Preparing and Serving Snack

**Food Preparation Tips:**

1. Always wash your hands, put on food prep gloves, and wear a snack apron when preparing food. Be sure your hair is out of the way, not draped over the food you are preparing.
2. Be sure to wash fruits and vegetables before cutting or serving.
3. Food should be served family style, meaning that the children are able to serve themselves from a larger, community bowl, when possible. Don’t portion out the food in advance.
4. Food should remain covered with saran wrap prior to serving and covered again after and labeled with the lab and date.
5. Do your math! Below is a little quiz to help you.

**Food Quiz:**

1. The snack for the day includes ranch dressing or granola, and the listed amount for a preschooler or toddler is 2 Tbsp. There are 4 Tbsp in a ¼ cup. Calculate how much you need for the following class sizes:
   1. 12 toddlers
      1. 2 cups
      2. 2 ¼ cups
      3. 1 ½ cups
      4. 1 ¾ cup
   2. 20 preschoolers
      1. 2 ½ cups
      2. 2 ¾ cups
      3. 3 cups
      4. 3 ¼ cups
2. Reading the label on the animal crackers you learn that a serving size is 10 crackers, children receive a ½ serving. That would be 5 crackers. How would you measure the community bowl and serve this portion of snack?
   1. Count to five 20 times and then have the children count their own crackers. Leave all the broken crackers in the container for teachers to eat later.
   2. Count five crackers into a measuring cup to see how much that is, including those that are broken, and then use that same measurement in the classroom and let children scoop their serving.
   3. Pour a bowl full of crackers and let the children count out their crackers, put the remaining crackers into a Ziplock and label after lab.
3. A serving of cheese for a child is 2 oz. Without a kitchen scale, how would you determine what 2 oz of cheese might be?
   1. You have a 2 lb brick. How many oz are in 2 lbs? \_\_\_\_\_\_\_\_
   2. If you have 20 children in your class, about how much of the brick are you going to use?
      1. It will not be a perfect measurement, but try to get close \_\_\_\_\_\_\_\_\_\_\_
   3. How would you include the children in serving this portion of snack?

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