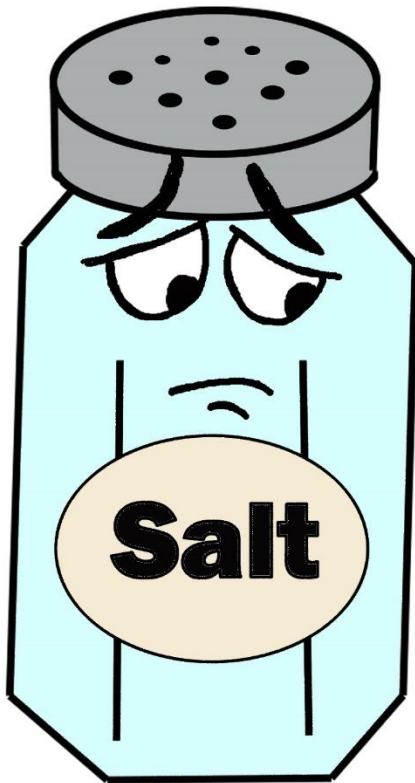


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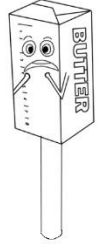


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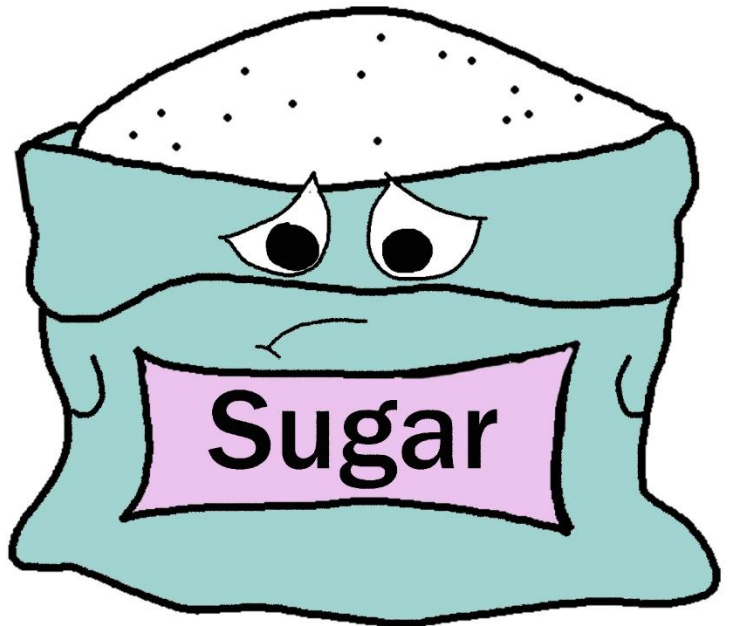
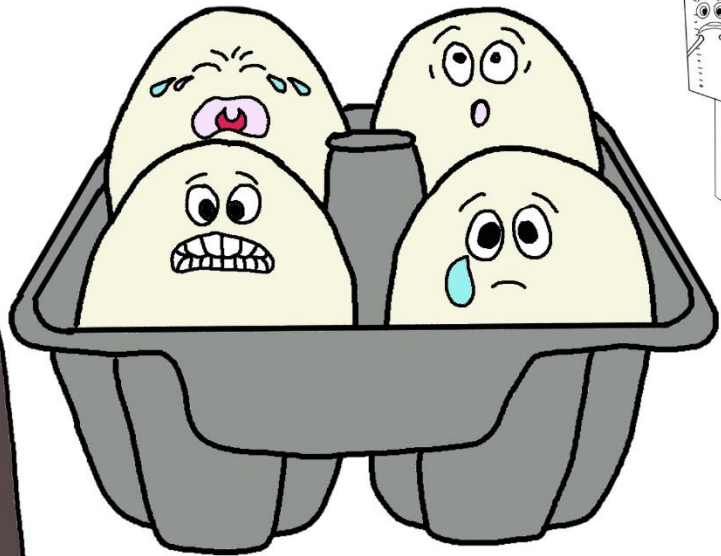
