Title: Soy Nut Butter Balls
Recommended for: 2-5 Year Olds

Objectives:
Children
• Fine motor
• Gross motor
• Cooperation
• Attention to detail
• Volume discrimination
• Hand-eye coordination

Adults
• Fine motor
• Gross motor
• Teamwork
• Sensory stimulation
• Alertness

Materials Needed:
• Soy nut butter (¼ cup)
• Oats (½ cup)
• Cacao powder (1 tsp.)
• Maple syrup-sugar free (1 tbsp.)

• Vanilla (½ tsp)
• Measuring cups, mixing spoons, mixing bowls, cookie sheet

Methods:
Facilitator Preparation
1. Purchase or collect all ingredients.
2. Cover your workstation.
3. Set up cooking stations: For each IG pair place one bowl and one mixing spoon next to the child; place all cooking ingredients next to the senior. Place cookie sheet in the middle of the table for all IG pairs to share.

Intergenerational Participants
1. Introduction -- pair each adult with a child and sing the hello song.
2. Wash hands. Adults and children may choose or need to wear gloves for handling food.
3. Ask participants: What are some sweet treats we enjoy eating? Do you make sweet treats at home with a parent or grandparent? What do you make together? When do you make these treats?
4. Have the IG pair begin portioning ingredients and placing them into the mixing bowl. If pairs cannot do this on their own, provide them with pre-measured ingredients.
5. Have the IG pair stir the ingredients (if the mixture is too thick add extra syrup).
6. Once the mixture is uniform have the pairs make small balls with their hands (the ball should be approximately the size of a ping pong ball, demonstrate an appropriate size if necessary).
7. Pairs place all balls on the cookie sheets in the middle of the table.
8. Place the cookie sheets in the fridge to harden before eating.
9. Explain to participants they will enjoy their tasty treat later in the day during snack time.
10. Clean up and sing the goodbye song.

Helpful Websites
DESIGNED AND IMPLEMENTED BY JABA STAFF

  - Note: oats have been substituted for desiccated coconut.

**Special Considerations**
- Food allergies: soy nut butter is used as a peanut butter substitute and sugar free syrup used for health concerns.
- Using gloves when handling food.
- The dough mixture can be thick: a strong elder or facilitator may need to check to make sure the mixture is of a uniform consistency thick enough to shape into balls.
- Be aware of people tasting along the way.

**Getting To Know You**
- “Can you ask ______ what other shapes can be made from the mixture?”
- “Can you ask ______ what his/her favorite dessert to make is?”
- “Talk with your neighbor about how you help in the kitchen at home.”

**Encouraging Interaction**
- Have IG pairs smell each ingredient and guess what it is.
- Encourage elders to lead children in shaping the mixture into small balls.
- Have IG pairs discuss what other foods have peanut butter as an ingredient.

**Extension Opportunities**
- Making holiday cookies.
- Homemade play dough to create shapes.