

Frozen Fruity Breakfast Pops

Homemade, frozen, fruity breakfast pops – Yum! Even with such colorful fruit peeking out, your child likely won't be able to resist them. With the addition of yoghurt, a dose of dairy is yet another additional bonus. These could be a snack for any time of the day.

Guardian Marsfield shows you how to make them!

1. Chop up some fruit, encouraging your child to help you with a safe knife. Add a little yogurt to the mould and slide fruit slices down the sides if you want them to show and be seen. Add more yoghurt and then more fruit until the mould is full.
2. Alternatively, you can chop fruit up more finely and combine it with the yoghurt (or even blend everything) to hide the fruit. Pour into the molds and freeze.
3. Unmold and serve and follow by offering your child's favourite cereal if desired for a more balanced meal.



Things you will need

- Yoghurt that your child enjoys
- Your choice of thinly sliced fruit e.g. kiwi, strawberries, apples and grapes.
- Paddle pop sticks
- Ice block moulds or you could use a regular ice cube tray with paddle pop sticks and make smaller pops.
- Space in your freezer

Tips

- Small, narrow moulds work well for younger children. Be aware of small pieces of ice as choking hazards.
- Small paper cups with craft sticks will do the trick too.
- Alternatives to yoghurt could be other types of milk, water or even coconut water.
- Other delicious choices of fruit are mangoes, pineapple, peaches, and raspberries.

What Learning is Occurring?

- **Learning about healthy eating** and an opportunity to try out and discover new foods.
- **Fine motor skills and a sensory experience** as your child touches the cold ice and learns to also feel comfortable with the texture and feeling of the slippery, cold, ice in hands and mouths. For younger children, directing the ice block with their hands toward their mouth repetitively is also the skill of hand eye coordination and dexterity to develop further.
- **Development of a range of skills and processes such as inquiry**, talk with your child about the science behind ice as a solid - discuss changes that happen or might happen and question and wonder why. *Why does it get wet? Why does it drip?* Ask your child what he or she thinks, rather than always offering the answer.
- **Language and development of vocabulary** as you chat with your child about the fruit names and where and how they grow and also as you discuss the ice, how it feels and what happens when it melts etc.
- **Opportunities for discussion** and learning about how the world works. *Where does fruit come from? Why are they all so different? Where does milk come from? How is yoghurt made and how do these products get all the way to our kitchen bench?*

