

If You Give a Kindergartener a Cookie



Linking Agriculture,
Literature, Science and Snacks
With a touch of fun.

The Center for Science in the Public Interest reports snacks are beneficial to children, promoting good nutrition and encouraging lifelong healthful habits.

Children need to be able to refuel throughout the day to maintain energy and focus on academics, and that's where snacking comes in. It's crucial these snacks be health-conscious, as studies show that in states where laws require schools to sell only snacks that meet certain nutrition requirements children gain less weight as they get older. Children may also need to fill in certain nutrient gaps left by meals. Healthy snacks also boost energy, while sugary treats and other junk food can lead to a quick crash and overeating at the next meal.

Teaching your child about healthy foods will empower them to make good choices when at school and at home. Remember 30 minutes of moderately active physical activity combined with USDA's MyPlate guidelines are suggested.

As always defer to the specific dietary guidelines of your school and district and make special note of food allergies.

Links for all activities are found on the [ILLINOIS AGRICULTURE IN THE CLASSROOM](#) Pinterest Page.

Spring

WORMS

Gummy Worm Dirt Pudding Pipe Cleaner Pattern Worm
Diary of a Worm by Doreen Cronin (978-0060001513)
Wonderful Worms by Linda Glaser (978-15629473090)
Garden Wigglers by Nancy Loewen (978-1404817579)

BUTTERFLIES

Snack bag Butterfly Pasta Life Cycle
Monarch Butterfly by Gail Gibbons (978-0823409099)
Velma Gratch and the Way Cool Butterfly by Alan Madison
(978-03079780420)
National Geographic Kids Butterflies By Marfe Delano
(978-1426316999)

LADYBUGS

Appleslice Lady Bug Grouchy Ladybug Paper Plate
The Grouchy Ladybug by Eric Carle (978-0694013203)
Ladybugs by Gail Gibbons (978-0823423682)
A Ladybug's Life by John Himmelmann (9780516263533)

CATERPILLARS

Very Hungry Caterpillar Kabob Fingerprint Counting
Very Hungry Caterpillar by Eric Carle (978-0399255564)
From Caterpillar to Butterfly by Deborah Heiligman
(978-0062381835)

K-ESS3-1 Earth and Human Activity

Use a model to represent the relationship between the needs of different plants and animals (including humans) and the places they live.

K-LS1-1 From Molecules to Organisms: Structures and Processes

Use observations to describe patterns of what plants and animals (including humans) need to survive.

Fall

APPLES

Apple Smile/Crockpot Applesauce Apple Chain
Applesauce Day by Lisa Amstutz (978-0807503928)
Apples by Gail Gibbons (978-0823416691)
How do Apples Grow by Betsy Maestro (978-0064451178)

PUMPKINS

Pumpkin Pie in a Bag 3 D Pumpkin
Pumpkin Book by Gail Gibbons (978-0823416363)
Too Many Pumpkins by Linda White (978-0823413201)
Pumpkin Jack by Will Hubble (978-0807566664)

THANKSGIVING

Turkey Cups and Snacks Counting Turkey
A Plump and Perky Turkey by Teresa Bateman (978-0761451884)
Gracias The Thanksgiving Turkey by Joy Cowley
(978-0439769877)
Thanks for Thanksgiving by Julie Markes (978-0060510985)

K-LS1-1 From Molecules to Organisms: Structures and Processes

Use observations to describe patterns of what plants and animals (including humans) need to survive.

K-PS3- Energy Make observations to determine the effect of sunlight on Earth's surface.

WINTER

SNOW

Marshmallow Snowflake Handprint Snowflake
Snow by Uri Shulevitz (978-03744686200)
Snowflake Bentley by Jacqueline Briggs Martin (978-0547248295)
Snowflakes Fall by Patricia Maclachlan (978-0385376938)

PIGS

Applesauce Pigs Paper Bag Pigs
Pigs by Gail Gibbons (978-0823415540)
Pig by Jules Older (978-0881061093)
Pig by Robert Munsch (978-1550370386)

CHRISTMAS TREES

Grinch Kabob/ Krispie and Pretzel Tree 3D Christmas Tree
Year of the Perfect Christmas Tree by Gloria Huston
(978-0140558777)
Mr Willowby's Christmas Tree by Robert Barry (978-0385327213)
Pick a Pine Tree by Patricia Tohn (978-0763695712)
Christmas Day in the Morning by Pearl Buck (978-0688162672)

K-ESS2-1 Earth's Systems

Use and share observations of local weather conditions to describe patterns over time



Butterfly Zip Top Snacks

<http://www.forkly.com/food/fun-food-for-kids-10-cool-and-healthy-snacks/>

Use a snack size bag and fill with assorted snacks. Colored goldfish, colored cereal, attach with a pipe cleaner, add eyes.

Turkey Pudding Cups

<http://www.media-cache-ak0.pinning.com>

Consider using student hand prints cut from construction paper as the feathers. Can substitute, jello cups, fruit cups, or even snack cracker and cheese packs.



Pretzel Marshmallow
Snowflake

<http://www.mrsplemonskindergarten.com/2016/01/tot-school-tuesday-snow.html>

Use both large and miniature marshmallows.

Fruit Cup Pig

Adapted from
https://thenymelrosefamily.com/love-bug-fruit-cups/#_a5y_p=3267462

Using Mott's Strawberry Applesauce

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