

# Infant Toddler Language: Snack Time Fun

## Learning Value:

This activity promotes development and learning by encouraging children to understand and use a growing vocabulary.

## Materials Needed:

- ▶ Ice cube tray
- ▶ Various fruits and vegetables cut into bite-sized pieces, such as blueberries, kiwis, strawberries, peaches, mangoes, watermelon, cucumbers, peppers, or tomatoes (try to include a variety of flavors, colors, and textures)
- ▶ Fruit yogurt or ranch dip



## Participants:

This activity is intended for independent play and adult/child interaction.

## Directions:

**Step 1:** Place a fruit or vegetable in each compartment of the ice cube tray. Offer the tray to your child.

**Step 2:** Encourage your child to try these healthy foods. Comment on the name of each food, its color, taste, etc.

**Step 3:** Show your child how to dip the fruits in the yogurt and the veggies in the ranch dip. Young children may love the novelty and the inviting presentation of fruits and vegetables offered this way.

### Learn More:

Try growing a few vegetables, such as lettuce, tomatoes, zucchini, or radishes at home in your garden or in pots on a patio. Read books about gardening, such as “Growing Vegetable Soup” by Lois Ehlert or “Up in the Garden and Down in the Dirt” by Kate Messner. Join the [Johnson County Library](#) for a digital storytime.