



SUMMARY OF SPRING SNACKING

The final unit in the curriculum is intended to be a review of foods children have become familiar with in previous lessons and to incorporate some new experiences. Although these activities are ideal for the spring, they can be done at other times of the year. The mathematics and science questions can be pulled from other lessons or created based on the children's level at this time.

These lessons are good for individualizing and can be used to assess the children's growth and to recall experiences from previous nutrition activities.



SPRING SNACKING

Seeds



Trail Mix



Smoothies



Yogurt Pops



Salad Bar



Gelatin



SEEDS



An ounce of sesame seeds provides more iron than an ounce of beef liver.



Unhulled sesame seeds have the bran intact and are high in iron, calcium, and phosphorous.



Shelled edible seeds keep longer in the refrigerator.

CAUTION:

Small edible seeds may be a choking hazard for young children.





Nutrition Activity—Discovering Fruits and Seeds

Objective: Children will be able to match seeds to the whole fruits, learn that seeds will sprout when planted, and learn that some seeds are edible and others are not.



Materials:

Three Kinds of Fruits with Seeds (e.g., strawberries, apples, mangoes)

Large Spoon

Tongs

Paper Plates

Trays

Spreader Knife

- 1) Bring out trays of washed fruits with seeds (at least three kinds), a paper plate for each child, a spreader knife, and tongs.
- 2) Cut the fruits. Discuss, examine, and compare the seeds. Put the seeds on a plate and sort and count them.
- 3) Let children taste the fruits.
- 4) Talk about the seeds we eat and the seeds we do not eat.

Extension: “Plant” beans or seeds in a baggie with a wet cotton ball or paper towel. Tape the baggies closed, set them in the classroom window, and watch the seeds grow. Transplant sprouts to a garden.

Related Activities or Ideas



Rolls with sesame and poppy seeds



Trail mix



Sesame chicken



Literacy

Vocabulary Builders:

Edible	Growing	Seed
Fruit	Inedible	Soil
Garden	Oxygen	Sprout
Grow/growth	Plant	Water

Kinds of Seeds:

Edible Seeds and Fruits with Edible Seeds

Flax	Sesame (white or black)
Pomegranate	Strawberry
Poppy	Sunflower
Pumpkin	

Fruits with Inedible Seeds

Apple	Melon
Avocado	Orange
Mango	Papaya

Books:

How a Seed Grows by Helen Jordan and L. Krupinski (1992)

One Child, One Seed by K. Cave and G. Wulfsohn (2003)

Activity to Support Literacy

Save seeds from various fruits throughout the week. Have children glue different seeds to a poster board. Have pictures or photos of fruits available for children to glue next to the matching seeds. Label the fruit pictures.

Have whole fruits available, if possible.

Extension: Have seed packets available. Plant seeds all week.

Song: "Seeds"



SMOOTHIES



Starting with ingredients from the refrigerator or freezer makes for a more flavorful and refreshing smoothie.



Smoothies are a great way to provide a nutritious snack to children.





Nutrition Activity—Making Smoothies

Objective: Children will be able to measure ingredients and use a blender to puree fruits and yogurt to make a healthy drink.



Materials:

Ingredients and Recipe for Fruit Smoothie
(See recipe on the right.)

Blender Measuring Cups
Drinking Cups Measuring Spoons
Rubber Spatula Pitchers

1. Set up a table with a blender, pitchers, and smoothie ingredients.
2. Invite the children to come to the smoothie table. Follow the recipe; measure the ingredients. Allow the children to add ingredients. Show, name, and add ingredients to the blender one at a time. Make a smoothie drink.
3. Refrigerate and serve smoothies at the next mealtime or snack time.

Related Activities or Ideas



Strawberry milkshake

Different kinds of smoothies

List and compare smoothie ingredients. Taste the ingredients and let the children express their preferences.

