

MAKE A SNACK USING SAFE KNIFE SKILLS

Tuyet shows us how to wash our hands, wake up our hands, and practice safe knife skills as we make a favorite snack: apples and peanut butter.

Special Note to Parents and Caregivers: Preparing simple snacks and meals is a powerful way for young people to build self-esteem, develop independence, and connect with others over food. This video encompasses multiple skills for daily living, including knife safety, planning ahead, hand/eye coordination, good kitchen hygiene, and choosing healthy foods. Once your child has mastered this skill, consider teaching them to prepare other foods, such as scrambled eggs, spaghetti, soup, cookies, or smoothies.

PREPARATION

Counting on You

Counting from one to 20 helps us take our time when washing our hands. Count as a group or ask participants to count by themselves. Try it three or four times.

An Apple a Day

Imagine holding a big apple. Picture its color, feel the weight of it, remember the taste and the smell. Bite into an imaginary apple, with jaws open wide because the imaginary apple is large. Chew your “apple” carefully, letting lips, cheeks, and jaws work together. Feel free to make funny crunching sounds as you pretend to eat.

FOLLOW UP

Prepare Apples and Peanut Butter Snack

Take turns cutting an apple, making sure that we watch each other and practice safe knife skills. The reward will be those yummy snacks! Notice the different textures and flavors: the juicy sweetness of the apple, the creamy saltiness of the peanut butter.

Draw Your Favorite Snack! - Student Handout

It may be hard to choose just one, so feel free to fill up the page. What is the shape of a carrot? A potato chip? A cookie? After drawing, share about your likes and dislikes when it comes to food.