Cold Treats in the Summer!

Making frozen juice pops together will introduce your child to a few new words and result in a tasty treat!

Directions:

While you’re working with your child, find ways to teach her new words like; cold, defrost, freeze, frozen, icy, melt, solid, transform. Tell your child, “Today we’re going to make a frozen dessert—a delicious, icy treat! What flavor should we make?” Talking about what you are doing before, during, and after the activity will not only help your child learn new vocabulary, but allows her to practice following directions and learn simple science concepts.

1. Decide what kind of fruit juice you will use. (Apple, cranberry, raspberry juices are all good choices. Try to choose 100% juice to make it healthier!)

2. Ask your child what she thinks will happen when the juice is placed into the freezer. Gently correct your child if necessary and say, “Putting the juice in the freezer until it is frozen will transform it from a liquid to a solid.”

3. Help your child pour the liquid into each container. Ask her to guess how long it will take to freeze. Remind your child that the freezer door needs to be kept closed or the ice pops might melt or defrost.

4. When the juice is slightly frozen or slushy, put the stick in the middle of the cup.

5. When the pops are frozen solid, remove and have a pops party! (You can invite your child’s favorite doll or stuffed animal to join the party.) As you eat, talk about how the pops taste, feel, and look: “This is delicious—sweet and cold! What flavor should we make next time?”

Materials:
- Craft or wooden sticks
- Fruit juice
- Paper cups or ice pop molds

Extensions:
Experiment with a variety of materials: bananas, fruit yogurt or pudding. Find out which takes longer to freeze: the bananas, yogurt or pudding? Blend in berries to make the pops more chunky. You can also take the pops out before they are completely frozen and stir. Now you’ve got a slushy!