

Pyramid Support at Home Lesson: Yogurt Cone Snack

Description: This is a simple cooking activity to make a yogurt cone snack which is a healthier alternative to a traditional ice cream cone treat. You and your learner have flexibility to modify or select the ingredients to meet dietary restrictions or preferences.

Materials: Yogurt (any type), fruit (in this lesson I used berries), spoon, napkin or paper towel, ice cream cones

Supplemental Links: (You can search different versions of this if you want a specific recipe)

<https://www.littlespoonsandspice.com/fruit-yogurt-cone/>

POTENTIAL LEARNING OPPORTUNITIES – You DO NOT need to do these all at once. Remember you can run the activity multiple times and focus on the same or different learning opportunities each time you do the activity. Take a look below or brainstorm your own learning opportunities and pick a few to focus on when working with your learner.

| Requests | Comments | Directions | Critical Skills | Other Learning Opportunities |
|---|-------------------------------------|---|--|--|
| -Napkin or paper towel | -Yum! | -Pick a fruit | -Work on waiting | -Counting |
| -Help | -Yuck | -Put in | -Work on turn taking | -Patterns |
| -Ice cream cone | -I like... | -Take ____ | -Requesting Help | -Colors |
| -Any type of yogurt | -I don't like | -Open the ____ | - Answering a yes/no question | - Independently setting up and cleaning up materials |
| -Any type of fruit that you use (e.g. blueberry, raspberry, etc.) | -It tastes (sweet, good, bad, etc.) | -Look | - Hearing no if something is not available and making another choice | -Wiping down cooking surface |
| -Spoon or Scoop | | -Stop | | -Washing and putting stuff into sink or dishwasher |
| -I want/I don't want | | -Get the ____ | | -Independently eating the snack |
| -Drink to go with snack | | ** These can be vocal direction or picture directions | | |
| -Who they want to make or share a snack with | | - Giving gestural directions (e.g. a point, etc.) | | |