

# Snacks

## Unit 1 • Week 4

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.

### Egg Rolls or Fortune Cookie Snack

Choose snacks that represent Chinese culture, such as egg rolls and fortune cookies.



#### Materials

- Fortune cookies and/or egg or spring rolls

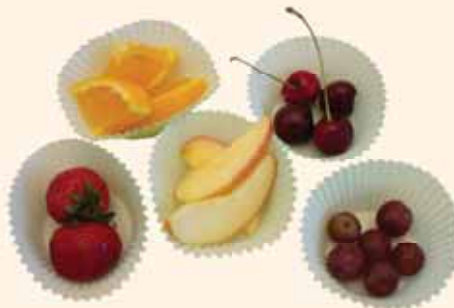
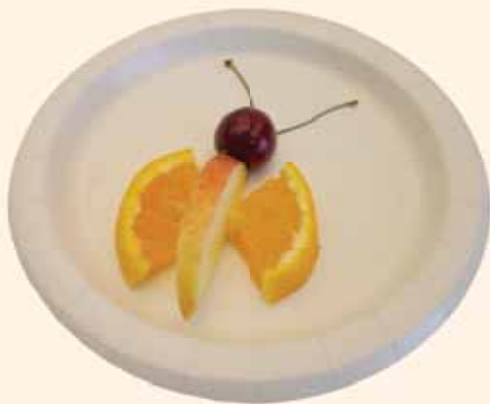
**Science** - Understands the use of natural resources and demonstrates environmental awareness and responsibility (e.g., reduce, reuse, recycle)

**Social Studies** - Understands similarities and respects differences among people including those from different cultures

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

### Fruit Sort

Parents participate by sending in a variety of fruit. At snack time children sort the fruit by color shape, and size. After sorting, they use the fruit to create different animals, shapes, and/or patterns. Muffin cups may be used for sorting.



#### Materials

- Variety of fruit
- Paper plates
- Muffin cups

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

Creates, identifies, duplicates, and extends simple patterns

Sorts objects by physical attributes

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