

Purple Cows!

What we did:

Last Friday, your children made purple cow drinks! To complete this process, they blended grape juice, bananas, and milk. They peeled and cut the bananas, measured the correct amount grape juice and milk, added them to the blender, and mixed them together. I also asked them why these drinks were called Purple Cows. They were all able to tell me that the grape juice made the milk look purple and milk comes from cows!



What were our goals?



During this lesson, the children practiced fine motor skills by peeling their bananas. They followed directions by using instruction cards. The picture and words on the cards helped to expand their pre-literacy skills. They also learned that when using a recipe, exact measurement is extremely important.

Why cooking is important for children:

Cooking experiences are extremely important for children during this age. They expand their skills in many areas, certainly beyond the few I chose to focus on for this lesson. All areas of development can be affected positively by cooking activities! They also learn the importance of building these life skills, and before you know it, your children will be volunteering to help you in the kitchen!

