

Placemats

Nutrition Lesson(s) Supported:

- Sensational Snacks
- Fruits and Vegetables

Supplies Needed:

- Blank foam placemats for each child
- Markers and stickers

Length of Time to Complete:

10 minutes

Audience (grades): K-3

Background:

Growing kids need fuel (food) throughout the day to maintain high levels of energy. Every child should eat 3 balanced meals and 2 energy filled snacks each day. Snacks should contain at least two food groups (whole grain, lean protein, fruit, vegetable and/or calcium rich food). The appropriate size for a snack is about the size that fits in the palms of both hands.

Process:

Have children decorate foam mats with markers and stickers. This is their special snack mat. Remind children that growing bodies need fuel for energy, so they need 3 meals and 2 snacks each day.

AKA "Snack Attack Mats"