- 1) Pineapple juice/strawberries
- 2) Peach
- 3) Berry
- 4) Vanilla/peanut butter

Fruit Smoothie

Strawberry Pineapple

(Makes one-half cup servings of fruit)

	25 servings	50 servings
Yogurt (vanilla)	1 quart	2 quarts
100% Pineapple Juice, Pasteurized	8 cups	4 quarts
Bananas	1 ½ lb. (about 6)	3 lb. (about 10–12)
Strawberries (fresh or frozen)	1 ¾ lb. (3 cups)	3 ½ lb. (6 cups)

More Smoothies

Peachy Keen Smoothie

	25 servings	50 servings
Yogurt (peach)	1 quart	2 quarts
Orange Juice	6 ½ cups	13 cups
Bananas	1 ½ lb. (about 6)	3 lb. (about 10–12)
Peaches (canned with juice)	½ of #10 can	1 of #10 can

Very Berry Smoothie

	25 servings	50 servings
Yogurt (plain)	1 quart	2 quarts
Cranberry, Berry, or Grape Juice (100% Juice)	7 cups	14 cups
Bananas	1 lb. (about 4)	2 lb. (about 8)
Blueberries or Mixed Berries (frozen)	2 lb. (6 cups)	4 lb. (12 cups)

Nutty Buddy

	25 servings	50 servings
Yogurt (vanilla)	1 quart	2 quarts
Milk	3 cups	6 cups
Bananas	1 ½ lb. (about 2)	1 lb. (about 4)
Peanut Butter	½ cup & 2 T.	1 ¼ cup
Ice Cubes	12	24



LITERACY

Vocabulary Builders:

Blend/blender	Ingredients	Smooth/smoothie
Chilly	Puree	Sour
Creamy	Refreshing	Sweet
Grind		

Smoothie Ingredients:

Fruit	Juice	Yogurt
Ice	Milk	

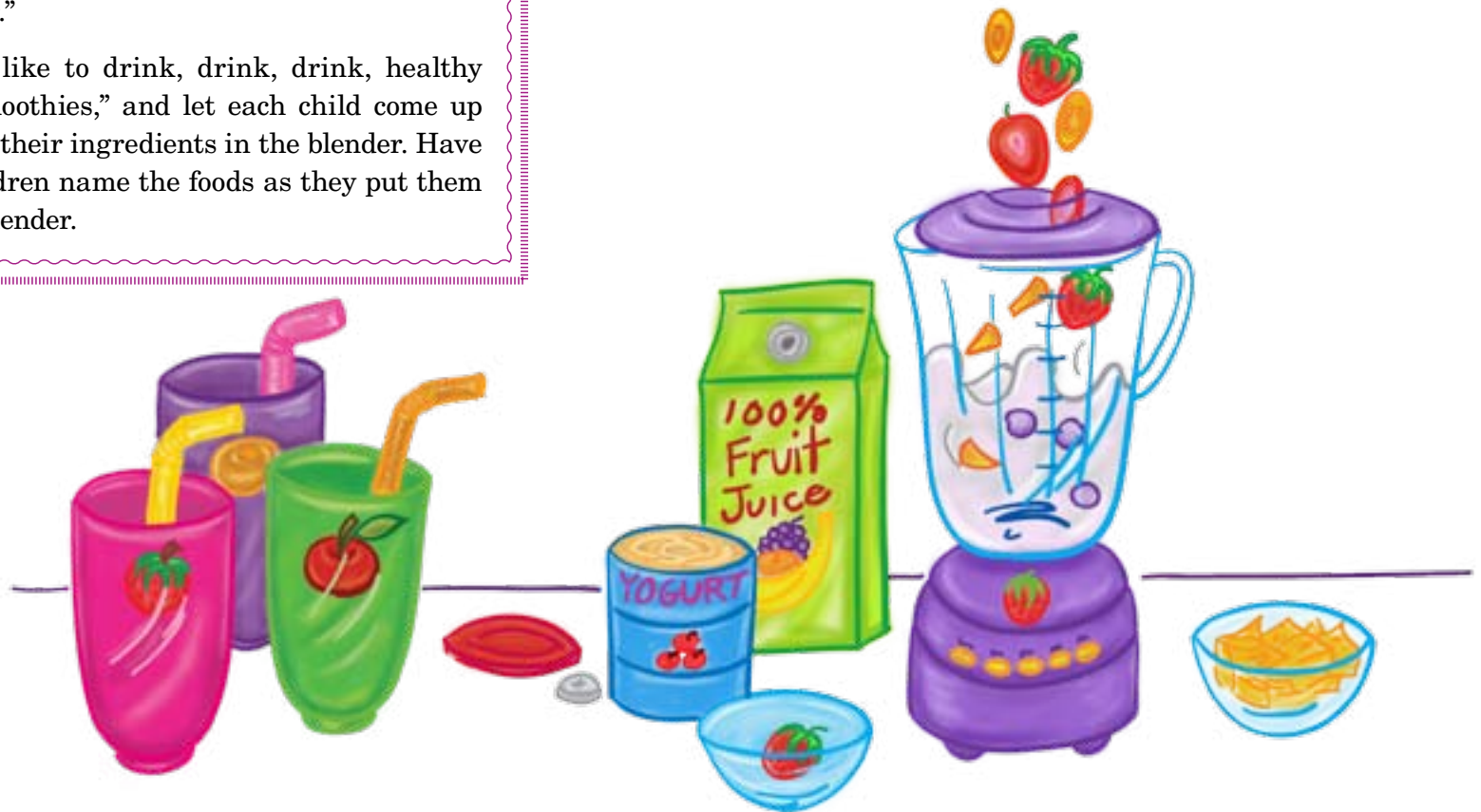
Book:

