

Materials	Ingredients for your dessert
Learning Outcome	Demonstrate an awareness of healthy foods by creating and preparing a healthy dessert.

## Description

Dessert does not have to be unhealthy! Explain to the child that you will work together to decide on a healthy dessert option for after a meal. Use ingredients that are available at home and brainstorm what can be used to create a healthy dessert.

Ask the child to make the dessert and encourage them to taste test it and modify it as necessary before serving it to family members. Be sure to wash the food appropriately, support the child with chopping or grating, and manage the oven or stove.

Examples of healthy desserts are:

- Strawberry sundae bites (cut strawberries with yogurt on top drizzled with chocolate)
- Apple donuts (cored and sliced apples spread with your favourite nut butter)
- Banana ice cream (cut ripe bananas into small slices; freeze for two hours; pulse in a blender or food processor until smooth)
- BBQ fruit kebabs (grill pineapple, banana, apple, or pear on the barbecue)
- Frozen yogurt grapes (stick toothpicks in grapes, dip it in greek yogurt, freeze)

Invite the child to name their dessert creation and ask family members to provide feedback on the dessert.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Is there a difference between the dessert you created and other desserts you enjoy?*
- *Would you do anything differently if you made the dessert again? If so, what would you do differently?*