

Gelatin Fun

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive

What You Need:



- 4 envelopes Knox®** or other unflavored gelatin
- 1 cup cold 100% fruit juice
- 3 cups 100% fruit juice, heated to boiling
- Fruit chunks
- Measuring cup (plastic or metal)
- A bowl for mixing
- Small pot for heating juice
- Mixing spoon

What To Do:

1. Heat one cup of fruit juice in a small pot or in the microwave until just boiling.
2. Show your child how to measure, pour, and mix the other ingredients. Have him help you measure the cold juice and pour it into the bowl, while you hold the bowl steady. Open the gelatin packets and show him how to sprinkle gelatin over cold juice in the bowl. Let him help with the stirring. Then let the gelatin mixture stand for one minute.
3. Add the heated juice and gently stir for about five minutes until the gelatin is dissolved. Talk about each step as you follow the directions and about how much of each item you are using. For example, ask him what happens to the gelatin powder as it is mixed with the juice.
4. Add the fruits to the gelatin mixture and place the bowl of gelatin in the refrigerator to set.
5. After the gelatin has hardened, take it out of the refrigerator and talk with



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your child about how it now looks and feels. Ask him how the gelatin changed after chilling.

6. Scoop some out into a dish and gently shake the dish. Talk about how the gelatin moves, and do a "gelatin dance" together (Pretend you are the jiggling gelatin).

7. Now enjoy a yummy snack together!

VARIATION:

Prepare your child's favorite flavored gelatin. Pour the mixture into ice trays, filling each cube container only halfway. Chill it in refrigerator. When the gelatin is firm, remove the tray from the refrigerator and put small pieces of fruit such as pineapple, mango, or peaches on top of the gelatin. Fill the trays with fruit juice, stick Popsicle® sticks into the gelatin, and place the tray in the freezer until the juice is frozen

! Safety Alert: Do not let your child handle boiling water or play close to the stove when it is on. He could be seriously burned.

** Use of brand names is for informational purposes only and does not imply endorsement by the Learning to Grow Project.

