

Unit 4 • Week 13

Prior to snack, model proper hand washing or sanitizing techniques, and discuss how washing our hands removes germs that can make us sick. Remind the children to discard their used paper products in the classroom recycle container. Washing or sanitizing their hands and recycling used paper products should become part of the children's daily snack routine.

Allow the a different group of children to "set the table" for snack each day. They should make sure each place at the table has one napkin, one cup, one snack, etc.

Astronaut Food

The children assist to mix together dried fruit such as apricots, dates, raisins, apple slices, banana chips, shredded coconut, and pumpkin seeds. Place individual portions in small bags or bowls. Compare the texture of the dried fruit and fresh fruit. Research and discuss the challenges astronauts face eating while in space.



Materials

- Variety of dried fruits, such as apricots, dates, raisins, apple slices, banana chips, shredded coconut, pumpkin seeds
- Small bags or bowls

Health, Safety & Nutrition

Develops awareness of nutritious food choices that promote physical well being

Science - Uses senses to explore

Develops awareness of the properties of objects (e.g., float/sink, heavy/light, rough/smooth, hard/soft, magnetic/nonmagnetic, solid/liquid, wet/dry)

Technology - Uses technology for research with teacher support

Scrumptious Stars

The children use cookie cutters to cut two slices of bread into star shapes. They spread cream cheese, jam, or orange marmalade on one of their stars and place the stars together to form a sandwich. If possible, toast the bread first to make this task easier. The children discuss what they have learned about stars and the nighttime sky.



Materials

- Star-shaped cookie cutters
- Jam or orange marmalade
- Plastic spoons
- Sliced bread
- Cream cheese

Science - Explores the characteristics of the sun, moon, stars, and/or clouds

Fine Motor Skills

Demonstrates control, strength, and dexterity to manipulate objects

Math - Uses terms related to time periods such as morning, afternoon, night, today, tomorrow, and yesterday