

Spiral Snack Creations



Concept: Spirals & whorls in foods

Materials:

- Soft pretzel dough (store-bought or homemade) or crescent dough
- Baking sheet
- (Optional) Cinnamon & sugar, cheese, or sprinkles

Steps:

1. Talk briefly about spirals in nature: shells, storms, sunflower centers.
2. Give each family member a strip of dough and challenge them to make the most perfect spiral they can.
3. Place all spirals on a baking sheet—compare sizes, tightness of coils, spacing.
4. Bake according to package instructions.
5. While they cool, ask:
6. Why do spirals show up so often? What do they help do—grow, pack, spin?
7. Eat the spirals together and hold a “Best Natural Spiral Look-Alike” vote.

✱ *This one is always a hit because it's edible and yummy!.*