

Strawberry Smoothie Bowl



Learning Goals

Practice counting, measuring and patterns while making a sweet treat.



What You'll Need

- 1 ½ cups Greek yogurt
- 3 cups strawberries
- 1 tsp agave syrup or honey (to taste)
- 1/4 tsp vanilla extract (to taste)
- Toppings like: banana, shredded coconut, honey

Steps

1. Measure yogurt and chop strawberries in half.
* **Talk together:** "How many strawberries fit into 1 cup?"
2. Puree strawberries in a blender.
* "How did the strawberries change?"
3. Mix puree, agave syrup and vanilla into the yogurt.
* "If we want the yogurt to be sweet, we add MORE syrup. If we want it to be tart, we add LESS syrup."
4. Slice bananas and prepare other toppings.
5. Add favorite toppings in a pattern and enjoy!

Watch Video



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Talk Together

Patterns are sequences of things that repeat. The more you talk about patterns, the more your child will find them. Try saying things like:

- "I'm topping off my yogurt with banana, coconut, banana... I'm making a pattern! What do you think I'll add next?"
- "Let's make a pattern with utensils – fork, spoon, spoon, fork. Fork, spoon, spoon, fork."
- "Let's make a rule for making a sandwich: bread, ham, cheese, and bread."

Fun Fact

The average strawberry has about 200 tiny seeds on the outside.

