

PRACTICAL LIFE

Preparing a Snack

Peel, slice, plate, serve. A real snack made start to finish by a five-year-old.

Materials

- A banana, an apple, or another soft fruit
- A child-safe knife with a rounded tip
- A cutting board
- A serving plate



AGE

4 to 6 years



TIME

20-30 min



AREA

Practical Life



SCREEN

Zero

What your child is developing

Carry out a complete project with real tools, and take pride in having fed others.

Your role (the hardest part: doing nothing)

Stay seated beside them, hands on your knees. Your presence is enough; your hands over theirs would take away their success. Show once, then step back.

Step by step

1



Wash your hands together: that's the start of the ritual.

2



Show how to hold the fruit with the fingers curled into a bridge, away from the blade.

3



Cut one slice slowly, then hand over the knife.

4



Arrange the pieces on the plate, however your child likes.

5

They serve the family, then clean the cutting board with you.

Take it further

- Easier: cutting an already-peeled banana.
- Harder: preparing a three-fruit salad.
- Next step: setting the table for everyone.



Safety: A rounded-tip, low-sharpness knife only, never a kitchen knife. Direct supervision at all times. Check for allergies before introducing a new fruit.