

Fruit Slush

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Social-Emotional, Physical, Language and Literacy, Cognitive

What You Need:



1 (12 oz.) can frozen 100% juice concentrate
1 (12 oz.) can water
3 cups ice
Blender

What To Do:

1. Have your child place the juice concentrate, water and half of the ice into the blender. To prevent spills, watch to make sure that the ingredients do not pass the top line of the blender.
2. Blend the ingredients together and gradually add the remaining ice. If the slush is too thick, add more water.
3. Discuss with your child how the ingredients mix together and ask your child to describe what he is seeing and hearing.
4. Enjoy the fruit slush together and talk about how it tastes.

Adapted from: <http://www.ctahr.hawaii.edu/NEW/resources/FamilyTimeInKitchen.pdf>



Learning to Grow

University of Hawai'i Center on the Family (CTAHR)

www.learningtogrowhawaii.org

Learning to Grow
MAKING A DIFFERENCE TOGETHER