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!