

Fruit Parfaits – Snack

Use these directions to make a yummy snack to share as a class.

Ingredients:

- Pineapple pre-cut into bite-sized chunks
- 1 orange, peeled and cut into bite-sized chunks
- 1 apple, cut into bite-sized chunks
- Seedless red grapes, halved
- Seedless green grapes, halved
- Strawberry yogurt
- Vanilla yogurt
- Granola

Other supplies:

- Clear 16-oz. plastic cups
- Disposable spoons
- Disposable knives
- Paper or plastic plates
- Large serving spoons
- Serving bowls for pineapple, orange, and apple chunks; grapes; granola; and yogurt.

Directions:

- Wash hands. Wash apple and grapes.
- Peel oranges.
- Cut apples and oranges into bite-sized chunks on a paper or plastic plate.
- Slice grapes in half on a paper or plastic plate.
- Place pineapple, orange, and apple chunks in separate serving bowls.
- Place grapes, granola, and yogurt in separate serving bowls.
- Allow each kid in the class to make their own parfait using the ingredients they wish to add.

