



Berry Parfaits: Preschool Lesson



Harvest of the Month Featured Product- Blueberries and Blackberries

Objectives

- Children learn how to make their own snack and through a hands on cooking experience gain motivation to try a new local fruit.
- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn about kitchen utensils and how to use them to make a specific recipe.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-5, APL-8
HPD-1, HPD-5, HPD-6
LDC-1

Materials

- Local blueberries, blackberries, and/or raspberries
- Low sugar granola
- Plain yogurt (or soy yogurt for children with milk allergies)
- Clear plastic cups (so children can see the layers of their parfait)
- Spoons
- Bowls or cups
- Pictures of berries growing



Book to read

Blueberries for Sal
by Robert McCloskey

Activities

Discussion

Begin by asking the children to name different types of berries. Show real examples of berries (blue, black and raspberry). Show pictures of the berries growing. Explain that farmers grow the berries in fields but they also grow wild in meadows and forests! Ask the children if they think all of the berries taste the same. What do they guess each type of berry tastes like?

Make the Parfait

Setup: place a bowl of berries, a plastic spoon, a small cup of granola, a bowl of yogurt, and a plastic cup at each child's place at a table. We suggest doing this set up ahead of time.

Demonstrate to the children how to make a parfait. Prompt the children to use a plastic spoon to put a layer of yogurt in a plastic cup. Follow with a layer of berries and then granola. Repeat until the ingredients are used. Ask the children to wait to taste their parfaits until the entire class has finished the assembly. When everyone has a completed parfait, count to three and have the children taste the parfait all together at once. When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.



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Class Follow Up

Send home a recipe for berry parfaits with each child.

Berry Parfaits

Ingredients

10-15 local blueberries, blackberries, and or raspberries
1 cup yogurt (plain or vanilla)
½ cup low sugar granola

Steps

1. Wash berries.
2. Cover the bottom of a cup with berries. Sprinkle granola on top and then add a layer of yogurt. Repeat until your cup is full. Enjoy!



Makes one parfait.

Adapt the recipe by using local apples or strawberries when they are in season!

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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
www.growing-minds.org

Nourishing Connection a program of the Northwest Tennessee Local Food Network
www.nwtnlfn.org