

Healthy S'mores Lesson Plan

Objectives:

To give students a simple way to make a healthy treat, and to make food that is good for you, tastes good, and looks fun.

Materials:

S'mores Ingredients

- Graham Crackers
- Bananas
- Peanut Butter (or a substitute, if there are allergies)
- Raisins

Other Activity Supplies

- Safety Knives
- Plates
- CD of Campfire Songs and a Player

Preparation:

- Set all materials up on a table for the students to see
- Have all students wash their hands thoroughly

Introduction:

- Ask students what kinds of snacks they eat in school and at home
- Ask students if they have ever gone camping, and if they know what people usually eat when camping
- Tell students that people often eat s'mores in the woods, which are yummy, but are a dessert food, so they are not very healthy, but that today you are making another kind of s'more that is good and good for them

Activity:

1. Have each student take two graham crackers
2. With a safety knife, let students cut a thick slice of banana and place it on one cracker
3. With the other safety knife, have students spread peanut butter on the other cracker
4. If they would like, have students add raisins to the peanut butter and smush the crackers together to make a s'more

Wrap-Up:

- After making the healthy s'mores, gather the class together and put on the CD of campfire songs and practice singing together
- Ask students if they can think of other healthy snacks they could eat in school or at home