

Layered Yogurt Parfait

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

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

What You Need:



- Plain or vanilla yogurt
- Berries or other fresh fruit
- Clear jar or cup

What To Do:

1. Wash your hands together with soap and water.
2. Have the child scoop the yogurt into the jar or cup.
3. Next, have him scoop a layer of berries or another fruit of choice.
4. Help him create a pattern of yogurt and berries until the jar is full.
5. Point out the colors, layers, and patterns of yogurt and berries. For

example, "You made a pattern! Yogurt, berries, yogurt, berries, yogurt,

berries." Or "Look at the colors! White, red, white, red, white, red. That's

a pattern."

6. Enjoy eating the parfait or place it in the freezer for a frozen treat!



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