

Title: Sweet Potato Pie

Recommended for: elders and children 2-5 years

Length of activity: 30 minutes

Suggested group size: 3-4 IG pairs



Objectives:

Children

- Fine motor
- Follows directions
- Problem solving
- Engagement

Adults

- Fine motor
- Initiation
- Alertness
- Positive mood

Materials Needed:

- Graham cracker crust;
- 2 sweet potatoes, cooked;
- 3 tablespoons cornstarch;
- $\frac{3}{4}$ cup packed dark brown sugar;
- $\frac{3}{4}$ unsweetened almond milk;
- 1 teaspoon nutmeg;
- 1 teaspoon cinnamon;
- $\frac{1}{2}$ teaspoon salt
- Blender
- Bowls and spoons

Methods

Facilitator Preparation

1. Purchase or collect all ingredients.
2. Peel, cook, and cool the sweet potatoes. Boil the sweet potatoes for about 25 minutes.
3. Cover your workstation.
4. Set up cooking stations: place half of a sweet potato, one bowl, and one spoon in front of each pair.
5. Place pre-portioned: milk in front of one pair; cinnamon, nutmeg, and salt in front of one pair; and dark brown sugar and cornstarch in front of one pair.
6. Pre heat the oven to 375 degrees.

Intergenerational Participants

1. Introduction-pair each older adult with a child and sing the hello song.
2. Have adults and children wash their hands beforehand.
3. Have the adults and children work together to mash their sweet potato in their bowl.
4. Following the recipe, have the children and adults pour in their ingredient(s) (e.g. they will be adding the ingredient given to them, such as, spices to their mashed sweet potato).
5. Then have the three pairs pour their mixture into one large bowl (e.g. the facilitator can have one larger bowl in the middle where each IG pairs' mixtures can combine to make one complete

Best Practices

- Best Practice 1:** Staff members of adult and child programs collaborate to plan activities.
- Best Practice 2:** Participants are involved in decision making about the activity.
- Best Practice 3:** Participation is voluntary.
- Best Practice 4:** Participants are prepared ahead of time and reflect on activities afterwards.
- Best Practice 5:** Activities reflect participants' interests, backgrounds, and social histories.
- Best Practice 6:** Activities are age and role appropriate.
- Best Practice 7:** Activities support interaction among intergenerational partners.
- Best Practice 8:** Facilitators skillfully stage the environment to promote interaction.
- Best Practice 9:** Facilitators consider the social environment and the role of staff members.
- Best Practice 10:** Adaptive equipment is used as appropriate.
- Best Practice 11:** Experiences are documented and communicated to varied resources to build upon in future activities.

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mixture) and take turns as a team mixing all of the ingredients together. Mix until blended (use blender if necessary).

6. Pour the mixture into pre-baked piecrust.
 - a. Bake one hour or until edges are set and center slightly jiggles. Let cool on a wire rack at least 1 hour before serving.
7. Have the IG pairs wash the dishes used and clean up the workstation.
8. Hold hands and sing the goodbye song.

Helpful Websites:

- <http://allrecipes.com/recipe/sweet-potato-pie-i/>

Special Considerations

- Supervise children and elders while they are using the blender.
- Use adaptable equipment where necessary (e.g. smaller cooking supplies, utensils with large grips, materials to hold the mixing bowl in place, step stool for hand washing).
- Use the same group to harvest the sweet potato plants and make the sweet potato pie to facilitate conversations about the full baking process from the ground to the plate.

Getting To Know You

- Discuss harvesting sweet potatoes in the garden. Invite participants to share memories or practices from their own gardens.
- Reflect on favorite sweet treats for the holidays (e.g. Thanksgiving pumpkin pie).

Encouraging Interaction

- “Please take turns mixing with your partner.”
- “Please tell your partner about a time when you baked with someone.”

Enrichment Opportunities

- Upward extension: Have the elders and children peel the sweet potatoes.
- Downward extension: Have the elders and children mash the sweet potatoes. The facilitator can pour and include additional ingredients.
- Allow participants to measure out ingredients if they are able to do so (rather than providing pre-portioned ingredients).
- Learning about rules, recipes, and directions.

