



The Very Hungry Caterpillar Day Snack

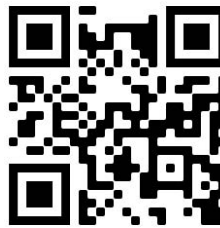
What Is *The Very Hungry Caterpillar* Day Snack?

The Very Hungry Caterpillar Day Snack activity encourages hands-on learning about health and nutrition while trying new foods. Teaching children about nutrition is important because it helps combat childhood obesity and increases their overall health and well-being. As children craft their own snack creations, they will be able to build, explore, and play independently within a group.

Ingredients:

- Apples
- Strawberries
- Blackberries
- Oranges
- Cream Cheese
- Green Food Dye (optional)
- Rice Cakes
- Mini Marshmallows
- Pretzels

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1. Prep the Food

Wash and slice your fruit. Add green food dye into the cream cheese and mix well (optional). Divide all ingredients into separate bowls, so each child has their own set of food to build individual themed snacks.

2. Set the Table

Place Allergy Dietary Mats where each child will be sitting. Place each bowl of food on the child's mat.

3. Build and Enjoy

Encourage children to build their own *The Very Hungry Caterpillar* inspired snack. Enjoy!

Include the *The Very Hungry Caterpillar* Day Snack activity in your classroom to provide a creative and yummy way to learn about health and nutrition.

