

We Made Trail Mix Using A Balance Scale!

The children were all given an opportunity to participate in making their own trail mix for snack. Each child used a balance scale to weigh the proper amount of trail mix. I set up the table with the balance scale and seven ingredients that could be used in the trail mix. The children used instruction cards to move smoothly through the activity. First, they wrote their names on a label. Once they had written their name they stuck the label on a plastic bag. Next, they counted out 20 pennies and placed the pennies on one side of the balance scale. The children were then allowed to choose what ingredients they wanted for their trail mix. These ingredients were slowly added to the scale until it was balanced.



Through this activity the children were able to meet three objectives. One objective was writing their own name. This objective was met by having the children write their names on the labels. The second objective was that the children would use instruction cards to direct them through the activity. This was accomplished through simple instruction cards being provided. The last objective was for the children to state that the scale was balanced. The children were assisted with this objective through explanation of what being balanced actually meant. All of the objectives were met by each child that participated in the activity!

Cooking and snack preparation experiences are essential for young children. Through these activities, children develop many skills. One of the most obvious skills that is developed through these activities includes performing math. Through preparing their own snack, children count and measure ingredients. Through picking up small objects such as the ingredients children are also developing fine motor skills through snack preparation. Cooking and snack preparation experiences provide children with real life experiences that do not take place through other activities.



