

Bear Themed Meal

What you'll need:

- Sliced bread
- Peanut butter or other spread
- Banana
- Chocolate chips or raisins
- Plastic knife



Directions:

1. Prepare 1-2 slices of bread
2. Spread a layer of peanut butter in the middle of the bread, leave the crust plain.**
3. Slice a banana**
4. Place one piece of the banana in the center for a nose, and 2 on top for the ears
5. Add 2 chocolate chips or raisins for eyes
6. Add 1 raisin or chocolate chip on the nose with a dot of peanut butter to make it stick.
7. Enjoy your tasty treat!!

** Use caution when handling knives or other sharps with children around.

**Do not complet this activity with peanut butter if you child has peanut allergy. Do not give them peanut butter if they are under 6-8 months old.

Ways to increase difficulty:

- Have the child slice the banana on their own, with supervision
- Use of the provided photo to address orienting items correctly and working from a model

Ways to decrease difficulty:

- Have all fruit pre-sliced
- Give hand over hand assistance to spread peanut butter

Activity found at: <https://parenting.firstcry.com/articles/bear-fruit-sandwich-recipe/>