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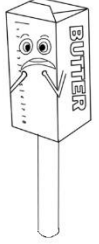
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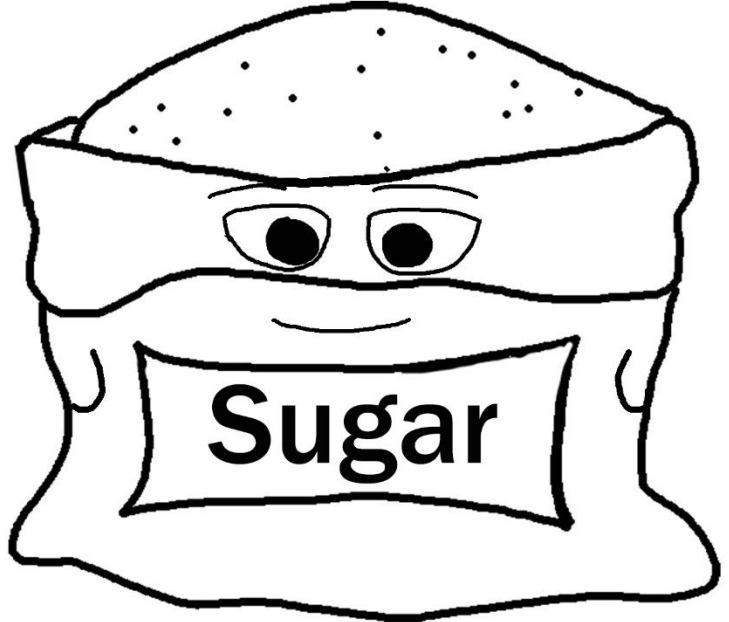
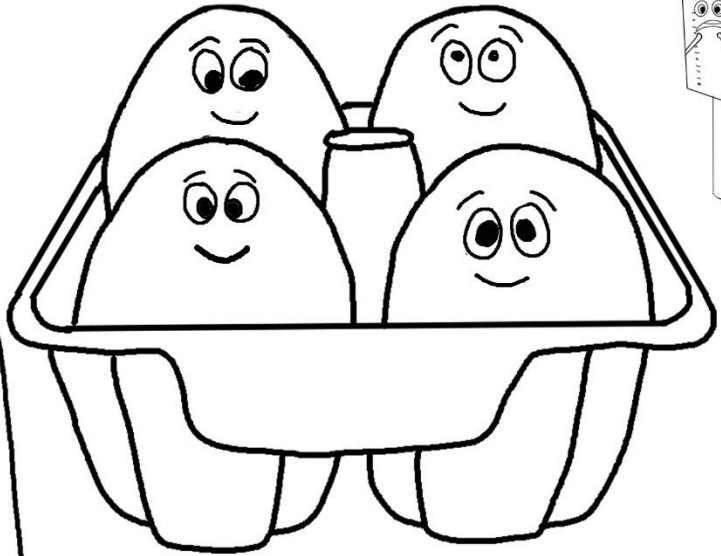
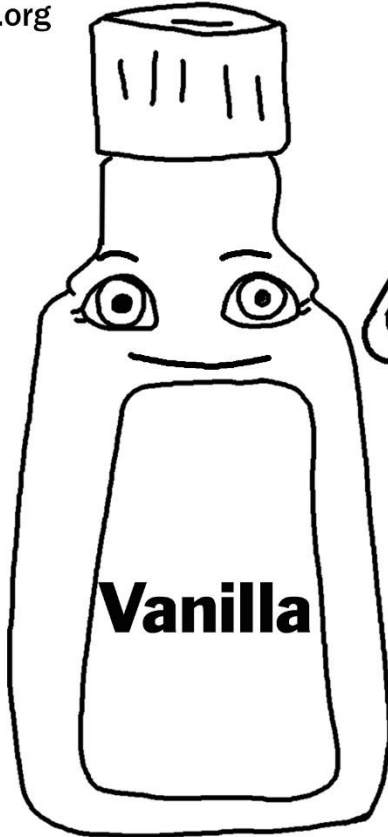
