

Healthy and delicious food for children

[Family](#)



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Appropriate age group and a number of children it serves: Zucchini bread recipe is appropriate for all age groups; this particular recipe can serve 12 youngsters.

Two food groups that prepare this snack: These are; Fruits and bread. I would include 1 medium ripe banana, which is a rich source of vitamin B6, fiber, vitamin C, antioxidants and potassium, bananas also contain low sugar levels, which boost the blood sugars. Moreover ripe bananas are as rich in antioxidants that protect against cancer and heart disease. Zucchini Bread contains carbohydrates, which provide the energy needed for daily activities, it also has vitamins and mineral salts: vitamin C aids in iron absorption and improves the immune system; potassium, calcium and phosphorous aid in bone development.

Learning elements

Fine motor skill development. Fine motor activities teach hand-eye coordination. These actions need a child to learn to specifically control the muscles in the hands. Things, like sifting together the ingredients, beating the eggs, oil, vanilla, and sugar together, and stirring the zucchini until well combined all, help build fine motor skills.

Cognitive development. This includes cause and effect, reasoning, as well as early math skills. Activities such as counting the ingredients, measuring the right amount and mixing the ingredient together, reading the recipe together before preparing the meal, baking the bread may be used to enhance cognitive development.

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Language development. This domain includes alphabets, phonemic awareness, oral, and written words. Even though they may not read to understand, you can interpret the recipe together. Give instructions on how to combine the ingredients and assess their understanding.

Social skills. Children are encouraged to be social. Learning to play is a social skill, let some of the children play little chefs, this will be a great opportunity for those who like playing dress-up, allow them to put on a little chef's outfits that they only get to wear while cooking with their teacher, this will make them excited and they will love it

Total cost for this snack. The rough estimated cost of zucchini bread is 5 US dollars

Conclusion

A loaf of good zucchini bread is a great snack for preschoolers. Zucchini bread provides the necessary energy to manage the daily bodily processes and is abundant in nutrients.