Oliver's Milkshake by Vivian French (2000)

Activity to Support Literacy

Create a large picture of a blender on chart paper. On the inside of the blender pitcher, apply adhesive strips of fabric having tiny hooks. Copy, cut, and laminate (*optional*) pictures of fruits. Apply a small piece of the adhesive fabric on the back of each one. During group time, pass around a bag of laminated pictures. Let each child pick a picture of an ingredient from the bag and then add their ingredients to the “blender.”

Sing “I like to drink, drink, drink, healthy fruit smoothies,” and let each child come up and put their ingredients in the blender. Have the children name the foods as they put them in the blender.



SALAD BAR



Vegetables are high in vitamins, minerals, and fiber; are low in calories; and have little or no fat.



To get the greatest nutritional benefit, harvest and eat vegetables immediately because nutrients are lost during storage





SALAD BAR



Nutrition Activity—Creating Your Own Salad

Objective: Children will be able to use tools to help prepare a salad bar, classify proteins and vegetables, and create their own colorful healthful salad.



Materials:

Prewashed Ingredients for Salad Bar

Cutting Boards/Trays Salad Spinner

Knives/Spreader Knives Small Bowls

Large Tub(s) of Water Tongs

Salad Dressing Towels

- 1) Set up a table where children can prepare (cut, chop, or slice) salad ingredients, as appropriate.
- 2) Set up a salad bar with appropriate utensils. Classify items as proteins or vegetables.
- 3) Send children to the salad table a few at a time, allowing them to fill their bowl and return to the lunch table. Provide small cups of dressing.
- 4) Have children name their choices of ingredients and describe how their salads are the same or different.

Related Activities or Ideas



Pasta salad bar



Fruit salad bar



Taco (salad) bar

Salad Bar

(Offer at least four vegetables and two sources of protein.)

Vegetables

Avocados

Bell peppers

Broccoli

Cabbage

Carrots

Celery

Cucumbers

Jicama

Lettuce

Olives

Tomatoes

Protein Foods

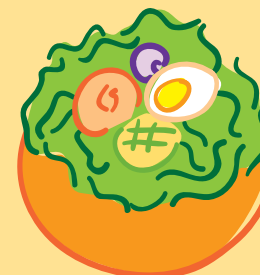
Beans

Cheese

Hard-cooked eggs

Slivered almonds

Sunflower seeds



CAUTION: Seeds and raw hard vegetables may be choking hazards for young children.