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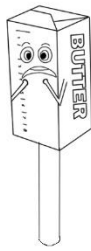
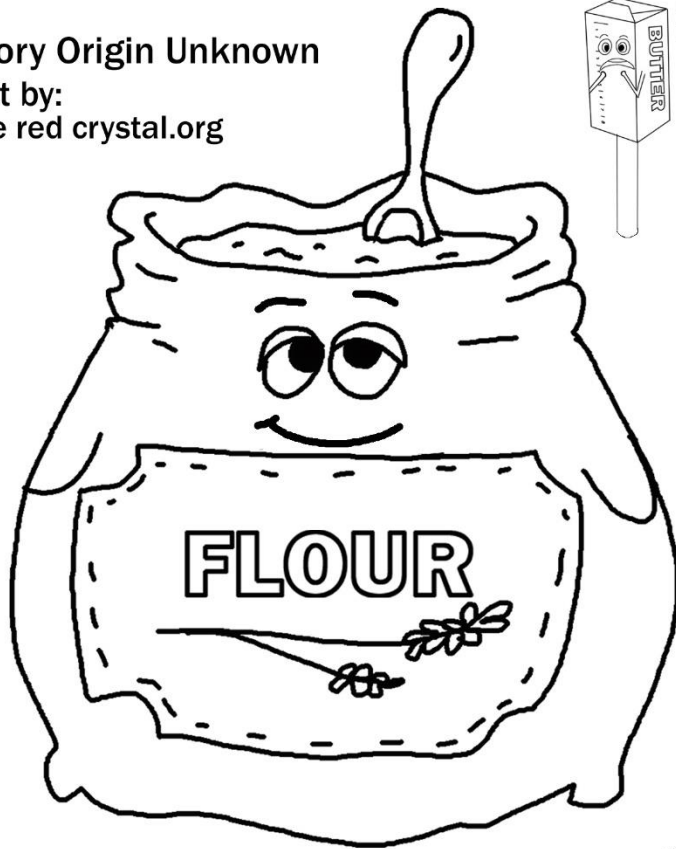


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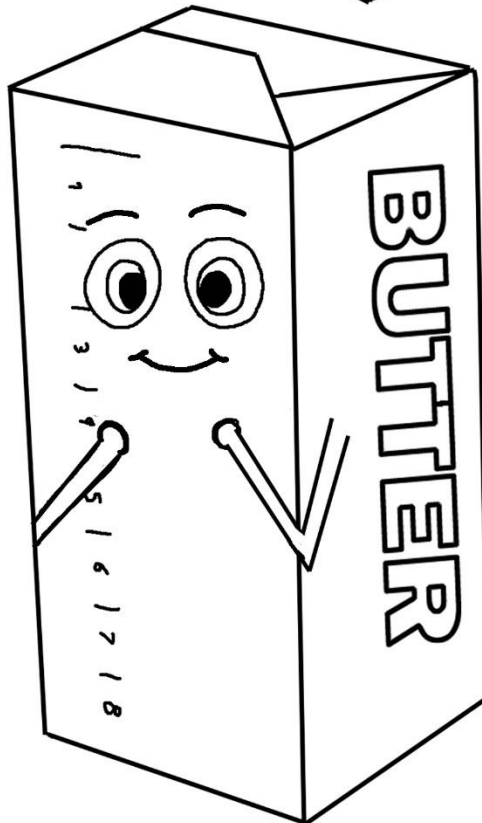
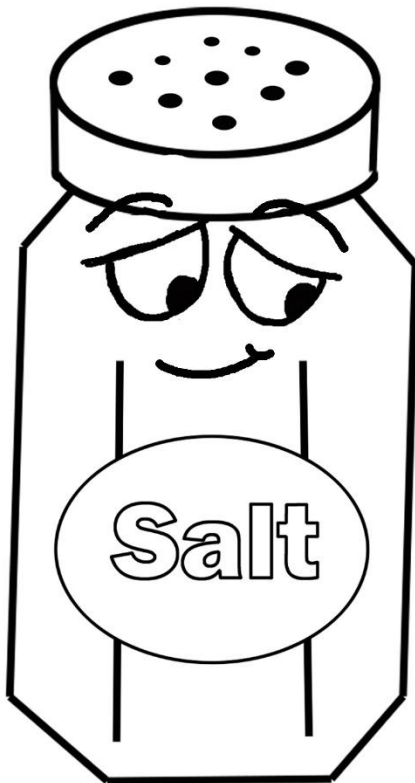
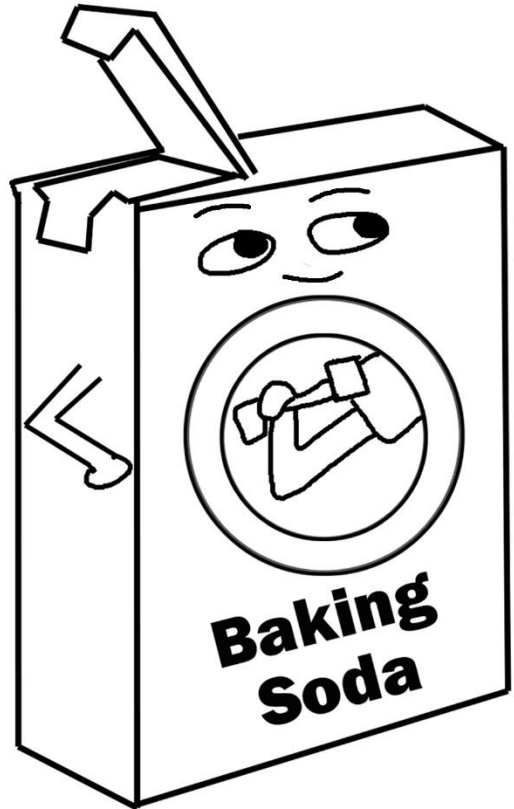


