



# Snacks

## Key focus points

- Snacks are a food option that are smaller portions, eaten only when hungry, and eaten between meals.
- It is important to eat healthy snacks so that you will have lots of energy!

## Previous Lesson Recap

- *We've been talking a lot about healthy foods the past couple of weeks. Last time we talked about trying new foods, you got to try a bunch of different healthy fruits, and we talked about how sometimes you think you won't like something until you try it!*
- Optional Question: *Did any of you try a new food this past week?*

## Lesson Intro

*Today we're going to be talking about healthy snacks. Healthy foods give you nutrients to make you feel good, grow, be strong, and give you lots of energy!*



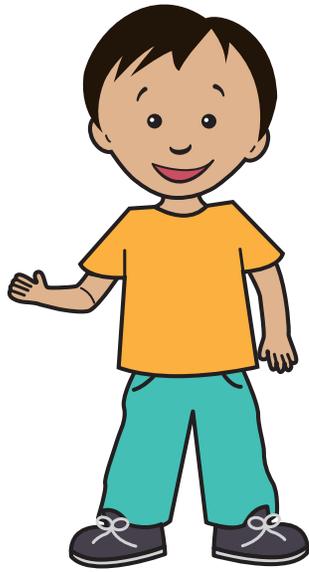
# Snacks

## Lesson Prep

- Make copies of the *Snack Attack Bracket*
- Activity Set up: Hand out *Snack Attack Bracket* to each child

## Supplies

- Book “No Ordinary Apple”
- Activity sheets (Snack attack bracket)
- Snack contender pictures
- Parent newsletter





# Snacks



## 1. Introduction:

*Let's talk about snacks and snack time.*

- *Can someone tell me what a snack is?*
- Kids might describe what a snack is or give you an example. Here are the concepts we want you to highlight:
  - Smaller portion- this can be just one or two categories of MyPlate (vegetable: carrots; protein: hummus), but it is less than a full meal.
  - Eat only when you're hungry,
  - You don't need them all the time.

*We eat snacks because it gives us energy in between meals. So some of you might have a snack after school to give you energy until dinnertime.*

**Optional Connection Time I** (see page 10)



# Snacks

- *Lasting energy comes from healthy snacks. You want lasting energy so you can keep up with all of your activities throughout the day. Unhealthy snacks can give us a burst of energy that lasts only a short while. This feeling will make you want to refuel, some of you might experience this by feeling hungry all of the time.*
- *What are some of your favorite healthy snacks?*
  - Depending on what they say, highlight the snacks that reinforce the concepts described in the introduction section.

**Optional Connection Time II** (see page 10)



# Snacks

## 2. Activity - Snack Attack:

This activity puts different types of snacks against each other in a “battle”, as a group you will choose who wins as the healthier snack. You will have 4 final options, at this point you can ask your Sprouts which one is their favorite. You will have a bracket worksheet that you can either project or draw on the board, and each sprout can get a worksheet of their own to circle or draw the winning snacks. Another option will be to have your Sprouts “vote” with a thumbs down or thumbs up.

### Adaptations

There are many different ways to play this game. Feel free to make this game more active and have your Sprouts move to different sides of the room depending on which “snack” they think is the healthier one in the snack battle.



# Snacks

- *We are going to play a game where you pick what the best and healthiest snack option is. You want to pick something that is healthy and will give you energy, but remember this is not a full meal like dinner. Instead, we just want a small amount of food to hold us over until the next meal.*
- Providing an example of portion sizes can help children understand this concept. You can ask children if they eat grapes as a snack. Then point out that a serving size of grapes is probably the equivalent of a handful of grapes to them. Compare how this is a smaller amount in comparison to eating a WHOLE bag of grapes

## Adaptations

- This would be a great time to incorporate your own snack time into the lesson. Even better, try out one of the healthy snacks from the snack attack activity!
- If you would like to expand on portion sizes, another fun activity includes bringing in food labels and discussing what a portion size of each food item is. You can then present serving sizes of healthy snacks.



# Snacks

- Below are the snack contenders. In bold are the healthy snack options that are the snack battle winners. While going through the activity, ask children what makes the winning choice healthier.
  - **Carrots and hummus** (healthy snack) vs. Spaghetti and meatballs, and side salad (meal)
    - *Spaghetti and meatballs, and a side salad is a FULL meal. Remember, a snack is a smaller portion of food.*
  - **Yogurt and grapes** (healthy snack) vs. Chicken, rice, and a veggie (meal)
    - *Chicken, rice, and a veggie is a FULL meal. Remember, a snack is a smaller portion of food.*
  - **Celery and peanut butter** (healthy snack) vs. Chips (snack)
    - *Even though chips is a smaller portion like we discussed, it is not as healthy as celery and peanut butter.*
  - **Apple slices and string cheese** (healthy snack) vs. Cookie (snack)
    - *Even though a cookie is a smaller portion like we discussed, it is not as healthy as apples and string cheese.*

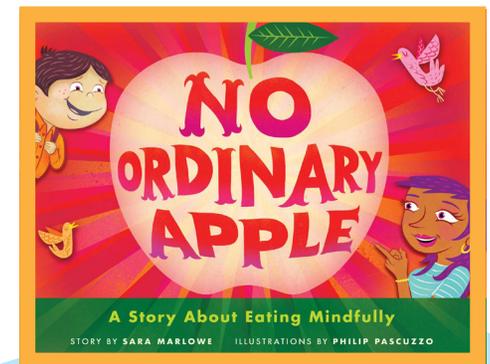


# Snacks

## 3. Book “No Ordinary Apple”:

### Guiding Questions:

- *After school, Elliot asks Carmen for a snack so he can get some extra energy before starting his homework. When do you like to have snacks? And how does that help you gain energy before your next activity?*
- *Carmen offers Elliot an apple for a snack but Elliot isn't so sure about that, why is an apple a good choice for a snack?*
- *How does Elliot learn about the apple and why it's good for his snack?*
- *What kinds of healthy snacks would you want Carmen to give you?*



Marlowe, No Ordinary Apple  
Wisdom Publications, 2013



# Snacks

## 4. Recap:

*Today we talked about lots of healthy snacks. You also told me that if you have too many unhealthy snack-foods you could become tired, or get a stomachache, so you want to eat more healthy foods! You now can share things we talked about today with your family, and show them who wins in the snack attack battle!*





# Snacks

## Optional Connection Time I

If you offer snack time to your Sprouts feel free to connect it here. You can talk about the timing of the snack, what you serve, how much you give and other aspects of the snack time.

