



## LET'S PAINT WITH YOGURT

**TYPE OF ACTIVITY:** Art

**KEY CONCEPT:** Eat a variety of foods



### OBJECTIVES:

- › Children will identify yogurt as a dairy food.
- › Children will use fine motor skills to paint graham crackers with yogurt.
- › Children will compare the tastes of different yogurt flavors.

### MATERIALS:

- › Different flavors of yogurt
- › Graham crackers
- › New paint brushes, plastic spoons or plastic knives
- › Bowls
- › Plates



### PROCEDURE:

1. Set-up: Place small amounts of the different flavors of yogurt into bowls.
2. Have the children wash their hands before beginning the activity.
3. Show them the different flavors of yogurt. Ask them to identify the flavors by looking at the labels on the packaging. Remind them that yogurt is a dairy food. Suggested phrases:
  - a. *Can you tell me what favor yogurt this is? What is this picture on the side of the carton? Yes, it's lemon.*
  - b. *What food group is yogurt in? It's a dairy food, and it is made from cow's milk.*
4. Set bowls with several flavors of yogurt where children can reach them. Give each child a graham cracker, a plate and a utensil for painting. Have children place some yogurt on their plate, and encourage them to paint their crackers with the yogurt. Suggested phrases:
  - a. *We are going to share these bowls of yogurt, but everyone will paint your own graham cracker.*
  - b. *You can use any flavor you want on your cracker.*
  - c. *I'm going to paint my cracker with some strawberry yogurt.*
5. When the children are finished painting, invite them to eat their yogurt paintings. Encourage them to talk about the taste of the yogurt.

**ADAPTATIONS/EXTENSIONS:**

**Math:** Graph the children's favorite flavors of yogurt. Count how many children choose each flavor, and write the totals on the graph.

**Block play:** Encourage children to build structures by stacking clean yogurt cups.



**Day 6: Dairy**

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