

# Activity Plan Form – APPROVED Off-Campus Lab Site

## PLEASE PHOTOCOPY BEFORE USING

You must complete this form and have it signed by the lab site classroom teacher before you can do the activity with the children.

### Lab Site Classroom Teacher Signature

Name Caroline Hunt Professor Dr. Cott  
Course TECA 1318.501 Date 3-20-17

Activity Veggie + Cookie Monster Healthy Snacks Age of Children 4 to 5

### Purpose/Goal of Activity:

**OBJECTIVES:** Describe specific learning objectives, in 5-7 words

1. The child will be able to: Have fun
2. The child will be able to: Identify a healthy snack
3. The child will be able to: Identify a non-healthy snack

**MATERIALS NEEDED:** (Be specific—you must provide materials or make sure the lab site has them available for you to use BEFORE the activity)

- 2 poster monster cut outs
- Fruits, veggie, candy, nuts, etc.
- healthy eating book

### Time Needed for Activity:

GROUP SIZE: All (14) LOCATION: (table, outside, a center, etc.) Center

### PROCEDURE FOR ACTIVITY:

Please type on separate paper including: your setup, a transition into the activity, how you will introduce the activity, each step of what you will do and a transition out of the activity. Include 2 or 3 open-ended questions you can ask the children during the activity. - See attached with steps

Three children's books related to topic. Include title, author, publication date & summary:

1. The Fruit Group, Frost, Helen (2000), Book about food pyramid
2. Apple, McClure, Nikki (2012), Life cycle of an apple
3. To Market, To Market, McClure, Nikki (2011), Trip to grocery store

### Two follow-up activities:

1. Sing a healthy snack song (see attached)
2. Ask children to re-identify the healthy and non-healthy snacks.