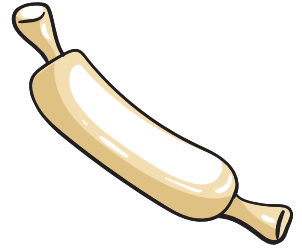


You Will Need

- Recipe Ingredients
- Food Processor/Blender
- Grease Proof Paper
- Spoons
- Containers for Participants to take Energy Balls away



Why do we do this?

This activity supports positive parent-child relationships, healthy eating, and several key areas for early years development

Most of this activity can be done together with children, providing opportunities for positive interaction and bonding. Children love to get involved with mixing and measuring, which helps develop fine motor skills and build confidence with number, shape and measure.

Step 1 - Follow the energy ball recipe to make the base

Step 2 - Lay out coconut, crushed pretzels and crushed banana chips toppings on plates or greaseproof paper

Step 3 - Divide the mixture between participants

Step 4 - Roll a tbsp portion into a ball and place on grease proof paper

Step 5 - Roll each ball to coat in topping of choice

