

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.

Sunflower and Pumpkin Seeds

Provide a variety of seeds, such as sunflower seeds and pumpkin seeds, on a paper plate. Encourage the children to sort the seeds and explain reasons why they sorted them as they did before eating their snacks.



Materials

- Variety of seeds (sunflower, pumpkin, etc.)
- Paper plates

Math - Analyzes, compares, and sorts groups of objects by a single attribute (e.g., size, shape, color, texture, orientation, and position) and explains

Science - Develops awareness of the properties of objects

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

Fruits and Veggies

Provide a selection of seasonal fruits and raw vegetables for children to sample in preparation for their discussion of fruits and vegetables on Day 4. Review the benefits of eating healthy foods.



Materials

- Variety of seasonal fruits and raw vegetables

Speaking & Listening
Participates in group discussions

Vocabulary - Uses words and phrases acquired through conversations, activities and read alouds (Uses new vocabulary)

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