



Preparing a Snack

Physical Development

Understanding of the World



Age 24-60 Months



15 Mins

About the Activity

Being able to prepare food is a lifelong skill which starts here. This activity helps your child to cut and prepare their own snack. It promotes good fine motor skills and health and self-care.

Activity Steps

1

Provide options for your child to choose their own fruit to cut (however softer fruits may be easier for younger children)

2

Find a chopping board, plate and a butter knife to cut and prepare the fruit with.

3

Show your child how to cut fruit safely, then supervise while they have a go.

4

Extension Children can also use an apple corer or other fun fruit cutting tools.