

Food Demonstration: Mix, Whisk and Serve: Instant Pudding Anyone?

Purpose

To motivate children to switch to lowfat milk by providing them with an opportunity to try instant pudding prepared with lowfat milk.

You will need:

Instant pudding mix, 3.4 oz box (French vanilla and banana cream flavors work well.)

Lowfat milk (keep in a cooler or refrigerator)

Measuring cup for liquids

Bowl for mixing

Whisk for stirring

Serving spoon

Cups (3 or 4 oz), spoons, and napkins



One 3.4 oz box of instant pudding mix makes 16 ounces (2 cups) of pudding. If you serve each child 1/3 cup of pudding, each box will serve six children.

How many boxes of pudding mix will you need?

Boxes needed= (Number of children) divided by (6)

How much milk will you need?

You need 2 cups of cold milk to prepare one 3.4 oz box of instant pudding.

Milk needed= (Boxes of pudding mix) multiplied by (2 cups)

➡ *Get the children involved according to their skill level. Children can help open the pudding mix packages, measure and pour the milk, add the mix to the milk, stir the mixture, distribute spoons and napkins, and clean up after the activity.*

1. Wash your hands with hot, soapy water. If children are assisting in this activity, have them wash their hands too.
2. Using the measuring cup for liquids, pour the milk in a clean bowl. (*Show the children what makes liquid measuring cups different from dry measuring cups.*)
3. Using the whisk, stir the pudding mix into the milk for about 2 minutes. (*Children can take turns stirring the pudding.*)
4. After mixing the pudding, cover and let it set for 5 minutes. In the meantime, tell the children: this is a “do-it-yourself” snack, you don’t need electricity, using lowfat milk helps you lower the fat in your diet, and you can choose from a variety of flavors, such as vanilla, chocolate, butterscotch, and banana cream.
5. Once the 5 minutes has passed, serve a small amount of pudding onto the cups, distribute to the children, and let them taste the product. Ask them if they like it and if they will share this snack idea with their parents/care givers. Encourage them to try this at home.
6. With the children’s help, clean the work area and dispose of the cups, spoons, and napkins.