

Peachy Parfait

This cool, creamy snack is a **healthful alternative to ice cream**. Use clear plastic cups so the kids can see the layers of yogurt, peaches, and crunchy cookie pieces.



HELPFUL TIP No need to crush the cookies or crackers on your own. Kids will love to help you destroy them. Put the cookies or crackers in a large resealable plastic bag. Let the kids pound on them or use a safe object to crush them, such as a wooden block.

what you need:

- vanilla or plain yogurt (if choosing flavored yogurt, look for one with less added sugar)
- thinly sliced peaches (or, if peaches aren't in season, another fresh fruit, such as watermelon, nectarines, pineapple, or grapes)
- crushed graham crackers or vanilla wafer cookies
- clear plastic cups
- plastic spoons

what to do:

- 1 Ahead of time, cut up the peaches and crush the cookies or crackers.
- 2 Set up the parfait bar with cups and all three ingredients.
- 3 Explain how the kids will make the snack. Demonstrate, showing how the layers are created.
- 4 Let the kids each take a turn filling a plastic cup with each of the three parfait ingredients. Let them choose whether to start with yogurt, cookie bits, or peaches.

DISCUSSION While you're snacking, talk about patterns.

What pattern does the parfait make:

Yogurt, cookie, peaches or peaches, yogurt, cookie?

What else makes a pattern – tiles on the floor, stripes on a shirt?

