

Let's Make It! Plan, Shop, Pack List: Formula and Consistencies

Ingredients

(For Activity)

- Baby rice cereal fortified with iron
- Powdered baby formula with iron
- 1-4 oz. individual serving of peaches in juice
- 2 jars of baby food (strained peaches), unopened with seal intact

Disposable Supplies

- Small plastic/paper bowl

Prepare before class

- For each group of two or three participants, prepare 4 oz. of baby formula in a 32 oz. container.
- Keep the formula cold until using it in the lesson.
- Print copies of the *Feeding Your Baby Solid Foods* questionnaire (1 for each participant).

Equipment

- Training cup
- 8 oz. cup
- 3 small (5 oz.) drinking cups
- 4 infant feeding spoons
- 1 teaspoon measuring spoon
- 1 Tablespoon measuring spoon
- 1 set of laminated Baby Cereal Recipes
- 32 oz. container with lid
- 1 fork
- 1 paring knife
- 1 empty, clean baby food jar with lid
- 2 small plates about 6 inches in diameter
- 1-cup liquid measuring cup
- 3D example of 1/2" piece of food

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Dish soap
- Sanitizing wipes or spray
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
