

healthy bodies

Ages 1 and up



Fruit soup—sensory fun

This is a sensory experience where children can engage in scooping, mixing, collecting, tasting and transferring floating fruit in water using ice cream scoops and ladles

Learning benefit/skills developed

- fine motor skills
- hand-eye coordination skills,
- visual tracking and sensory skills
- language development skills.
- children can express their autonomy, their imagination and identities.

Family benefit

- This activity allows for important bonding time with the child/children.
- Family members can facilitate this activity by asking lots of questions about the food items which will, in turn, provide insight into what new fruits/foods your children may be interested in trying.

What you'll need

- Shallow tub/container to hold water
- Various fruits- we used strawberries, blueberries, lemons and limes
- Knife
- Cutting board

- Scoops and/or ladles

Instructions

- Using the knife and cutting board, slice the fruit into thin slices
- Fill the container/tub with water
- Add the sliced fruit
- Explore with the scoops and ladles.

Tips / modifications

- This activity is flexible for experimenting, adding different herbs in the water for an extra sensory element or swapping fruit out for steamed vegetables e.g. carrot sticks, broccoli and corn.
- You could also introduce or build on colour recognition skills by changing the colour of the water using food dye.

