

Day 1: MyPlate

THE SNACK SHACK



TYPE OF ACTIVITY: Dramatic Play

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will practice social skills by acting out the roles of customer, cashier, and cook.
- › Children will choose a variety of healthy snacks.
- › Children will identify foods from different food groups.

MATERIALS:

- › Plastic models of healthy snack foods from all food groups (see list on next page for ideas)
- › Paper and markers to make signs
- › Cash register with play money
- › Plastic plates, cups, and silverware
- › Child-sized tables and chairs
- › Menu board with pictures and names of foods
- › Aprons, chef's hats, etc.
- › Empty spray bottles, rags to wipe tables, etc.
- › Order pads and pencils
- › Serving trays
- › "To-go" bags



PROCEDURE:

1. Set-up the dramatic play area to resemble a snack bar, with a cooking area, an order counter, and tables and chairs for customers. Hang a sign that says "Welcome to the Snack Shack" near the entrance. Put up signs that read "Order Here," "Cook Here," and "Pick-Up" in the appropriate areas. Put up a menu board at the order counter.
2. Introduce the Snack Shack to children. Begin by discussing what happens at each station ("Order Here," "Cook Here," and "Pick-Up"). Hold up the menu board. Explain that customers can order their snacks from the menu. Encourage children to choose a variety of foods to create a delicious snack.
3. Explain the items located in the dramatic play area. Discuss the various roles that children can act out, including cashier, table cleaner, customer, cook, etc.

4. Encourage children to begin dramatic play in the Snack Shack. If children have trouble getting started, pretend to be a customer and ask a child to take your order.

ADAPTATIONS/EXTENSIONS:

Math: Add prices to the menu board. Encourage children to count the number and calculate the cost of food items ordered.

Art: Encourage children to create new Snack Shack menus.

Language: Provide children with comment cards. Explain that we use comments cards to tell business owners if we liked their food. Invite children to write or draw their comments about the Snack Shack and drop them into the Comment Box. Read the comments to the children during a later group activity, and talk about how the Snack Shack could be improved.

EXAMPLES OF FOOD MODELS THAT COULD BE INCLUDED IN THE SNACK SHACK

- Apples
- Oranges
- Bananas
- Pears
- Peaches
- Grapes
- Strawberries
- Milk
- Juice
- Carrot Sticks
- Celery Sticks
- Red or Green Pepper Strips
- Broccoli
- Baked Chicken
- Sliced Ham
- Sliced Turkey
- Trail Mix
- Dried Fruit
- Cheese Cubes
- Whole Wheat Crackers
- Whole Wheat Bread
- Peanut Butter

