

Lab Two; "Health," Part One

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TECA 1318.S01

Name of the Game or Activity: Veggie and Cookie Monster – Healthy Snacks

Intended Age Group: Four and Five year-olds

Objectives:

1. Create a fun atmosphere for the activity
2. Help the children identify a good and healthy snack
3. Help the children identify a non-healthy snack

Materials needed:

- 2 poster monster cutouts
- Fruits, vegetable, candies, nuts
- book regarding healthy eating

Steps in the activity:

1. Read the healthy eating book
2. Play the healthy snack game
 - a. Would the Veggie Monster like eating candy? NO!! Try to make him eat it...funny visual.

Time Needed: 10 to 15 minutes

Transition Method: Tell the kids to come to the circle center and that they are going to get to hear a book about eating healthy snacks with help from Veggie and Cookie Monster.

Three questions for the children:

1. What is a healthy snack?
2. What is not a healthy snack?
3. What is your favorite snack? Is it healthy?

3 Children's books related to the activity:

1. Frost, Helen (2000) The Fruit Group

This book is about the food pyramid and the part that fruit plays in the way to eat healthy.

2. McClure, Nikki (2012) Apple

This cute picture goes through the life cycle of an apple.

3. McClure, Nikki (2011) To Market, To Market

This book follows a Mother and Son as they go to the grocery store and get things on their shopping list.

Follow up activities:

1. Sing the healthy snack song. “Peal the orange...peal, peal the orange...peal the orange...peal, peal the orange.” With hand signs.
2. Mix up the snack examples and ask the children to identify the healthy from the non-healthy snacks.