

# Snacks

## Unit 1 • Week 2

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.

### "Guess My Feeling" Snacks

Snack helpers distribute a small paper plate and a napkin to each child. The children use small round tortillas, small pieces of a variety of fruit and vegetables, and cream cheese to create faces that show emotions. They take turns guessing each other's emotions before eating.



#### Materials

- Small pieces of a variety of fruits and vegetables
- Small paper plates
- Napkins
- Plastic spoons or knives
- Tortillas
- Cream cheese

**Science** - Understands the use of natural resources and demonstrates environmental awareness and responsibility (e.g., reduce, reuse, recycle)

**Health, Safety & Nutrition**  
Develops awareness of nutritious food choices that promote physical well being

**Fine Motor Skills**  
Demonstrates control, strength, and dexterity to manipulate objects

**Social/Emotional Development** - Recognizes and identifies emotions in self and others

### Sorting Snack

Provide children with crackers that are shaped like circles, squares, and rectangles mixed together in small plastic bags. The children sort the shapes on their napkins or plates before they eat.

**Optional:** Add pretzel sticks to the bags and encourage the children to use them to build triangles and squares before eating.

#### Materials

- Small plastic bags of crackers in a variety of shapes (circles, squares, and rectangles) mixed together for each child
- Napkins

**Math** - Identifies shapes regardless of their orientations or size

Sorts two- and/or three-dimensional shapes

**Science** - Understands the use of natural resources and demonstrates environmental awareness and responsibility (e.g., reduce, reuse, recycle)

**Health, Safety & Nutrition** - Demonstrates personal hygiene and emerging self-care skills

