

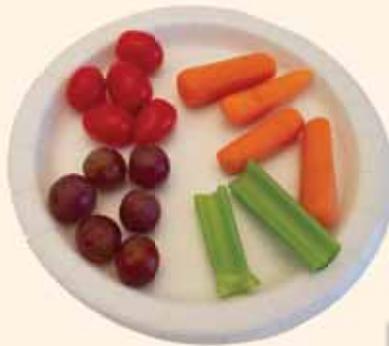
Unit 3 • Week 9

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.

Healthy Food Samples

Throughout Week 9 serve samples of healthy foods such as fruits and vegetables for snack. Encourage the children to sort the foods in various ways before eating, such as by fruits/vegetables, shape, size, color, and texture. Ask them to explain why they chose to sort the foods the way they did.



Materials

- Healthy fruits and vegetables

Speaking & Listening

Describes familiar people, places, objects, and events according to characteristics of attributes

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

Science - Uses senses to explore

Health, Safety & Nutrition

Develops awareness of nutritious food choices and habits that promote physical well being

Hungry Caterpillar

Distribute 1 paper plate, 9 grape halves, 1 orange slice, 1 strawberry slice, 4-5 spinach leaves, and approximately 8 raisins to each child. Display an image or copy of The Hungry Caterpillar book, and instruct the children to create a hungry caterpillar using the healthy food items provided. Children describe their creations as they enjoy their snacks.



Materials

- Strawberry slices
- Orange slices
- Paper plates
- Grape halves
- Spinach leaves
- Raisins

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

Develops awareness of nutritious food choices and habits that promote physical well being

Fine Motor Skills -

Demonstrates control, strength, and dexterity to manipulate objects