Perfect Parfaits

Preparation before class:
Gather the supplies needed to make the recipe. Wash and drain the fruit. Place the different types of fruit in separate bowls with tablespoons. Wash the table surface and place the plastic cups and spoons at one end of the table. Put some of the fruit next, then half the yogurt, followed by more fruit, the rest of the yogurt, then the dates and almonds or granola.

Directions for class:
Have students wash their hands. Stress the importance of clean hands, utensils, and surfaces when preparing food. Have the students line up on both sides of the ingredient table and fill their cups with one or two tablespoons of one kind of fruit, then one big tablespoon of yogurt, another one or two tablespoons of fruit, one big tablespoon of yogurt, and top it with the dates, nuts, or granola. Have them take a look at their colorful parfaits before they sit down and enjoy eating them!

Follow-up Questions
What food groups did we just eat?
(Use the USDA Food Guide Pyramid for Young Children poster found in the back pocket of Growing in the Garden, 4H-905A.)

What is the 5 a day rule?
Eat 3 servings of vegetables and 2 servings of fruit each day.

Did you eat a serving of fruit with this parfait?
Did you find any 5 a Day - for Better Health logos on the food packages?
Did you try a new fruit or food item? What was it? Did you like it?

Would you make this again at home?
What ingredients would you like to try?

When could you make and eat fruit parfaits?
Did you eat anything that was a seed?
Did you find the seeds on the fruits?

Which food ingredients were from plants?
What food ingredient was from animals?

Can we grow any of these fruits and nuts in our state?

What country does the word parfait come from?
France
What does it mean?
Perfect

What makes this recipe a parfait?
The layers of fruit and some sort of dairy product such as yogurt, ice cream, or heavy cream. They are usually served in clear, stemmed glasses.