

# Banana Pops

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

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

## What You Need:



- 1 large banana, cut into  $\frac{1}{2}$  inch pieces
- $\frac{1}{4}$  cup vanilla yogurt
- 2 Tablespoons of oat and honey granola cereal

## What To Do:

1. Divide the sliced banana pieces between two plates.
2. Place 2 tablespoons of yogurt on each plate.
3. Place 1 tablespoon of granola cereal on each plate.
4. Have your child use a fork to pick up a slice of banana and dip it into the yogurt, then roll it in the cereal.
5. Refrigerate leftovers within 2 hours.

*Adapted from Keiki Can Cook! by the Hawai'i State Dept. of Health*



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