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GALLI GALLI SIM SIM™

Parents and Educators



Make a Healthy Snack

Suggested Age

- Standard I
- Standard II

Educational Goal

- Encourage children to understand the importance of eating a variety of foods and to develop an interest in trying different types of food.



Materials

- Soft fruits like mangoes, bananas, and papayas (Wash, peel, cut, and remove seeds before your child begins helping you.)
- Juice of one lime
- Grated ginger and chaat masala (optional)
- Large bowl

Directions



1. Wash your hands and your child's hands before beginning.
2. Pour cut fruit into large bowl
3. Pour lime juice over the fruit. Add grated ginger and chaat masala, if desired.
4. As you prepare the snack, discuss how what you and your child are about to eat is both delicious and nutritious. Discuss how all the fruits have Vitamin C, which helps your body fight disease; calcium, which helps bones grow; Vitamin A, which makes eyes strong; and potassium, which helps muscles work.
5. Wash your hands and eat.

Additional Activities

- Invite friends over to share a healthy snack with you. Have your child ask them which healthy snacks they like to eat. Make a plan to make these snacks together.
- Discuss how fruits help fight sickness and improve eye sight. Discuss other healthy foods you and your child eat and why they are healthy.