

Perfect Pineapple Pops

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

This activity helps your child's development in this domain: Language and Literacy

What You Need:



- 2 cups plain yogurt
- ½ cup canned crushed pineapple (packed in its own juice instead of packed in syrup), drained
- 1 can frozen pineapple or orange-pineapple juice concentrate, thawed
- Small paper cups
- Wooden popsicle sticks
- Plastic wrap

What To Do:

1. Put all the ingredients in a medium-sized bowl and mix together.
2. Have your child scoop the mixture into the paper cups. Fill them almost to the top.
3. Put a small piece of plastic wrap across the top of each cup.
4. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
5. Put the cups in the freezer until the mixture is frozen solid.
6. Remove the plastic wrap and peel away the paper cup. Talk about how the mixture has changed and what the popsicle tastes like.

Adapted from: KidsHealth



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