## Optional Connection Time II

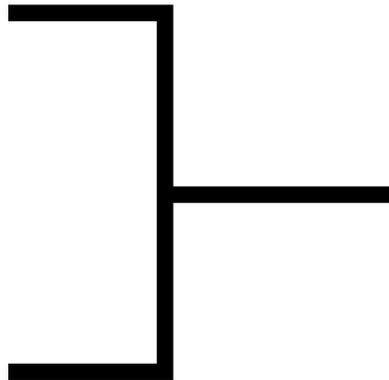
If you have used “Slow, Go, Whoa,” or “Traffic Light” terminology, feel free to use the terms that you already used when discussing healthy vs unhealthy foods. For example, if you have “Slow, Go, Whoa” food signs in your cafeteria you can talk about it here.



# Snack Attack

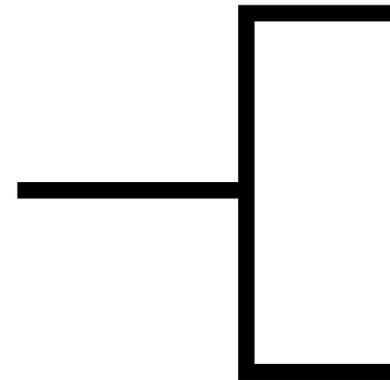


Carrots & Hummus



Spaghetti & Salad

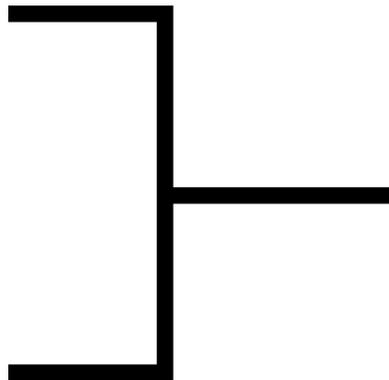
Celery & Peanut Butter



Potato Chips



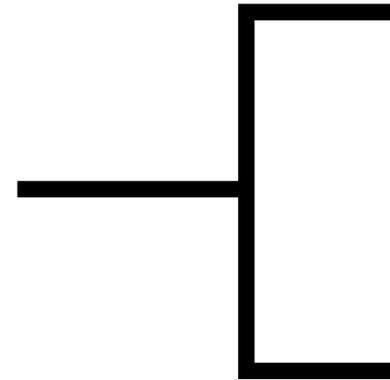
Yogurt & Berries



Cookies



Chicken, Rice, & Broccoli



Apple & Cheese



# Sprouts

## Growing Healthy Habits



# Snacks

## What Makes a Healthy Snack?

- Smaller portion: It might be only one or two categories of MyPlate, such as a vegetable (carrots) with a side (hummus). It is always less than a full meal.
- Only need it when you're hungry: Snacks help give us extra energy between meals if we're hungry. Like a snack after school before dinnertime.
- You don't need them all the time: If we choose healthy snacks that give us lasting energy without extra sugar, we don't need them all the time to get us through the day.



## Take Action!

Make an easy and healthy snack like banana tortilla roll-ups together.

- 1 6-inch, whole-wheat tortilla
- 1 tablespoon peanut butter (or alternative)
- 1 small banana
- 2 tablespoons raisins, dried cranberries, or any dried chopped fruit
- Cinnamon

Spread peanut butter (or alternative) on the whole-grain tortilla. Put banana in the tortilla. Sprinkle dried fruit and cinnamon on top of the banana.

Roll up the tortilla and you're all done!

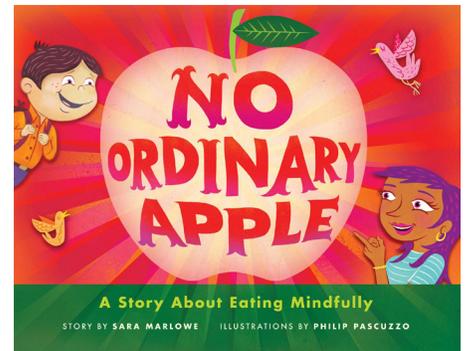


ILLINOIS

Family Resiliency Center  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

## Making Healthy Snack Choices

This week your child learned the importance of making healthy choices when choosing snacks and knowing the difference between snacks and meals. The book “No Ordinary Apple” talks about healthy snack choices and mindful eating!



## Tips on Helping Your Child Make Healthy Choices

- Make a routine! Offering meals and snacks at the same time helps children learn when they are hungry.
- 1-2 snacks a day. Depending on the school lunch schedule, a mid-morning snack and a snack after school are suggested for school-aged children.
- Make healthy snacking a family activity! Children look to their family as role models. Your child will be more likely to make healthy decisions if you do!
- Portion out snacks. Give the child an appropriate snack portion, and serve it in a bowl or on a plate. Try to avoid letting kids eat out of the original container to deter them from overeating.
- Eat snacks at the table or kitchen. Just like eating meals, you want to avoid eating in front of a TV or computer.