

Yogurt Sundaes

A Preschool Lesson Plan

Overview:

Children will have the opportunity to prepare yogurt sundaes. This activity fosters sensory exploration, fine motor skills, and social interaction.

Estimated time: 30 minutes

Food Cost: \$20-25

Learning Outcomes:

By the end of the lesson, pre-schoolers will:

- Engage in hands-on food preparation with adult guidance.
- Explore different textures, colours, and flavours in food.
- Practice sharing and turn-taking.
- Experience a relaxed, pressure-free food exposure activity.

Early Learning Framework Connections:

This lesson supports [Early Learning Framework](#) principles, promoting sensory exploration, self-regulation, and positive food experiences. Visit our [Early Learning Framework Connections](#) document to learn more.



Materials:

1. Ingredients

- 1 large tub of plain or vanilla yogurt
- 2-3 simple toppings, such as:
 - Fruit: grated apple, or cut up banana or berries (blueberries, raspberries, strawberries)
 - Grains: crushed whole grain cereal, or granola
 - Other: shredded coconut, sunflower or pumpkin seeds (if age-appropriate)

Tips for choosing foods for this lesson

When selecting foods for this activity, consider the following:

- **Allergy and safety checks:** Review children allergy and dietary information ahead of time.
- **Age-appropriate preparation:** Cut foods into small pieces, as needed, to reduce choking risk.
- **Simple and familiar:** Select foods that most children recognize.
- **Cultural and dietary inclusivity:** Be mindful of cultural food practices and dietary restrictions.

Selecting safe and inclusive foods promotes a positive experience for all children.

2. Equipment

- Small cups or bowls (one per child)
- Small spoons (one per child)
- Serving spoons (for yogurt and toppings)
- Bowls for toppings

Procedure:

1. Preparation

- Read through the complete lesson plan.
- Gather all ingredients and supplies.
- Wash hands and ensure a clean workspace.
- Wash fruits.
- Pre-cut any toppings that need preparation.
- Arrange toppings in small bowls for easy access. Open the yogurt.
- Reduce distractions in the room (e.g ensure eating areas are cleared, turn down loud music).

2. Handwashing

- Help children wash their hands before beginning.

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips. For additional food safety information, visit [HealthLink BC](#).



3. Making Yogurt Sundaes

- Place yogurt and topping containers in a line on a low table with the yogurt first. Arrange them so children can easily see and choose their yogurt and toppings.
- Add a serving spoon to the yogurt and each topping.
- Set out the small bowls or cups and the small spoons.
- Assign simple tasks such as scooping yogurt into cups or sprinkling topping with a spoon. Encourage children to take turns. Assist as needed.

4. Opportunity to Taste

- Have children sit comfortably at a table.
- Support children in trying their sundaes but do not pressure them.
- Support self-directed tasting and let children explore at their own pace.
- Use positive, non-evaluative language (e.g., “This yogurt is creamy. What does it taste like to you?”).

Positive Food Experiences

Preschoolers learn about food through repeated exposure. Encouraging exploration without pressure helps build positive associations with healthy eating. Letting children decide if and how much they want to eat fosters self-regulation and food confidence.

When you let a child be in charge of whether to eat and how much to eat, you allow them to regulate their own appetite and learn to accept new food when they are ready. Even if a child is not yet ready to touch, smell, or taste a food, they can still learn and build positive food experiences by simply watching others explore.

5. Discussion and Exploration

- Allow children to observe the different colours, textures, and smells of the ingredients.
- Let them touch (if appropriate) and describe what they feel.
- Guide discussion with questions like:
 - What colours do you see in your yogurt sundae?
 - How does the yogurt feel in your mouth? Smooth? Cold?
 - What other fruits do you like to eat?

Being Mindful of Food Talk

Avoid terms that classify foods (such as “good” or “bad”). Instead, use simple, factual, non-evaluative language that supports children’s curiosity. For example, talk about colour or shape, where food comes from, or how it is prepared.



Part of supporting healthy eating is helping children develop positive feelings about food. Avoid commenting on how much a child eats. Use language that is supportive and respectful and avoid words or messages that may create shame or guilt around eating.

If you want more topic options, check out the [Mealtime Conversation Cards](#) from Island Health to get the conversation started!

6. Clean-Up

- Invite children to help clean their space.
- Compost food scraps.
- Store any leftovers, wash hands and wipe tables.

More information for Educators

Want to do more nutrition education? [Explore our other lesson plans](#) or check out our [Little Food Explorers Program](#).

