

Title: Rimi's Smoothie Recipe

Age Group: Preschool / Kindergarten

Submitted by: Rimi (Home Child Care)



Type of Activity: Science / Sensory

Materials:

- 1 cup of milk (dairy or plant-based)
- 1 banana
- 1/2 cup of frozen pineapple
- 1 cup of spinach
- 1 cup of blueberries
- Blender
- Measuring cup; spatula or spoon
- Glasses (makes just about 4 cups of smoothie)

How to Do it:

- Put your blender on a counter or table where your child can reach it.
- Gather all your ingredients. Children can help peel the banana, pour the milk, or measure out the fruits and veggies.
- Have your child dump the ingredients into the blender – any order will do.
- Blend for 2 - 3 minutes and enjoy!

Root Skill / Extension:

Sensory Exploration / Scientific principles: Measuring; Cause and Effect

This activity lets children explore their five senses: tasting, smelling, feeling, seeing and hearing. It also allows them to practice measuring and cause-and-effect observation.

Extend the learning: Try asking your child if they can predict what colour the smoothie will be or ask what other fruits and veggies they can put in (Suggestions: Instead of milk: yogurt, water or coconut water. Other fruits: apples, raspberries, strawberries, melon, mango and orange. Other blendable veggies: cucumber, celery, avocado, tomatoes, beets and carrots.