



WHAT ABOUT THE FOOD AGES 0-2

DIRECTIONS:

Make a favorite snack with the children. Allow the child to help as much as possible by stirring or shaking, etc. As you are making the food or the child is eating the food, describe the food and ask questions. Be sure to pause and wait for responses (even if their response is just a look at you).

Example: "You like your apple sauce. It is soft. How does it feel in your mouth? What happens to it when you push your spoon in it?"

Try to have at least a 30-second back-and-forth with your child.

INCLUDING INFANTS:

Infants like to explore foods with their hands. Choose foods that are safe but have different textures. Describe what they are doing with the food when they explore it and eat it. Ask them about how the food looks and feels.

TODDLER TIPS:

Toddlers are beginning to explore language more. They enjoy hearing words and repeating them. As they make and eat the food, use descriptive words about the food's texture and taste. Encourage the child to tell you about the food by asking open-ended questions such as, how does it feel? How does it taste? When they attempt to tell you something, repeat it back with a full and expanded sentence. For example, they might say, "sauce." You can say back, "Yes the apple sauce is soft."

Visit gpb.org/woyc for more information and additional resources.

FRUIT LEATHER

AGES 3-5

MATERIALS

- 1 quart strawberries (or other fruit favorites like peaches, apricots, plums, apples, or plums)
- baking sheet
- silicone baking mat or parchment paper
- blender
- 1 tablespoon lemon juice
- spoon
- cutting utensil

DIRECTIONS

1. Line baking sheet with a silicone mat or parchment paper
2. Stem and wash one quart of ripe strawberries (or your preferred fruit)
3. Place strawberries in a blender with 1 tablespoon of lemon juice
4. Puree the mixture until it's smooth. It should be liquid enough to pour and just thick enough to spread with a spoon.
5. Pour mixture onto the parchment paper and spread evenly using the back of a spoon.
6. Bake at 170 degrees Fahrenheit for three hours. To test if your fruit leather is ready, gently pull back a corner. If it peels up cleanly, it's ready to remove from the oven.
7. Slice into strips, roll into spirals, and store in airtight container.

Activity courtesy of pbs.org/parents

Visit gpb.org/woyc for more information and additional resources.

VEGGIE SNAILS

AGES 6-8

MATERIALS

- 2-3 celery stalks, washed and trimmed
- 1 small cucumber
- 4-6 cherry tomatoes
- 1 small green pepper
- hummus
- cutting knife
- spoon
- plastic sandwich bag

DIRECTIONS

1. Make the snail bodies by cutting celery into three-inch spears. Trim the bottoms a little so that they sit flat on your counter.
2. Make the snail shells by cutting cucumbers into half-moon shapes.
3. Make the tentacles by cutting the green pepper into short matchsticks. Cut 4 for each snail.
4. Cut cherry tomatoes in half. Each snail will have 1 cherry tomato.
5. Spoon the hummus into the plastic bag. Cut a small hole in one corner of the plastic bag and gently press the hummus into that corner. Carefully help your child squeeze the hummus out of the bag onto the celery sticks.
6. Assemble the snails! Place a cucumber upright like a snail shell in the back. Place two green pepper sticks upright as tentacles sticking out of one end. Place two more sticks sticking up from the bottom of the head. Place half of a cherry tomato at the of the celery stick to make the head.

Activity courtesy of pbs.org/parents

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