Literacy

Vocabulary Builders:

Black	Leaf	Vegetable
Bunch (of lettuce)	Orange	White
Crisp	Protein	Yellow
Crunchy	Red	
Green	Variety	

Books:

Come Into My Garden by Cynthia Rothman (1994)

The Surprise Garden by Zoe Hall (1999)

Activity to Support Literacy

On chart paper, write the names of ingredients used in the salad bar and classify them as proteins or vegetables.

After eating the salads, graph what children put in their salads.

“What ingredient did most children put in their salad?”

“Who put the most items in their salad?”

Our Salads

	Vegetables			Protein	
	Broccoli	Carrots	Lettuce	Cheese	Eggs
Tyler		X	X	X	
Lucy	X	X	X	X	X
Sadie	X		X	X	

Song: “Munch, Munch, Munch”



TRAIL MIX



Trail mix is a popular snack with hikers because it contains lots of nutrients and is easy to carry and eat.

CAUTION:

Conduct this trail mix activity with older children (four years of age and older). Hard foods (such as nuts) and sticky foods (such as raisins and dried fruit) can be potential choking hazards for children younger than four years of age.

DO NOT allow children with known allergies to nuts to add them to their trail mix.





Nutrition Activity—Making Trail Mix

Objective: Children will be able to classify ingredients as grains, dehydrated fruits, nuts, or seeds and will be able to count the items as they make their own trail mix.



Materials:

Ingredients for Trail Mix



Measuring Cups or Spoons Scoops

Self-seal Sandwich Bags

Markers for Labeling

- 1) Set up a table with bowls of trail mix ingredients and the other materials.
- 2) Write the children's names on the self-seal sandwich bags.
- 3) Show and name the ingredients, allowing children to have small samples. Pass the bowls around and have children scoop and name ingredients of their choice into their bag.
- 4) Count how many ingredients the children put in their trail mix.
- 5) Seal bags and serve at mealtime or bring on a field trip.

Related Activities or Ideas

-  Dehydrate fruit for trail mix. (Refer to Dried Fruits Lesson)
-  Sort and taste nuts in the shell.

Trail Mix

Choose at least one item from each group.

Dried Fruits*	Grains	Nuts/Seeds*
Apples	Bran flakes	Almonds
Apricots	Cheerios	Peanuts
Cranberries	Chex	Pumpkin seeds
Dried fruit medley	Granola	Sunflower seeds
Pineapple		Walnuts
Prunes	* CAUTION: Seeds, nuts and dried fruit may be choking hazards for young children. Chop finely.	
Raisins		



Literacy

Vocabulary Builders:

Color	Energy	Snack
Crunchy	Mix	Sticky
Dehydrated	Shape	Sweet
Dried	Size	

Books:

I Went Walking by Sue Williams (1996)

We're Going on a Bear Hunt by Helen Oxenbury and Michael Rosen (1997)

Activity to Support Literacy

At circle time, act out the song, "A Hiking We Will Go," to the tune of "Hi-Ho the Dairy-O."

Graph the ingredients that the children chose for their trail mix. Count up the totals for each ingredient (e.g., two children chose to put raisins in their trail mix). Discuss the graph with the children.



Trail Mix

	Bananas	Oat rounds	Granola	Raisins	Sunflower seeds	Walnuts
Tyler		X		X	X	
Sarah	X		X	X		X
Totals	1	1	1	2	1	1

Extension: Set up a camping corner in the classroom: tent, child's lantern, picnic basket, "fire"—red, orange, and yellow tissue paper.

Song: "Raisins Are Grand"

YOGURT POPS



Pureeing and freezing fruits is a simple way to help children “eat” their five fruits a day.



Freeze chunks of pineapple or melon or grapes cut in half for a crunchy cool summer treat



Yogurt is a good source of calcium and protein.
Serve yogurt at snack time.





