

Healthy snack activity plan



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Making a healthy Snack| Age of children: 4-5 years Setting or Class: Classroom Grouping of children: 6| Aim: To make a healthy snack with the children. | Resources: Peppers, Cucumber, Tomato, Sweetcorn, Tuna, Chicken, Ham, Wraps, Kitchen Foil, Spoons, Forks. | Curriculum used: Early Years Foundation Stage (EYFS)| Learning Outcomes: Physical Development: Health and Self-Care 30-50 months statements “ Can tell adults when hungry or tired or when they want to rest of play”. “ Understands that equipment and tools have to be used safely.

“ Can usually manage washing and drying hands”. 40-60+ months statements “ Eats a healthy range of foods and understands need for variety in food”. “ Shows some understanding that good practices with regard to eating and hygiene can contribute to good health”. Early Learning Goal “ Children know the importance for good health of physical exercise, and healthy diet, and talk about ways to keep healthy and safe”. | Description of Activity: I will let the children sit down and make together a healthy eating wrap that they can take home to eat.

I will introduce the different kind of vegetables that I have come prepared with. | Differentiation: I will adapt the activity by giving them a demonstration of how to make a wrap first, before they go and make one themselves. I could also leave a picture of a wrap on the table so they have an idea of how to make one. To make the activity more challenging, I can explain how to make it, and let them go ahead and carry the activity by themselves. | Adaptations for particular needs: With a child with ADHD I will adapt this activity by ensuring that I make it fun for the children and let them be involved at all times.

Anti-discriminatory practice: I will ensure that I include all children within the activity, making sure that every child has had the opportunity to make a wrap on their own. I will also ensure that I provide a variety of different vegetables, so that all the children are able to put vegetables that they like in their wrap; this will encourage the children. | Every Child Matters Outcomes promoted: From the Every Child Matters Framework ‘ Be healthy’ would link in to my activity because the children will be making a healthy snack to eat. From the Every

Child Matters Framework ‘ Make a positive contribution’ would link into my activity as all the children will have a chance to make their own healthy wrap. From the Every Child Matters Framework ‘ Enjoy and Achieve’ would link into my activity because the children are able to have fun with it, and will then learn a healthy snack that they can make in the future. | Implementation: Before I carry out with my activity, I will have to ask my supervisors permission to carry out the activity and then arrange 3 possible dates with my supervisor in which I am able to do the activity with the children.

I will also have to carry out a health and safety check to ensure that there is nothing that could harm the children throughout the activity. Before I start my activity, I will ensure that I have a few minutes of preparation time to allow myself to get all the vegetables, other foods and equipment I need and set it out on the tables that have been provided. I will start the activity by selecting a small group of children, then making sure they have washed their hands before touching the foods.

I will then sit the children down at the table and explain and demonstrate how to make a wrap; I will introduce the different variety of foods and vegetables to them that I have provided for them to use. I will then give them the chance on their own to make their wrap, having guidance from me if they ask too. I will help the children achieve the 30-50 month Physical Development: Health and Self-Care statement “ Can tell adults when hungry or tired or when they want to rest of play” by asking the children whether they think the foods are healthy and unhealthy whilst they prepare their wrap.

I will also help the children achieve this statement by asking them if they feel hungry when they are making the wrap. I will help the children achieve the 30-60 month Physical Development: Health and Self-Care statement “ Understands that equipment and tools have to be used safely” by explaining to the children what equipment is dangerous to them such as the knife’s, and ensuring that they understand that they have to be sensible when making their wrap.

I will help the children achieve the 30-60 month Physical Development: Health and Self-Care statement “ Can usually manage washing and drying hands” by ensuring that the children wash their hands before and after the activity. I will supervise them doing this to ensure that they have done it correctly. I will help the children achieve the 40-60+ month Physical Development: Health and Self-Care statement “ Eats a healthy range of foods and understands need for variety in food” by providing a range of vegetables and foods to the children.

I will help the children achieve the 40-60+ month Physical Development: Health and Self-Care statement “ Shows some understanding that good practices with regard to eating and hygiene can contribute to good health” by ensuring that they understand how to wash and dry their hands correctly. I will end the activity by letting the children show me their final wrap that they have made, and then making sure that they wash their hands when they have finished. | Evaluation: I planned my activity by firstly ensuring that I had my supervisor’s permission to carry out the activity.

I then arranged 3 possible dates in which I would be able to carry out my activity. These were the 19th March, 25th March and the 26th March. I was able to carry out my activity on the 25th March as it fitted in with the supervisor’s plan. On the day of the activity, I ensured that it was still okay with my supervisor whether it was possible to carry out my activity, in which it was. Before I carried out my activity, I ensured that the table in which I was going to carry out my ‘ making a healthy snack activity’ was clear, ensuring that there were no previous resources on it.

