



Today's special
Yoghurt and
fruit parfait

ingredients (per 1 serving)

1 small natural, non-sweetened yoghurt
½ cup granola cereal
5 strawberries
1 banana
¼ cup diced pineapple
honey

materials (per child)

1 butter knife
1 plate
1 clear plastic or glass cup
1 teaspoon

1. Slice the strawberries using the butter knife and remove stems.

2. Peel and slice the banana.

3. If using canned pineapple, dice the pineapple if not already cut.

4. Place 1 tsp of yogurt in the bottom of the plastic cup.

5. Add 1 tsp of granola.

6. Place strawberries in the cup.

7. Place the bananas on top of the strawberries.

8. Place the pineapples on top of the bananas.

9. Drizzle with honey.

10. Continue layering in this manner until the cup is full.

11. Eat and enjoy!!





→ Colour in the ingredients!

