Reception home learning recipe
Super Snail Family ©Early Start Group

Children will love making these cute snail family members. This recipe is great for exposing children to a range of different fruits and vegetables and is an easy way of incorporating lots of colour. Don’t forget to include fruit and vegetables that children may have refused before as this is good exposure for them.

Ingredients

- Half a celery stick
- 1 small teaspoon of spread such as cream cheese, hummus or smooth peanut butter.
- 2-3 options of fruit or vegetables e.g. cherry tomatoes (sliced in half), cucumber, pepper or orange, apple, banana.
- 1 grape (sliced in half)

Method

1. Encourage your child to scoop a spoon of filling (e.g. cream cheese, hummus or smooth peanut butter) and spread in the hollow along the length of the celery stem. (Note: sometimes the celery sticks can be wobbly, so you may need to level them off by cutting a flat surface underneath them)
2. Encourage your child to pick a fruit or vegetable which you can have pre-prepared in a bowl (Always ensure round foods such as grapes and tomatoes are sliced lengthways to reduce the risk of choking). Get children to then stick them into the filling, leaving a little gap for the head
3. Now encourage your child to place half a grape on the celery stick to give their snail a head (don’t worry if it looks messy it’s all part of the fun!)
4. You can also attempt to get your child to add cream cheese for eyes
5. Sit together and enjoy the snack

Link to learning about food

Ask your children questions as you make and eat the snack. For example:

- Why are fruit and vegetables good for us? Fruit and vegetables contain vitamins and minerals
- What colour is the celery?
- What other colours can you see?
- Is celery crunchy or soft?

For more recipe ideas see: Early Start Group