



BANANA CREAM

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify bananas as a fruit.
- › Children will describe the concept of “blending.”
- › Children will use their senses to sample the banana cream.

MATERIALS:

- › Ripe bananas
- › Blender
- › Large spoon or spatula
- › Large bowl
- › Bowls and spoons



PROCEDURE:

1. Set-up the day before the activity; Cut the bananas into chunks, and place them in the freezer overnight.
2. Explain to a small group of children (no more than 4-5) that they are going to make a snack from bananas. Have children wash their hands. Hand out a few chunks of frozen banana, and ask children what they feel like. (Do not use the chunks children explore to make the banana cream.) Suggested phrases:
 - a. *How do bananas usually feel? What’s different about these bananas?*
 - b. *How do you think these bananas got this way?*
3. Work with the children to place banana chunks in the blender. Blend the bananas for 10-15 seconds. Scrape the sides and blend more if needed. Pour the banana cream into the large bowl, and have a child stir the mixture. Serve the banana cream, and talk about what it tastes like. Suggested phrases:
 - a. *What does the banana cream taste like?*
 - b. *What food group are bananas in?*

ADAPTATIONS/EXTENSIONS:

Science: Ask children to predict what the banana cream will look like if you add blueberries. Add a few blueberries to the banana cream and blend again to test their predictions.

Recipe adaptations: If no children are allergic, add a small amount of peanut butter to the banana cream and compare tastes. Blend other frozen fruits, and encourage children to compare the tastes and colors.

Family involvement: Send the recipe for banana cream home for children to try with their families.



Day 14: Review – Healthy Eating

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