

# Recipe

## Strawberry Banana Freeze Pops

### INGREDIENTS:

2 cups fresh or frozen  
strawberries (chopped)  
1 cup banana (chopped)  
2 cups vanilla yogurt

\*Caution: Always check for allergies before  
serving foods. Make substitutions as  
needed.

### DIRECTIONS:

Have children wash their hands. Talk about the importance of handwashing before preparing and eating food. Invite children to help you wash and chop the fruits. Combine the strawberries, bananas, and yogurt in a blender. Puree well (adult only). Fill an ice pop mold or small paper cups with the mixture, and cover the mold or cups with foil. Insert craft sticks through the foil and freeze until firm. This recipe makes about 12 freeze pops.

Run warm water on the outside of the mold, or gently tear away the paper cup from each freeze pop, and serve outside.



# Recipe

## Chia Seed Pudding

### INGREDIENTS:

$\frac{3}{4}$  cup chia seeds  
 $\frac{1}{4}$  cup pure maple syrup  
1 T. vanilla extract  
3 cups milk OR dairy  
alternative  
fresh strawberries  
strawberry jam (optional)

\*Caution: Always check for allergies before serving foods. Make substitutions as needed.

### DIRECTIONS:

Invite children to engage in food science exploration. Chia seeds are rich in protein and calcium, helping our bodies to be strong and healthy. Have children wash their hands, and then invite them to explore the chia seeds before measuring ingredients. Support discussion on the seeds' appearance, such as their color, size, and texture. Explain that you are going to make pudding with the chia seeds, and that their appearance will change during the process.

In a large bowl, have the children help measure and stir together the chia seeds, maple syrup, vanilla extract, and milk. Cover and leave out at room temperature for about 15 minutes to allow it to thicken. Uncover and stir, inviting children to observe how the mixture has changed. Can they still see the chia seeds? Do the seeds appear different?

Portion the pudding into small bowls (if it seems too thick, stir in an additional splash of milk). Top with fresh strawberries and the optional strawberry jam. Serve the pudding to the children, drawing their attention to the chia seeds. Do they remember how the seeds felt during their first exploration? How are they different now? Keep dry chia seeds nearby for comparison.

