

## Nutrition Activity: Banana, Peanut Butter, and Granola

### Description

Participants will create a simple yet nutritious snack; banana topped with peanut butter and granola. (For allergy or dietary purposes, this snack can also be made without the use of peanut butter).

### Group Goals

- Enhance knowledge and understanding of nutritional content
- Encourage sensory exploration and acceptance of different textures and tastes.
- Incorporate healthy nutrition into daily life
- Support cognitive functioning through sequencing and multi-step directions

### Materials Needed

- Bananas (1 per person)
- Peanut Butter or other nut butter
- Granola
- Plates, cups, forks, butter knives

### Instructions

1. **Welcome clients and explain** that we will be having bananas topped with peanut butter (optional) and granola.
2. **Discussion:** Ask if anyone has had bananas with granola before.
3. **Education:**
  - a. Emphasize that bananas, peanut butter, and granola are all healthy and nutrient dense snacks filled with fiber, protein, healthy fats, and vitamins.
4. **Gather all materials.**
  - a. Determine if any participants do not want peanut butter.
  - b. Each participant gets 1 banana, 1 plate, and 1 cup (filled with granola).
5. **Instructions: Option A** (with peanut butter), **Option B** (without)
  - a. **OPTION A:** with peanut butter
    - i. Completely peel banana and place on plate (banana can also be sliced vertically in half as shown in the picture below).

# Specialized Aging Support

---

- ii. Spread a layer of peanut butter onto banana using butter knife.
- iii. Participants pour granola from cup on top of banana with peanut butter.
- iv. Eat with hands or use a fork.
- b. **OPTION B:** without peanut butter
  - i. Peel banana as normal, allowing some peel to remain at the bottom to allow banana to be held in hand.
  - ii. Participant dips banana into cup of granola for every bite.
  - iii. Alternatively: banana can be fully peeled and participant can use a fork to slice banana then dip into cup of granola.

## 6. Discussion

- a. Did they enjoy the activity?
- b. Could they do this at home? Provide instructions if desired.

## 7. Have participants engage in the clean-up process

### Post Group Reflection

- Take some time to reflect on how the group went.
- Was it successful?
- Did participants gain anything helpful from the group?
- Anything you would change for the next time you run this group?
- Any additional details to add to the instructions?
- Write a brief description of what each client did during the group in documentation.

