



Children will make their own healthy and tasty treats and at the same time practice their Math, Language and Organizational skills!

Supplies

- ★ 1/2 Banana per child
- ★ Plastic knives
- ★ Paper plates or cutting board
- ★ 1 cup of milk per child
- ★ 1 tablespoon of Sugar
- ★ Measuring cup
- ★ Blender
- ★ A Pictograph: Simple directions and pictures drawn on paper or cardboard
- ★ Paper or plastic cups



Banana Shake

Skills Learned: Math, Language, Organizational and Fine Motor Skills

Directions

Draw a pictograph with simple step-by-step directions and pictures explaining how to make a banana shake. By relating the pictures with the words, the pictograph incorporates early reading and helps children track what's coming next.

- 1 Talk with the children about the importance of healthy foods.
- 2 Ask them to name some healthy foods and non- healthy foods.
- 3 Talk about the three main foods they will use in their shakes. Do they know where they come from?
- 4 Be sure everyone has washed his or her hands.
- 5 Gather around the table and slice the bananas.
- 6 Refer to your written recipe.
- 7 Add all of the ingredients in the blender. Invite the children to help.
- 8 Pour into cups and serve.
- 9 Enjoy the healthy treat together!



Note: Use plastic knives to let the children slice up their own bananas. Slicing is a fine motor activity, which leads to pre-writing skills.

Tips For Mixed Ages: Infants will enjoy watching and hearing the sound of the blender. Toddlers can attempt to cut the banana with assistance from an adult. 3's-5's will be able to take part in each step.



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