

# Monkey Bites

Age: Preschool-age (3-4 years), Toddlers (18-36 months), Explorer (8 - 18 months)

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

## What You Need:



- 2 bananas, sliced
- 1 6-8 ounce yogurt
- Coconut shreds, granola, or cereal

## What To Do:

1. Have your child separate the ingredients into bowls. Spoon yogurt into one bowl and the coconut shreds, granola, or cereal into another bowl.
2. Have him take a banana slice and roll it into the yogurt (so it covers the banana on all sides and forms an edible paste for the dry ingredients to stick to).
3. Then have him place the yogurt coated banana into the dry ingredient of your choice (granola, shredded coconut, or cereal). Talk about the taste and texture of the banana and the other ingredients.

\*Variation - Freeze some of the banana creations and eat them like frozen pops. Try different fruits (strawberries, pineapple, or even apples) and a variety of toppings.



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