

Staff Pages

This Week's Topic: **Smart Snacking**
This Week's Lesson: **Butterfly Bagels**

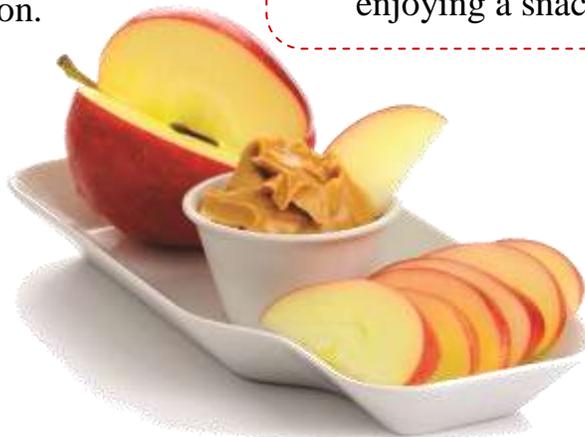
Today in your classroom children learned why it is good to eat healthy snacks. Preschool children need snacks because they get hungry between meals.

- On the back of this page is your lesson plan for this week's lesson "Butterfly Bagels." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Smart Snacking Ideas for Your Classroom



1. **Healthy snacks** help children's bodies grow strong and give them energy to play.
2. Snacks are important for children because they have **small stomachs** and cannot eat enough at 3 meals/day to meet their nutritional needs.
3. Snacks should **complement meals**, not replace them.
4. Snacks should be offered to **satisfy hunger**. Do not offer a snack to calm a child or reward behavior.
5. **Model healthy snacking** by eating with the children. You can read about new foods, have a discussion, and help children learn new skills—all while enjoying a snack together.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Butterfly Bagels

Goals & Objectives: To increase the knowledge and awareness of the importance of eating nutritious snacks.

Prep Time: 10 minutes

Activity Time: 20 minutes

Supplies You Will Need

- Whole-wheat mini bagels, one half per child
- Low-fat whipped cream cheese, 1 small container
- 2 carrots, scrubbed and grated
- 1 can black beans, drained, and rinsed
- 10-12 grape or cherry tomatoes cut in half
- 1 green pepper, cut into thin slices
- Serving bowls, small tongs, small plates, napkins, and small cups
- Pitcher of chilled water

Preparation for Activity

1. Read through the entire lesson.
2. Cut the bagels in half. Placing the bagels on an individual small plate, put the halves curved end to curved end to form the body of the butterfly.
3. Spread a thin layer of the low-fat cream cheese on the top of flat side of the bagel halves.
4. Put the grated carrots drained black beans, tomato halves and green pepper slices in small bowls with appropriate serving spoons or tongs.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Healthy snacks help your body grow strong.
 - Healthy snacks give you energy to play.
 - Healthy snacks taste great.
3. **Tell them they are going to make a healthy snack, a bagel butterfly.**
4. **Show the children how to create their butterfly** using 2 pieces of green pepper slices for antennae, black beans for eyes, and cherry tomato halves and shredded carrots for decorations.
5. **Provide each child with a napkin and small plate** containing a butterfly bagel to decorate. Have the children enjoy their bagel butterfly with a glass of chilled water.
6. **Pass the serving bowls of beans and vegetables and serving spoons or tongs.** Allow children to serve themselves and then decorate their butterfly.

Options

For a CACFP creditable snack, prepare enough beans and vegetables for each child to have ½ cup portion. This in combination with the bagel will meet the CACFP Healthy Child Meal Pattern. Water must be served with snacks if no beverage is provided.

Extension Activity

Have the children build their own healthy snack by making a fruit and cheese kabob on a coffee stirrer. Use melon cubes, or banana slices with cheese cubes.

Dear Parent,

Your child is learning that healthy snacks can help their bodies grow strong and will give them energy to play.

Home Activity: Prepare a healthy snack with your children. Offer fresh fruits with a yogurt dip. Let your children help choose the fruits you will serve.



Tips

-  Snack time is a good time to introduce new foods.
 -  Let your child help make the snack.
 -  Offer a new food along with a familiar food.
 -  Sometimes new foods take time. Give your child a taste at first and be patient with them.
 -  Offer your child water with their snack.
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They learn from watching you—eat healthy snacks and your child will too.

-  Offer healthy snacks to help your child grow strong.
-  Offer snacks between meals at regular times each day when your child is hungry.
-  Do not offer snacks to calm a child or reward behavior.



Directions: Make the fruits and vegetables you serve your child kid-friendly by giving them neat names like orange smiles, cucumber or banana wheels, carrot coins, or broccoli trees.

Today I served my child _____.