



### Support at Home Activity: Shamrock Veggie Stick Snack

**Description:** This lesson is a simple St. Patrick’s Day themed snack. This lesson can be modified and used with any materials and any time of year and does not need to be specific to St. Patrick’s Day.

**Materials: Use as needed; you can modify materials** - Skewers, Dressing or Dip, Green Veggies (broccoli, peppers, cucumbers, zucchini, celery), Green Fruit (grapes, kiwi), Cookie cutter (shamrock or other if different theme)

**POTENTIAL LEARNING OPPORTUNITIES** – You DO NOT need to do these all at once. Remember you can run the activity multiple times and focus on the same or different learning opportunities each time you do the activity. Take a look below or brainstorm your own learning opportunities and pick a few to focus on when working with your learner.

Requests	Comments	Directions	Other Learning Opportunities
-Cookie Cutter	-I like it	-Take _____	- Independently setting up and cleaning up materials
-Skewer	-I don’t like it	-Get the _____	-Putting on or taking off the veggies or fruit on the skewer
-Plate or placemat to build on	-It tastes _____	-Open	-Pouring and getting the dressing or dip
-Napkin or paper towel	-Yum or Yuck/Gross	-Put in, Put on	-Counting out quantities of a veggie
-Any veggie or fruit you use	-Looks good	-Count out _____	-Get the veggie that starts with the letter _____
-You + verb (directing other) do, put on, etc.	-It’s a _____	-Poke or push the skewer through the vegetable	-Working on waiting
-Asking questions (what is it?, etc.)	-Fun	-Put on top or next	-Patterns with the food on the skewer
-Dressing or Dip (Type e.g., ranch)			-Top, before, after, middle, bottom, next, etc.
			-Wash hands before/after or if needed when cooking
			-Saying yes or no