

# SCIENCE

## FROM HOME



## Sloth snack time

The Academy gives Lulu a varied diet of fruits and vegetables for her health and wellbeing. These foods also make good snacks for people too. If you want to embrace the sloth life, try a sloth snack!

### Know before you begin

- This activity can be done inside. In a kitchen
- All supplies are easy to find, substitute or modify
- Adult supervision is strongly recommended
- Please choose a safe space to cook and prepare food

### Materials

- Cutting board
- Kitchen knife
- Pot with lid
- Plate
- Brown Rice (optional)
- Apples, pears or other fruit
- Cucumber, sweet potato or other vegetable

### Instructions

- With parental supervision and being very careful, make the brown rice and let a scoop of the cooked rice cool on a plate.
- Carefully cut off a chunk of each fruit and vegetable.
- Cut the chunk into thin slices and put on top of the rice.
- Enjoy your sloth snack. For an added sloth experience, eat with your hands!