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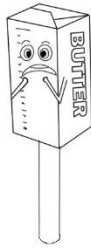


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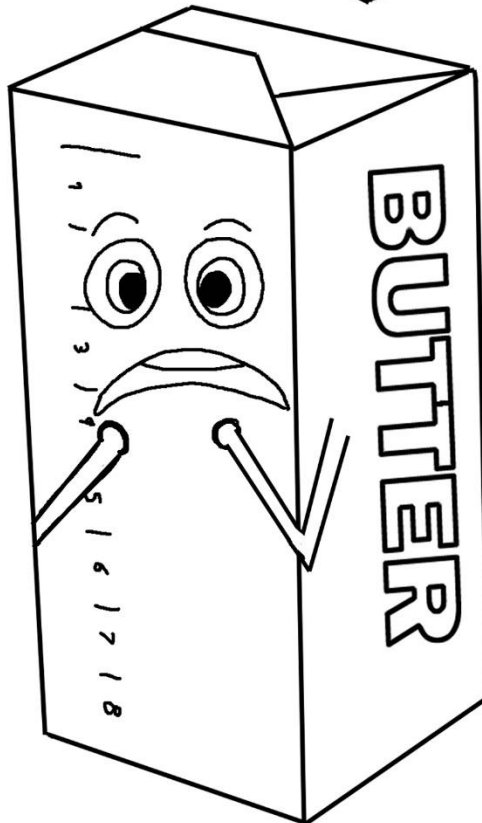
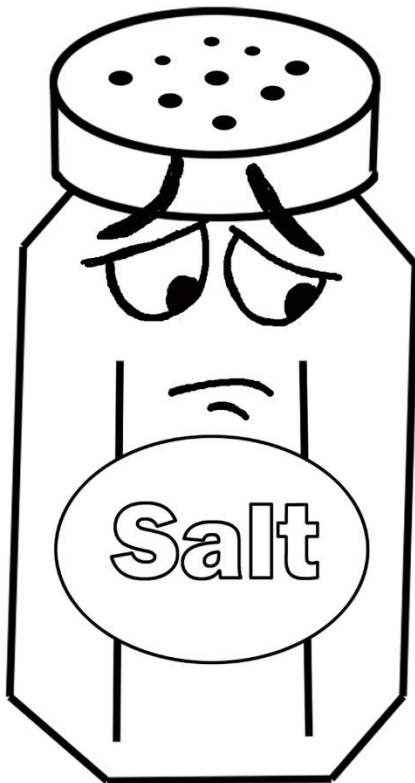
