



## Power Bites

**Grade Level:** Preschool

**Season:** Fall

**Larger IGS Unit:** Healthy Eating

**Essential Question:** What foods are healthy for us and make us strong?

**Objective:** Students will know some healthy foods

**Materials:** Bowl, spatula or mixing spoon, measuring cups, wax paper, puffed rice, puffed kamut, coconut, honey, sunflower butter, sunflower seeds, dried fruit.

You can also substitute any of these ingredients for your own favorites- try oats, raisins, dried cranberries, dried apples, dried dates, maple syrup, agave nectar, cinnamon, ground ginger, pumpkin or sunflower seeds, and any type of nut butter (be aware of allergies).

**Introduction:** At circle, remind students that we're learning about healthy food. Ask if they remember what healthy food we made last week. Explain that this week we're going to mix together a bunch of healthy foods that make us strong and give us energy, which is why we call them power bites!

**Activity:**

1. Have everyone wash their hands.
2. At the table, introduce each ingredient to the students. If it's practical, let them each try a few pieces of puffed rice or kamut.
3. Go around the table and let each child take a turn adding something (use small measuring spoons so there are more jobs). Add dry ingredients first, then the nut butter and honey.
4. Let the children help stir the mixture until the sticky ingredients are evenly spread.
5. Put a small piece of wax paper or a paper plate in front of each child. Bring the bowl around the table and let each child take a turn taking a handful of the mixture and forming it into a ball.
6. Taste the power bites!

**Wrap up/ Assessment:** While eating the power bites, ask if the students feel like this healthy food is giving them energy. What are we going to do with all that energy?

## **Power Bites**

### **Ingredients:**

1/2 cup puffed millet

1/2 cup puffed brown rice

1/2 cup puffed kamut

1/4 cup sesame seeds

1/3 cup sunflower butter

1/2 cup honey

3/4 cup shredded unsweetened coconut

1/2 cup diced prunes