

Hawaiian Papaya Salsa

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

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

What You Need:



- 2 c papaya, ripe, peeled, seeded and diced
- $\frac{1}{4}$ c red onion, diced
- 2 T garden herbs, minced (cilantro, oregano, thai basil, parsley, etc.)
- 2 T lime juice
- Pinch of salt and pepper

What To Do:

1. Prepare all the ingredients together with your child. As you peel, de-seed, and chop the ingredients, talk about how each item smells, feels and looks.
2. Add all ingredients into a bowl and mix them together.
3. Eat with multigrain crackers, whole grain pita or vegetable sticks. You can even add the salsa to tacos and burritos.

Adapted from Farm to Keiki by Tiana Kamen



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