I then cleaned the table with anti-bacterial cleaner and a clean cloth, to ensure that it was suitable for making foods. I ensured that I had a few minutes preparation time; within this time, I collected all the equipment and foods that I needed so everything was prepared and ready for the children when they came and sat down. I and my supervisor had already chosen 6 children in whom we thought would gain the most from the activity. Before I started my activity, I ensured that all the children had washed their hands.

I started the activity by going over what we talked about the previous week, and what foods were healthy and unhealthy for them; I found that this would

be helpful to the children as it refreshed their memory in what we were going to be doing. I then asked the children if they could remember what we decided that we were going to be making. One child then shouted ' we were going to be making wraps! '. I replied ' yes, we are making wraps because they are healthy for you. ' I then took my ingredients out my bag, one by one.

When I took out one, I asked them to tell me what they thought that vegetable or food was, until all of the ingredients were on the table. I then gave them each their own wrap, and asked each child individually what they were going to put in their wrap. Some children said, ' tuna and sweetcorn', others said ' ham and cucumber', however one child said ' everything'. I then opened all of the foods and gave them their own spoon and fork in which they were then able to start making their wrap. I'm pretty sure they got more food over the table than on their wrap!

I praised the children as they were making their wraps, saying to them how good and healthy their wraps looked. Once they had finished making their wraps, I got the children to show the other children their wrap, and I asked what ingredients were in it. I then helped them fold it and I wrapped them in foil individually so that they were able to take them home. One child had filled their wrap to much, in which he used his initiative and took some out, ' that's better' he said looking excited.

I was then able to wrap his wrap up ready for him to take it home. I explained to the children that they were the only children that were able to make the wraps, so they had to keep it a secret from all the other children, in which they all whispered ' Shhh! ' I sent the children out in pairs to put

their wraps in their trays, once they had all put their wraps away, I took them to the toilets and supervised them to ensure that they all washed their hands before going back to play.

From the learning outcomes it has appeared that the children have achieved the 30-50 months Physical Development: Health and self-care statement “ Can usually manage washing and drying hands”. I helped the children achieve this statement by ensuring that all the children washed their hands by themselves before and after the ‘ making a healthy snack’ activity, to ensure that their hands were clean before handling food. The children can now start working towards the 30-50 months Physical Development: Health and self-care statement “ Talk with children about the importance of hand-washing”.

An activity that would help the children work towards this statement could be a ‘ washing hands’ workshop where adults talk to the children about how important it is to wash their hands, and provide different ways in which to make washing their hands fun such as singing a song. To encourage children to wash their hands, you could also buy great smelling soap for them, this will boost children as they will love the smell of the soap. From the learning outcomes it has appeared that the children have achieved the 30-50 months Physical Development: Health and self-care statement “ Understands that equipment and tools have to be used safely. I have helped the children achieve this statement by explaining to the children that they should not poke each other with the forks and spoons that I gave them, and some of the things that could happen if they did. By explaining the importance of this to the children, they were very sensible with the cutlery that was provided for

them. The children are now able to start to work towards the 40-60+ months Physical Development: Health and self-care statement “ Shows understanding of how to transport and store equipment safely”.

An activity that could help the children work towards this statement could be a sessions where they make play dough. This will help the children work towards this statement as there could be stencils provided that have sharp edges to them; when tidying up, the children will have to carry them safely to stop hurting other children. One thing that went well during my activity was that all the children were able to participate in the activity.

I ensured that this was possible by giving all the children a chance to share their views and opinions, I also made sure that all the children were able to participate throughout the activity by providing them with their own wrap and the ingredients that they suggested in the discussion. Another thing that I thought went well throughout my activity was my organisation during it, I ensured that I had all the foods and equipment ready for the children, so that the activity was able to flow easier for me and the children.

Another thing that went well throughout my activity was that I made the activity fun for the children, this was important because I found that the children listened to instructions and followed them. One thing that didn't go well throughout the activity was that I didn't give the children a demonstration of how to make a wrap before they made their own. If I had gave a demonstration to the children, they would of put a sensible amount of ingredients in the wrap, and not over-filling it.

Another thing that didn't go well during the snack making activity was that I didn't keep the conversation flowing with the children, this lead for the <https://assignbuster.com/healthy-snack-activity-plan/>

children to make conversation with each other, about a completely different subject, that didn't relate to healthy foods. If I were to carry out this activity again, I would change it by ensuring that I give a demonstration of a wrap before I give the children their own to make; this will ensure that the children understand the concept of how to make and fold a wrap, knowing and understanding how much food you need to put in.

I would also change this activity for next time by ensuring that I keep asking questions to the children such as ' what are you putting in your wrap now? ' and ' that looks tasty, are you going to eat it all up when you get home? ' By doing this, it will engage the children within the activity more, and will encourage them to talk to the other children about what healthy foods they are putting into their wraps, and other healthy foods that they like. |