

# Title: No-Nut Butter and Jelly Sushi

Age Group: Toddler

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## Type of Activity: Fine Motor/ Autonomy

Adapted from: [https://thestir.cafemom.com/food\\_party/157471/pbj\\_sushi\\_recipe\\_puts\\_a](https://thestir.cafemom.com/food_party/157471/pbj_sushi_recipe_puts_a)  
Photos from: Google Stock Images

## Materials:

- Bread
- No-nut butter
- Jelly (any flavour)
- Rolling pin
- Butter knife

## How to Do it:

- Allow your child to help gather ingredients
- Hand-over-hand, flatten the bread with a rolling pin
- Cut the bread crusts using a butter knife
- Let your child help you spread no-nut butter and jelly on the bread
- Roll tightly and cut in ½ inch slices

## Root Skill / Extension:

Physical 5.2: Fine Motor & Emotional 2.5: Autonomy

It is important to introduce food activities to children at an early age. Including children in food preparation helps them to feel a sense of accomplishment when they do things on their own, and encourages their fine motor skills.

Extend the learning: Try making pancakes from scratch with banana.