

Put-Back Potatoes

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

What You Need:



- Potatoes (as many as you like)
- Cooking oil
- 2 Tbs. of milk for each potato
- 3 Tbs. of grated cheddar cheese for each potato
- Salt and pepper (a pinch of each)
- ½ Tbs. butter for each potato (optional)
- A potato masher/fork

What To Do:



1. Preheat the oven to 400 degrees.
2. Together with your child, wash the potatoes well.
3. Prick some holes in the potatoes with a fork, and rub them all over with a little cooking oil.
4. Place the potato directly on the oven rack (no pan needed) and bake for 45 to 60 minutes, until it's tender (e.g., use a toothpick or fork).
5. Take the potato out of the oven and set aside until it's cool.
6. Cut the potato in half.
7. Together, scoop the meat of the potato out into a bowl. Keep the skins.
8. Have your child add the milk, 2/3 of the cheese, salt and pepper to the potato meat. If you like butter, add it in now.
9. Use the masher to mash the potato mixture. Talk about how the ingredients are blending together.
10. Have your child scoop the potato mixture back into the potato skin, put it on a baking pan, and sprinkle the remaining cheese on the top of it.
11. Bake at 350 degrees for 20 minutes or when the cheese starts to melt.

