

Child Care Unit-Day 4

Summary

This lesson will allow students to plan and participate in a food experience that appeals to children.

Main Core Tie

FCS Exploration

[Strand 6 Standard 3](#)

Time Frame

1 class periods of 70 minutes each

Materials

Granola Bar Recipes (Enough for each group)

Granola Bar Ingredients (Enough for 4 Kitchen Units):

- 9 c. rolled oats
- 2 c. flour
- 2 tsp. baking soda
- 2 tsp. vanilla
- 2 2/3 c. butter
- 1 c. honey
- 1 c. brown sugar
- 4 c. chocolate chips
- cooking spray
- 4 (8x8) disposable tins

Student Prior Knowledge

Bell Ringer Question:

List three healthy snacks for children.

Instructional Procedures

Explain the importance of feeding children healthy snacks.

Review the granola recipe with the students.

Have the students prepare the recipe.

Do not have the students eat the food! It needs to be saved for the preschool day.

Once the granola bars are cooled, place the pan filled with granola bars into a gallon-sized Ziplock bag and put into the refrigerator.

Authors

[Vikki Masters](#)

[Laura Schiers](#)