



## HELLO PARENTS,

As a child, you probably helped your mom, dad, grandparents etc. in the kitchen preparing meals. What you probably did not know was that you were developing valuable life skills. Stir the pancake mix, measure one cup of water, roll out the dough...all of these cooking tasks help children develop necessary academic, cognitive and motor skills. Cooking and preparing treats with your child offers a wide variety of opportunities to learn and grow! In this newsletter, you will find easy recipes for summer treats you and your children can do together or by themselves.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### FROZEN FRUIT POPS

##### MATERIALS:

- Bowl
- Popsicle sticks
- Cups

##### INGREDIENTS:

- 1/3 cup each of: chopped kiwi, watermelon, strawberries, pineapple.
- 1/4 cup fresh pineapple juice or orange juice

##### DIRECTIONS:

- Combine all the chopped fruits in a bowl and fill each cup with fruits.
- Add 1 tablespoon of juice and put a popsicle stick into each cup.
- Place the cups in the freezer for a few hours until it is frozen.
- Take the cups out of the freezer and remove the popsicles from the cups, by putting them under warm water for a few seconds.
- Give the frozen fruit popsicle to your child and enjoy!

[Click here](#) for more recipes.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### EARTH SNACK

##### MATERIALS:

- Green food colouring
- Bowl
- Spoon

##### INGREDIENTS:

- 16 oz. container of vanilla yogurt
- 1/4 cup of blueberries
- 1/4 cup of granola

##### DIRECTIONS:

- Put the yogurt in the bowl.
- Add green food colouring and spread it around with a spoon to make it look like land.
- Let your child sprinkle a little bit of granola on the yogurt (land) to make mountains and hills.
- Let your child add blueberries around the land to make it look like lakes.
- Enjoy eating your "earth".

[Click here](#) for more recipes.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### FRUIT NECKLACES

##### MATERIALS:

- Elastic string
- Yarn needle
- Scissors

##### INGREDIENTS:

- Fresh fruits and berries (grapes, strawberries, blueberries etc.)

##### DIRECTIONS:

- Let your child wash the fruits.
- Cut two-foot lengths of elastic string and thread each onto a yarn needle.
- Start each necklace with one piece of fruit knotted in place to hold all the fruit "beads" on the necklace.
- Set out plates for each child to work on their necklace and create their own pattern.
- When finished, enjoy eating your "necklace".

[Click here](#) for more recipes.

### JK/SK (4 – 6 YEARS)

#### WATERMELON FRUIT PIZZA

##### MATERIALS:

- High-speed blender or an electric mixer
- Knife

##### INGREDIENTS:

- A whole watermelon
- Whipping cream
- 6 oz. of blackberries
- 6 oz. of blueberries
- 1 pint of strawberries
- Fresh mint
- 1/2 teaspoon vanilla

##### DIRECTIONS:

- Carefully slice the watermelon into one or more 1-inch round slabs. Slice about 5 strawberries for each pizza you plan to make. Chop the mint.
- Use a high-speed blender or an electric mixer to whip the cream and vanilla just until firm (do not over-mix or you will get butter!)
- Let your child spread the whipped cream on the watermelon "crust," then top with berries and mint.
- Cut each pizza into eight equal slices and serve immediately.

[Click here](#) for more recipes.

### SCHOOL-AGERS (6 – 12 YEARS)

#### CHOCOLATE FILLED FROZEN BANANA BITES

##### MATERIALS:

- Popsicle sticks (optional)
- Knife
- Baking sheet
- Wide straw

##### INGREDIENTS:

- 2 bananas
- 1/4 cup chocolate chips

##### DIRECTIONS:

- Slice the bananas into 3/4 inch thick rounds.
- Place them flat on a baking sheet.
- Use a wide straw to make a hole in the middle of each banana slice.
- Slide a popsicle stick through the slice, bottom to top.
- Melt the chocolate in microwave on medium high for approximately 1-2 minutes.
- Fill the holes with the melted chocolate.
- Place the baking sheet in the freezer for 10-20 minutes until the bananas are frozen.
- Take the frozen bananas out and enjoy.

[Click here](#) for more recipes.



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#### A TIP FOR TODAY

- When cooking with your children, have them read the recipes. For the younger children, start with reading the numbers such as "2" cups of flour.
- Try letting your children: wash fruits and vegetables in the sink, add items to dishes (like chopped vegetables), smell food, herbs and spices you are using etc.
- Promote independence; keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter.
- Use a cookie cutter to make shapes out of cheese slices, whole-grain bread or whole-grain tortillas, skewer fruit kebabs or show your child how to eat diced fruit with chopsticks.