



LET'S MAKE APPLE/PEAR SAUCE

Materials you need:

- 8 ripe apples or pears, peeled and cut into chunks. (Double this amount and the amount of water if you are cooking for a lot of children.)
- 1/2 cup water
- Measuring cups and spoons (for water)
- Heat source-stove or microwave
- Heatproof bowl
- Spoons and potato mashers

Setup for play:

- Sit down with the children and investigate the apples – shape, colour, number. Core the apples and look at the seeds inside. Name the parts of the apple.
- Chop into small pieces and talk about how the apples or pears are quite hard at the moment but by cooking them you are going to make them soft and into a sauce. Let everyone have a taste of the apple or pear.
- Measure out the water together then add to a bowl with the water and apples and place in microwave or a saucepan on the stove and cook on medium heat until soft.
- Cool and then add a spoonful to a bowl for each child and show them how to mash into a thick sauce. Let them eat their work!

What are they learning with this activity?

As the children contribute to making the sauce they are learning to:

- Use play to investigate and explore new ideas
- Use descriptive language
- Understand lifecycles and how food gets to our plates
- Manipulate small objects using pincer movements
- Strengthen fine motor muscles, visual motor integration and control
- Use their senses to explore and learn more about food
- Listen to and follow directions
- Develop new vocabulary and language skills
- Explore simple scientific concepts through play and experimentation

Extending the play:

- Do some stamping with cut apples and paint pads.
- Feed the apple skins to the chickens or place in the compost bin together.
- Make some apple scented playdough.

