

Banana Coconut Bombs

Season: Spring/Summer

Serves: 5 tastes

Fresh from the garden: banana, citrus fruit (orange, lemon or lime)

These simple no-cook experiences have been designed with early childhood settings in mind. Instructions are to the educator, with steps in blue showing where children may be able to participate, depending on their skill level as assessed by the educator.

EQUIPMENT

metric measuring cups
tea towel
chopping board
cook's knife (for educator)
juicer
fork
butter knife
bowls

INGREDIENTS

1 banana
citrus fruit (orange, lemon or lime), halved
½ cup desiccated coconut, in a bowl

WHAT TO DO

Babies

- Juice the citrus fruit into a bowl.
- Peel the banana and place in a bowl.
- Demonstrate mashing the banana and juice together with a fork. Serve in bowls.

- Those old enough may be able to participate in mashing the banana and juice together.

Toddlers

- Juice the citrus fruit into a bowl.
- Peel the banana and place on the chopping board.

- Ask the children to cut the banana into five portions using a butter knife.
- Ask the children to dip the banana portions in the juice and then in the coconut, ready to taste.

3 years to kinder

- Present the children with the banana to peel.
- Ask the children to cut the banana into five portions using a butter knife.
- Ask the children to push down on the citrus on the juicer and squeeze to juice it, then pour the juice into a bowl.
- Ask the children to dip the banana portions in the juice and then in the coconut, ready to taste.