

Nutrition Lab

Summary

Students will go to various stations making creative snacks that can be used in a preschool. As discussed in the Child Care curriculum (see attached child care objective 200201-0503), this will implement the things they have learned about healthy and appropriate snacks for children. It will also allow them to experience making snacks and what kind of time and materials are involved. The recipe packet will give them the resources they need for future work with children.

Main Core Tie

Child Development

[Strand 1](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Individual

Materials

See the ingredient, station posters, and recipe book attachments for the list of all materials.

Background for Teachers

This lab can only be done if there is some sort of budget, or you can choose to modify the plan (students only making a couple of the items) It is also very time intensive to set up and prepare. Another option is to have each person in the class bring a food item (unprepared, of course) so that you don't have to buy all of the ingredients.

Student Prior Knowledge

They should already know about nutrition for children and about snacks. This is a summary of all that they have learned previously, and should not be done without instruction on healthy snacks for children.

Intended Learning Outcomes

After this period, students will have a resource for future snacks for children through making and creating a recipe book, as directed by the teacher.

Instructional Procedures

- Intro: just review some of the things they learned from yesterday at the stations. For ex: How many servings from the food groups for children? How do you put out a grease fire? What are some sanitation rules while cooking? (see lesson plan called Nutritional Needs, by Marilee Webb)
- Stations: Have them go around to each of the 8 different stations and make each one of the snacks. Have them pick up a copy of the recipe and put it in their "recipe book" (all of the recipes tied together with string where the holes are punched) To see recipes, see attachments. 1. Yogurt Parfaits 2. colorful toasted Bread 3. Edible Art (vegetables) 4. Butter (I will just show and make while they are doing everything else) 5. Yummy Flower Pot 6. "Green Surprise" 7. Flavored Popcorn 8. Apple Mouths 9. Ants on a Log 10. Chicken Feed 11. Peanut Butter Play dough 12. Bagel ships 13. Groovy

Smoothies

Assessment Plan

As they are eating at the end, discuss what things they noticed about the snacks prepared (fun, cool colors, shapes, etc.)

Bibliography

See the attachments

Authors

[Marilee Webb](#)