

Healthy Snacks

Activity

Resource: Early Learning Resource

Grade(s): Early Learning

Curriculum Expectations

6.1, 6.2

See the *Kindergarten Program 2016* for details on the specific expectations.

Activity Learning Goals

By the end of the activity children will be able to:

- understand the effects of healthy living on the body
- investigate the benefits of nutritious foods.

Equipment

- Paper plates or circles
- Scissors
- Glue
- Real or pictures of fruit and vegetables
- Writing materials
- *The Hungry Caterpillar* by Eric Carle

- [Early Learning Anecdotal Recording Chart](#)

Safety

n/a

Assessment Opportunity

EL-K Team observation of children's demonstrated understanding of healthy nutritious food choices and the benefits of these food choices can be recorded on the Anecdotal Recording Chart.

The Hungry Caterpillar

- Read the story The Hungry Caterpillar so that children become familiar with the language pattern of the story.
- Discuss, identify and sort fruits and vegetables (real or pictures) into fruit and vegetable categories. Each child selects a fruit or vegetable for the caterpillar. Children then repeat the completed statement using the pattern from the story.
- Pattern: On the first day they ate through one (fruit or vegetable) but they were still hungry. On the second day... Continue the pattern until finished. Final circle: On the last day they had a stomach ache!
- Throughout the activity, children point to appropriate section of the caterpillar as requested by you (e.g., point to the fourth day).

Notes to EL-K Team

- Pre-cut pictures of fruit or vegetables.
- Ask children to bring pictures, use flyers, magazines or drawings of fruits and vegetables for this activity.
- Remind children to move carefully when using scissors and hold them properly.
- Review scissor safety with children: Check that the scissors are age appropriate for the children. Check that all children know how to hold scissors properly for cutting and can demonstrate how to 'snip'. Instruct children not to run with scissors and when passing scissors to someone else, wrap their hand

around the closed blades, handle up.

Connection Questions to Expand and Enhance Play

- What fruits and vegetables did our class caterpillar eat to stay healthy?
- Why did the Hungry Caterpillar eat fruits and vegetables rather than less healthy foods?
- Which healthy fruits or vegetables do you like best?