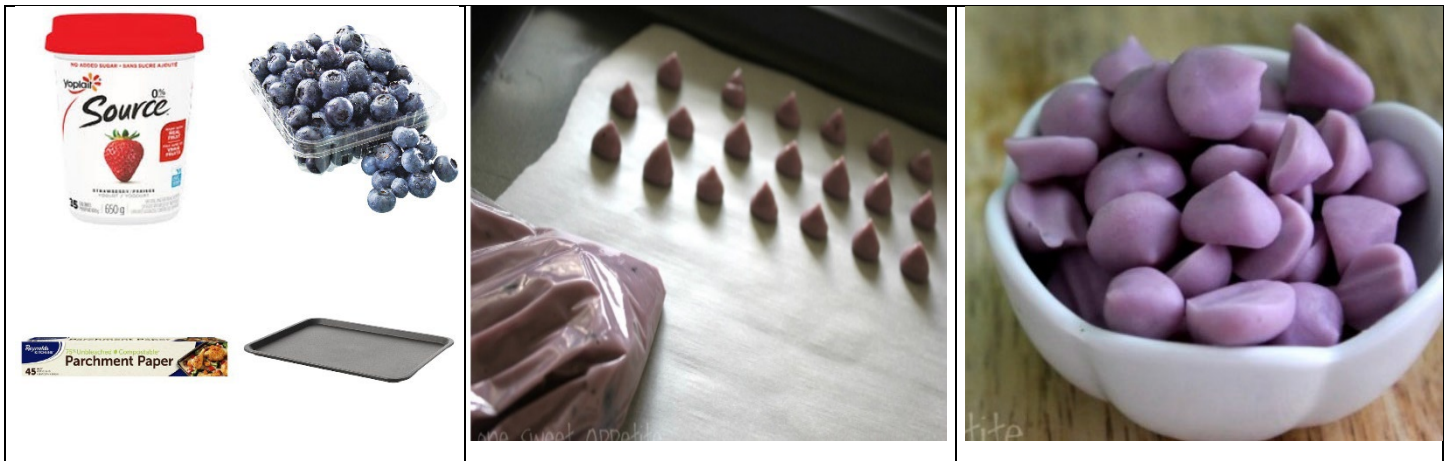


# Title: Blueberry and Yogurt Bites

Age Group: Infant

Submitted by: **Marlene (Group Centre)**



Type of Activity: Cooking / Sensory

## Materials:

- Blueberries
- Yogurt of your choice
- Ziplock bag
- Tray
- Parchment Paper or Aluminum foil

## How to Do it:

- Line the tray with the parchment paper
- Wash the blueberries and dry the using paper towel
- Dip the blueberries into the yogurt, then place them on the lined tray
- Once all blueberries are coated in the yogurt and placed to the tray, put the tray in the freezer for 1 hour, then transfer to a freezer-safe Ziplock bag.
- Leave your healthy snack in the freezer until you are ready to eat them!

## Root Skill / Extension:

### Physical 5.3 Senses: Taste exploration

This activity will support and encourage healthy eating habits. Children will enjoy creating new recipes and will be excited to try the new healthy snack they have just created. Engage in conversation with child as they taste and try the snack e.g. “How does it taste?”, “What do you like best about the taste?”, “What would you like to add to this recipe?”.

**Extension the learning:** You can adapt this recipe by using a wide variety fruit. Try blending the fruits together to create new taste and explore your child’s creativity with blending flavours together. Enjoy!