

Serendipity's

Activity:

Fruit Smoothies

Area of learning:

Creative Development, Knowledge & Understanding of the World, Physical Development and Communication, Language & Literacy.

What you need:

Variety of fruit

2 scoops of ice cream

1 cup of milk

What to do:

Ask the children to help you choose some fruit, finely chop the fruit into small pieces, add two scoops of ice cream and 1 cup of milk.

Blend all the ingredients together and enjoy.

Learning outcomes:

Healthy eating awareness

Decision making

Independence

Social interaction

Literacy & numeracy skills

Sensory skills

Personal hygiene

Communication skills

