

Five-Layer Dip

Primary Objectives

- 7a. Uses fingers and hands
- 8b. Follows directions

Why It's Important

Preparing food is a wonderful way for your child to practice following directions, exploring how things change, and learning about nutrition. Five-layer dip is a healthy snack that looks festive and is fun to eat with chips, pretzels, or pita bread.

Materials

Large spoon or spatula; grated cheese (cheddar or Monterey jack); small plates; vegetarian refried beans; mild salsa; sour cream; guacamole; recipe card with directions

What You Do

1. Invite your child to make a snack with you. Read the recipe together and gather the ingredients in the kitchen.
2. As you assemble the dip, emphasize the order of the directions. *First, we will wash our hands. Second, we will open the can of beans.*
3. Encourage her to spread the beans on the plate. Talk about what you see her doing.
4. Next, spread the guacamole, salsa, and sour cream. Sprinkle the cheese on top.
5. As your child adds each ingredient, ask questions that prompt her to talk about the position of each ingredient on the plate. *The salsa is below the sour cream. Where are we putting the cheese?*
6. When the dip is finished, talk about the colors, smells and textures of the ingredients. Share the dip together with chips, pretzels, or pita bread triangles. Talk about the different tastes of the dip.