

Butterfly Snack

Healthy eating and fine motor skills: Physical Development

Creating a butterfly: Expressive Art and Design

Make a butterfly snack



What you need:

Apple
Orange
Raisins
Pretzel sticks
Carrot sticks
cups
plates

What to do:

Wash apple and cut in to thin slices. Peel orange and pull segments apart. Place on a plate.

Add raisins, carrots, and pretzel sticks to separate cups.

Talk about butterflies with your child. Explain that each side on a butterfly is the same (symmetrical). Share some pictures of butterflies.

Then, work with your child to create a butterfly with the items