

## Physical Education

- The child learned about nutrition and healthy eating habits by selecting and layering nutritious ingredients in the parfait.
- They developed fine motor skills by carefully spooning and layering the ingredients in the parfait glass.
- They practiced following instructions and sequencing by following the step-by-step process of making the parfait.
- The activity also provided an opportunity for the child to engage in physical activity by gathering the ingredients and prepping the parfait.

For continued development, encourage the child to explore different types of parfaits by incorporating different fruits, nuts, and flavors. They can also try making their own granola or yogurt to add to their creations. Additionally, they can research and learn about the nutritional value of different ingredients and experiment with healthier alternatives.

## Book Recommendations

- [The Perfectly Perfect Parfait](#) by Patricia Lakin: Join Emma as she learns about making the perfect parfait and discovers the importance of balance and healthy eating.
- [The Parfait Adventures](#) by Amanda Williams: Follow Max and Mia on their exciting adventures as they explore different parfait recipes from around the world.
- [Parfait Party](#) by Kelly DiPucchio: Join the animals as they throw a parfait party and learn about the benefits of teamwork and collaboration.

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