

Week 3

How to involve your child in preparing Ishaan's Kale Pear Smoothie

Replacement ideas: any other leafy green, apples, different nut butters, milk of choice or water

Children's Work (may or may not need adult collaboration)

1. Peel stickers off the fruit (same or different day from cooking).
2. Wash the pears and kale (same or different day from cooking).
3. Peel and slice the bananas (same or different day from cooking).
4. Cut pre-cut pear slices into smaller pieces.
5. Pour all the ingredients into the blending container. Screw on the top (with adult guidance if it has blades in it like mine).
6. Press any buttons needed to blend (if you have one with buttons).
7. Wash dishes.
8. Clean cooking areas.
9. Wash hands (before and after).

Adult's Work

1. Your child can watch as the adult cuts the pear into slices or the banana in half.
 - a. Add language/stories: type of food, how does it grow? parts of the fruit - seeds/stems/peel, favorite memories with pears or bananas.
 - b. Add exploration: touch textures, smell, what do you see? hear any sounds while preparing? Is the food juicy?
2. Pour the smoothie into a smaller pitcher so your child can serve themselves a cup.

Ishaan's Kale Pear Smoothie

Source: Ishaan's Family

1 cup kale	1 Tablespoon peanut butter or almond butter
1/2 cup milk of choice	1/2 tsp vanilla extract
1 pear, peeled and chopped	
1/2 banana, frozen	

Combine all ingredients in a smoothie-style blender (or a high-powered blender) and puree until smooth.

Add additional milk to thin out and enjoy!

