

# Snacks

## Unit 7 • Week 25



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.

### Gobbledygook

Mix together crispy rice or oat cereal, peanuts (unless there are allergies), raisins, chopped prunes, or apricots, sunflower seeds, and mini pretzels. Serve in individual snack bags. Discuss the attributes of the variety of snacks and how the class is like the snack, everyone is special and unique, and how just like the snack, when they were placed together they made a wonderful class.

As the children enjoy their snacks reflect on the many experiences and events they shared as a class throughout the year.



#### Materials

- Mini pretzels in individual snack bags
- Chopped prunes or apricots
- Rice or oat cereal
- Sunflower seeds
- Peanuts
- Raisins

**Social Studies** - Recognizes his or her role as a member of a group (class, family, community)

*Describes events that happened in the past (e.g., family or personal history)*

**Social/Emotional Development** - Engages in and maintains positive relationships and interactions with trusted adults and children

*Demonstrates understanding and acceptance of similarities and differences in others (race, gender, culture, language, special needs, and family)*

### "Look At Me Now!"

Distribute 1 round slice of cheese, pretzel sticks, 1 cracker, 4 baby carrots, 2 blueberries, 2 grapes, a dried cranberry and a dried apricot on a paper plate to each child. The children discuss with each other how they have grown and changed over the year as they use the ingredients to create self-portraits.



#### Materials

- Dried cranberries and apricots
- Round slices of cheese
- Pretzel sticks
- Crackers
- Baby carrots
- Blueberries
- Grapes
- Paper plates

**Social Studies** - Understands how people live and what they do changes over time

*Describes events that happened in the past*

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

**Social/Emotional Development** - Recognizes self as unique, having own abilities, characteristics, emotions, and interests