

Yogurt Sundaes

(Preschool to Grade 12)

Overview

Students will have the opportunity to prepare and share a healthy snack.

Estimated time: ~ 30 minutes

Food Costs: Approximately \$8 for the yogurt. Remaining costs depends on choice of toppings.



Learning Outcomes

The students will:

- prepare yogurt sundaes.
- have an opportunity to taste and share food mindfully.
- explore other healthy snack ideas.

Materials

Ingredients

- 2 650 g tubs or 1 kg tub of plain or vanilla yogurt
- 2-3 toppings of your choice. Here are some ideas:
 - Vegetables & Fruit: blueberries (fresh/frozen), apples, pears, raisins
 - Grain Products: oat flakes, barley flakes, muesli, granola
 - Meat & Alternatives: sunflower, pumpkin or chia seeds, hazelnuts

Equipment

- bowls or plates, enough for each of the toppings
- serving spoons (for the yogurt and the toppings)
- cutting board and knife (if using toppings that require chopping)
- small bowls or cups (enough for each student)
- small spoons (enough for each student)

Procedure

1. Get everyone to wash their hands.
2. Select student volunteers to help with the following:
 - Peel and chop toppings (if relevant).
 - Place toppings in serving bowls or plates. Open the yogurt.
 - Line up containers along a table with yogurt first, followed by toppings.

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- Add a serving spoon to the yogurt and each topping.
 - Set out the small bowls or cups and the small spoons.
3. Opportunity to taste:
- Give each student the opportunity to make their own special mini yogurt sundae by taking a couple spoonfuls of yogurt and toppings of their choice.
 - Tasting is not required!* Even if some students don't make a sundae, or only take one ingredient, being a part of the process is a worthwhile eating exposure.
 - Create a mindful eating experience:
 - Encourage all students to sit down together before they taste the sundae.
 - Before eating, ask them to take notice of the colours, the shapes, and the aroma of their sundae.
4. Discussion:
- Has anyone ever made a yogurt sundae at home? If so, what do you put in your sundae?
 - What are other favourite healthy snack ideas?

More information for Teachers

To offset food costs, find out about [mini food grants](#).

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Background

*The more often you expose children to a food, the more inclined they are to taste it. But don't pressure or reward children for trying new foods. Research shows that children who are pressured or rewarded when trying a new food are less likely to go back to it than children who are simply exposed to it and allowed to decide on their own whether or not to eat it.

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#).