

Chocolate Covered Bananas

Baking



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WHAT MAKES IT MEANINGFUL

Making healthy snacks can promote someone's overall well being because they are feeding their stomachs and minds. This is an act of self care, looking after your body and making sure everything going into your body is good and healthy.

For this activity we will make a healthy, fun and yummy snack. By mixing both fruit and chocolate can promote a healthy and balanced diet. Showing that eating healthy can be fun. It works on kitchen awareness and being aware of hot bowls and understanding that things in the kitchen can hurt you.

TIME

This activity would probably take 15-20 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Bananas (\$5.00)
- Chocolate (\$6.00)
- Popsicle stick (\$6.00)
- Sprinkles (\$4.00)

INSTRUCTIONS

1. First cut you banana in half
2. Melt your chocolate in a microwave or on the stove
3. While the chocolate is melt put a stick in each banana
4. Once chocolate is melted dip each bananas in the chocolate
5. When the chocolate is still wet, put some sprinkles on it
6. Once cooled off, enjoy.

RESOURCES

<https://www.merakilane.com/cooking-in-the-classroom-27-cooking-activities-for-kids/>



SUPPORTS NEEDED

Since this activity can include using a stove and hot surfaces precautions should be taken and extra support should be provided for those areas of the activity.

OTHER THINGS TO NOTE

To make the process go quicker you can put the bananas in the fridge to harden the chocolate.