



Strawberry Ladybug Cooking

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WHAT MAKES IT MEANINGFUL

This activity is combines being in the kitchen, eating healthy and thinking about nature. Thinking about the types of foods that you are putting in your body is very important. Promoting eating healthy and being conscious of what you are putting in your body is a very important key skill that everyone should learn. Making healthy food fun to eat

For this activity we will make ladybugs out of strawberries and chocolate. It can help with fine motor and finger dexterity on a small scale and promote thinking about healthy foods.

TIME

This activity would take 15- 20 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Chocolate (\$6.00)
- Strawberries (\$5.00)
- Edible eyes (\$4.50)
- Plastic bag or piping bag (\$6.00)

INSTRUCTIONS

1. Wash your strawberries. Cut them in half.
2. Dipped the tip in chocolate, when the chocolate is still wet put 2 edible eyes on it
3. Take a piping bag and fill it with the melted chocolate. Pipe a line down the strawberry and a few dots on either side.
4. Enjoy!

RESOURCES

<https://thesoccermomblog.com/fruit-ladybugs/>



SUPPORTS NEEDED

Since the chocolate is being melted there may need to be more support if you are using a stove to make sure no one gets hurt and nothing gets burnt.

OTHER THINGS TO NOTE

If you need to speed up the chocolate drying time, put it in the fridge for a few minutes.