

Snack by the Numbers

Activity: Children will create a healthy snack using visual recipe cards.



Objective

Children will demonstrate increased interest in eating habits and making healthy food choices.

Targeted Standards

I. Physical Development

I.A.d.1. Responds to feeding or feeds self with increasing efficiency and demonstrates increasing interest in eating habits and making food choices

Benchmark a. Assists adults in preparing simple foods to serve to self or others

http://www.floel.org/standardsresource/standards.html#d=I&a=four_year_olds_fd

Procedures

1. Choose several healthy ingredients, prepare them (wash, peel, slice, etc.) and place them in bowls.
2. Create picture cards depicting each ingredient and the corresponding number. Provide scoops, spoons, and child sized-tongs as appropriate.
3. Introduce each ingredient. Invite the children to wash their hands and create their own healthy snack.
4. While the children are enjoying their snack, discuss the importance of eating healthy foods.

Sample Recipe

- 1 Tablespoon shredded coconut
- 2 sections of a clementine orange
- 3 banana slices
- 4 spoons of vanilla yogurt
- 5 slices of strawberry
- 6 blueberries
- Stir 7 times

Materials Needed

- Bowls
- Spoons, scoops, child-sized tongs
- Vanilla yogurt
- A variety of fruit
- Paper and markers for making ingredient cards and a recipe

Checking for Understanding

Children will demonstrate their understanding of the lesson by using the recipe to create a simple, healthy snack.

Scaffolding

- To decrease the difficulty of this activity, provide assistance and verbal prompting as necessary.
- To increase the child's involvement in this activity, invite her to help rinse, peel, and slice the fruit (using a plastic picnic knife).

Extensions

- Create a copy of the illustrated recipe to send home with the children. Encourage them to make a healthy snack for their family.
- Encourage the children to think of other healthy foods they might use to make a snack. Provide markers and paper and invite them to illustrate their own recipe.