

What's for Snack?

Age: 2 years and up



Ingredients

Large sheets office paper
Marker

Directions

Let the children help plan snacks for the week.

1. Make a chart of the days of the week.
2. Let children suggest snacks for each day. Write in the name of the snack and add a picture of it. You might want to give the children a few approved choices or you make the choices and the children select the days.
3. Refer to your week's calendar to help the children develop time concepts and reading skills.

What children will learn

Nutrition and cooking, thinking skills

