

Bear's Snack Time Activity

Materials:

Poster board (or can be done on bulletin board)

Magazine pictures of healthy foods (4-5)

Magazine pictures of junk foods (4-5)

Craft paper or large mailing envelopes

Scissors and glue

Markers and crayons

Bear Feels Sick

Small drink cups

Fruit salad (canned or your favorite recipe)

Forks or spoons

Napkins

Objective:

The children will learn how healthy foods keep them healthy and help them to feel better when they are sick.

Before the children arrive:

Cut out the pictures of the foods and drinks. Laminating the pictures is recommended. Using the craft paper or envelopes make and glue two large pockets to the poster board. Draw a happy face on one pocket, and a sad face on the other pocket. Label the poster Foods Make Me Feel Good! (Or something more creative.) Fill the cups halfway with fruit salad and add a spoon or a fork.

Lead-in:

After reading Bear Feels Sick, ask the children what kinds of foods and drinks Bear was given. Ask what foods make them feel better when they are sick.

Directions:

1. Ask the children to sit in a circle.
2. Lay out each of the pictures one-by-one in the middle of the circle. Ask the children to say the name of the food as you lay them out.
3. Call on a child to pick one of the foods and have the other children help him/her put it in the right pocket- healthy foods into the happy face pocket, junk foods into the sad face pocket.
4. Call on the next child to do the same. Let each child put a food into the correct pocket.
5. When finished take out all the pictures from the happy face pocket and ask the children what they have in common (how are they the same?). Repeat for the sad face pictures.

Wrap-up

Tell the children that in order to keep feeling good or to feel better when you're sick, healthy foods are the way to go! Hand out the cups of fruit salad and napkins. Enjoy a healthy treat together!