

Snacks

Unit 1 • Week 3

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.

Carrots and Dip

Serve baby carrots with creamy salad dressing or hummus.

Materials

- Salad dressing or hummus
- Baby carrots



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

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

Handprint Cookies

Bake handprint cookies using different shades of dough. During snack discuss how we are all part of the same class, we are the same in many ways and different in others.

Materials

- Cookie dough in different shades



Health, Safety &

Nutrition - Demonstrates personal hygiene and emerging self-care skills

Social/Emotional Development

Demonstrates sense of belonging to family, community, and other groups

Recognizes self as unique, having own characteristics

Demonstrates understanding and acceptance of similarities and differences in others