

Fruit Cane

Instead of filling your preschooler's tummy with sugary sweets this holiday season, teach her a lesson in pattern recognition and healthy eating with this delicious candy cane alternative!

What You Need:

- Banana
- Strawberries
- Plastic knife
- Cutting board
- Candy Cane
- Water
- Plate

What You Do:

1. Have your child peel a banana.
2. Help her cut the banana and the strawberries into small bite-sized pieces.
3. Place the candy cane in front of your child. Let her try to recreate the candy cane's pattern with the small pieces of fruit.
4. Once she's happy with the fruit's placement, it's time to eat her healthy Christmas snack!

