

Carrot Parfait

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

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

What You Need:



- 6-oz low fat vanilla yogurt
- 2 Tbsp. grated carrot
- 2 Tbsp. small diced fresh pineapple
- 1 Tbsp. granola
- 1 Tbsp. raisins
- 1 tsp. honey or agave
- Dash of cinnamon
- *nuts (optional)

What To Do:

1. Together, sprinkle carrots over the yogurt.
2. Cover with another $\frac{1}{3}$ of yogurt. Ask your child to describe what he sees.
3. Have him place the pineapple onto the yogurt and then scoop the remaining yogurt on top.
4. Garnish with nuts or raisins, granola, honey, and cinnamon.
5. Talk about the different layers of ingredients and how each one tastes and how it all tastes together.



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