

Curriculum Share

DRDP Measure: Gross Motor Skills
Age Group: Two years old and older

Cereal Snack Mix

Cereal Snack Mix is an activity you and your child can make together. Have your child measure the ingredients and pour into a mixing bowl. Letting your child mix the ingredients together is a good way to work on their motor skills. If you feel your child is old enough to use a knife, usually around the age of 5, demonstrate how and supervise while they cut the fruit. If child is too young to use a knife, they can still practice scooping and mixing the ingredients. Enjoy

INGREDIENTS

8 cups alphabet, toasted oat circles, or
toasted rice squares cereal
1/2 cup nuts, finely chopped
1 cup dried apple slices, chopped
1 cup dried apricots, chopped
1 cup raisins
1/2 cup mini chocolate chips

EQUIPMENT

Measuring cups, large mixing spoon,
kid friendly knife, cutting board and
serving bowls or containers.

PROCEDURE

Cut dried fruit to less than ½” pieces to prevent choking. Using a cutting board and a kid friendly knife, make appropriate size cuts of dried fruit. Model to your child first and then show your child how to hold the knife as well as finger placement out of harm’s way. It is very important to take your time while you teach your child about using a knife.

Measure all ingredients. Have your child scoop the ingredients into a plastic or metal measuring cup. Then have your child pour the ingredients into a mixing bowl and mix with a spoon. Put a damp cloth under the bowl to keep the bowl in place. It is useful to use a larger than needed bowl to prevent spillovers.

Serve in individual containers.

Put remainder mix into airtight container to store.

https://aesk8.org/sites/default/files/Jacqui/508_19_TDA-SnacksThatCount.pdf