Pack a Simple Snack

Pre-K-Grade 2 | Practical life | Sequencing | Color

Learner: _____ Date: _____

With a grown-up, practice packing one familiar safe snack and water. Point to, act out, or number the six steps. Adults choose foods for allergies and choking safety.

1 **WASH HANDS**	**2** **CHOOSE SAFE FOOD**
3 **PUT FOOD IN CONTAINER**	**4** **CLOSE THE LID**
5 **ADD WATER BOTTLE**	**6** **PUT BOTH IN BAG**

Grown-up check: Suggested order shown. Adult selects age-safe foods, checks allergy needs, prepares any cutting, and supervises eating. This page does not replace a family's safety plan.

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