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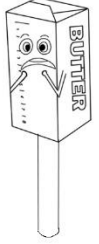


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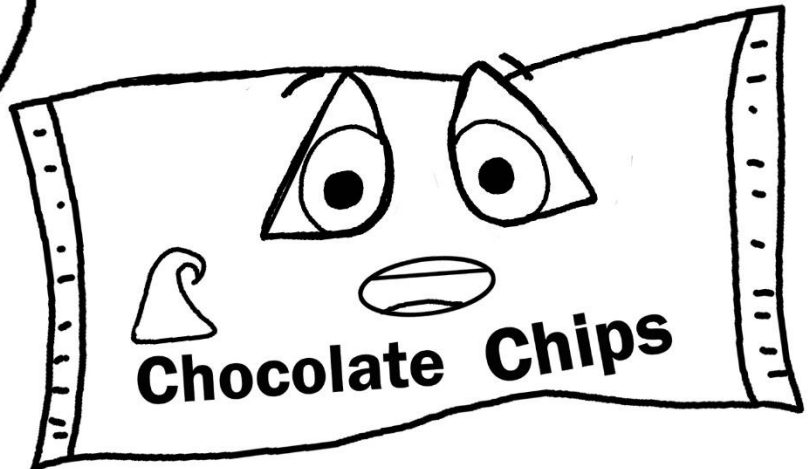
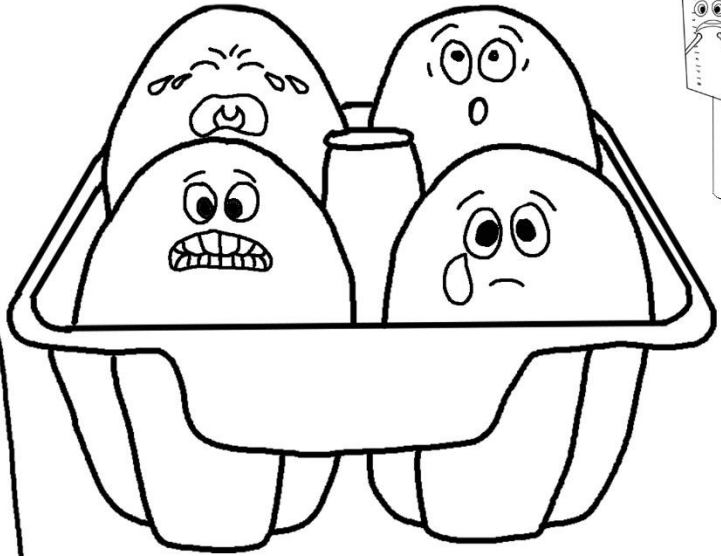
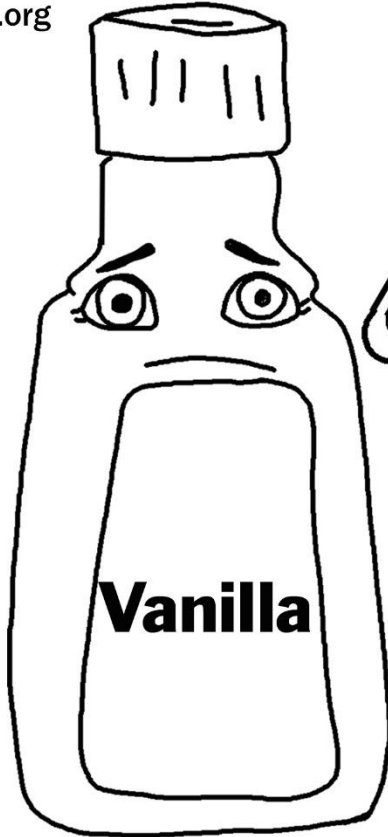
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