YOGURT POPS

Nutrition Activity—Making Yogurt Pops

Objective: Children will follow the sequence of steps in a recipe to make yogurt pops, observing the time it takes to freeze juice and yogurt and make popsicles.



Materials:

Ingredients and Recipe for Yogurt Pops

4 oz. Cups Popsicle Sticks





Mixing Bowl Spoon

Pitcher or Measuring Cup Trays

Foil (*Place foil over a cup and then poke a popsicle stick through the foil into the yogurt. The foil keeps the stick upright.*)

- 1) Set up a table with the ingredients, trays, and popsicle sticks.
- 2) Follow the recipe for yogurt pops.
- 3) Put the pops in the freezer and record the time. The following day have the children check and see how long it took to freeze the pops.

Related Activities or Ideas

-  Banana-peach pops
-  Banana sherbet
-  Cherry vanilla frozen pops
-  Watermelon popsicles

Yogurt Pops

(Makes 30 three-eighth cup popsicles; provides two ounces of a meat alternate)

32 oz. Flavored Low-Fat Yogurt
(peach, vanilla, or lemon)

32 oz. Plain Nonfat Yogurt

24 oz. 100% Orange Juice Concentrate

30 4 oz. Plastic Cups

Mix all the ingredients together in mixing bowl and stir. Pour a small amount into a pitcher or measuring cup. Pour into cups and divide evenly, filling to about halfway.

Place a popsicle stick in the center of each cup, set on a tray, and freeze overnight.



Literacy

Vocabulary Builders:

Calcium	Ice	Refreshing
Chilly	Pops/popsicle	Yogurt
Freeze/frozen	Recipe	

Activity to Support Literacy

Draw a picture recipe. Introduce and review. Have children dictate the steps of the recipe after the activity, reviewing the order and using such vocabulary words as *next*, *then*, *after*, and *last*. The teacher could prompt this review at circle time and print the children's words on a chart tablet, poster board, or wipe-off board. This "recipe" could be copied onto smaller paper and duplicated for the children to take home to share with their families.



GELATIN



Serving gelatin containing fruits or vegetables can be a fun way for children to enjoy eating them.





GELATIN

Nutrition Activity—Making Gelatin

Objective: Children will follow the sequence of steps in a recipe, observing the changes as gelatin dissolves and how over time the liquid becomes gelatin.



Materials:

Ingredients and Recipe for Fruit Juice Gelatin

5 oz Plastic Cups	Plastic Spoons
Measuring Cup	Spoon
Measuring Cups	Trays
Mixing Bowl	

- 1) Set up table with ingredients, trays, and plastic spoons.
- 2) Follow the recipe.
- 3) Put in refrigerator and serve the following day.

Related Activities or Ideas



Layered fruit gelatin



Orange fluff

Fruit Juice Gelatin

(Makes 30 servings of three-eighths cup or three ounces fruit)

10 pkgs. Unflavored Gelatin

5 cups 100% Fruit Juice, Pasteurized

10 cups Hot 100% Fruit Juice, Pasteurized

1 ½ lb. Fresh or Frozen Strawberries

30 5 oz. Plastic Cups

Mix gelatin with 5 cups of fruit juice (such as raspberry, cherry, or unsweetened grape) in bowl. Stir until dissolved. Let stand one minute. Add 10 cups of hot fruit juice and stir. Let cool 5 minutes. Divide strawberries among 30 cups. Pour 4 ounces of gelatin and juice mixture into each cup. Set on tray, put in a spoon (optional), and refrigerate overnight.



Literacy

Vocabulary Builders:

Chill	Gelatin	Mix
Dissolve	Jiggle	Stir
Gel	Juice	Wiggle

Activity to Support Literacy

Make a list (with children) of different kinds of juice.

Then make a list of fruits. Have each child create their favorite gelatin combination. Write down each child's combination and send home with the children along with the recipe.

Note: Do not use fresh pineapple, kiwi, or papaya. They prevent the gelatin from setting.