

# Making Fruit Smoothies

On Monday November 14, I helped the children make fruit smoothies for snack. The children had to count out three strawberries and one banana (each banana had been cut in half already) to put into the blender. The children also



took one scoop of crushed ice and one scoop of vanilla yogurt (each scoop was one-half cup). The children

then put the different ingredients in the blender that provided and push the button to mix the ingredients. If the children did not like a particular ingredient they did not have to include it in their smoothie. If a child did not like how noisy the blender was, I offered to push the button with them and if they still were not comfortable, I told them it was all right if they wanted to hold their ears while I pushed the button. Overall, all of the children that made smoothies seemed to really enjoy the activity and they all said their smoothie tasted delicious.

While I was doing this activity with the children I was looking for three different things. I was first looking to see if they had the fine motor control to take each piece of fruit one at a time, instead of just grabbing a handful. If the children grabbed



handfuls, I simply redirected them to look at the instruction cards I had provided and I asked them how many pieces of each fruit they needed to take. The second thing I was looking to see was if the children would count out the pieces of fruit. I was looking to see if the students understood that there was a one-to-one correspondence with the numbers and the pieces of fruit. Most of the children had no problem counting out the pieces of fruit. There were only a few times that I had to ask a child to count the fruit in their cup to make sure it matched the number of fruit on the instruction cards.

The final thing I was looking for while I helped the children make fruit smoothies was their ability to follow the instruction cards I had provided. All of the students did really well following the instruction cards. I sometimes had to



prompt a student, or point to a card a few times, but there were also times when a student would tell me exactly what they were supposed to do when I pointed to a card. Overall, I think that all of the students did an amazing job showing me the skills I was looking for, and I really enjoyed making fruit smoothies with them.