



Pudding & Worms

Cooking

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WHAT MAKES IT MEANINGFUL

By creating an exciting thing to eat, can support the idea of feeding your body and putting good things in your body.

By mixing creativity with your food, it can make eating more exciting to the individuals. Although playing with food may not be a thing to promote it does add a big aspect of creativity, imagination and fun.

TIME

This activity would take 5-10 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Crushed up Oreos (\$5.00)
- Pudding cups (\$2.50)
- Gummy worms (\$7.00)

INSTRUCTIONS

Include any instructions needed:

1. Take the lid off of the pudding cup.
2. Crush up some Oreos and sprinkle the Oreos over the pudding cup
3. Place the worms on top of the pudding cup.

RESOURCES

<https://www.midgetmomma.com/easy-cup-muds/>



SUPPORTS NEEDED

Depending on the individual some of them may need help taking off the lid of the pudding.