

## ***Sensational Snacks***

### ***Goals:***

- *Students will learn the importance of eating two balanced snacks each day*
- *Students will be able to identify components of a well balanced snack*

### ***Audience:***

- *3-5<sup>th</sup> grade*

### ***Optional Craft, Activity or Snack:***

- *Energizing Trail Mix*
- *Ingredient Spelling Test*

### ***Materials:***

- *MyPyramid Poster*

### ***Lesson:***

Leader: Is snacking healthy? Yes, you need snacks throughout the day to give you ENERGY!

Leader: Why do we need snacks? Everyone hold up their fist. This is the size of your stomach. It's not very big is it? When you eat food, it makes its way to your stomach. Growing kids have smaller stomachs than grown adults (show fist to fist); therefore kids need to eat more frequently since their stomachs can't hold as much food.

Leader: If we don't feed our body when it needs fuel, what can happen? You could feel tired, have a hard time concentrating, feel anxious, get a headache, feel crabby, or get the 'shakes'.

Leader: It is important to fuel our bodies on a regular basis. Does it matter how we fuel our body? Yes! The types of snacks you chose will impact how you feel.

Leader: Some people think of snacks as 'treats', such as cookies, pie, candy, or chips. These foods don't make good snacks because they don't give you long lasting energy. These types of snacks give you a quick boost of energy, but 20-30 minutes later leave you feeling sluggish or even hungrier!

- Leader: Can you think of foods that fall into this category?  
Candy, chips, sodas, white breads, fried foods (vending machine foods).
- Leader: Why would these be poor choices?  
They leave your body feeling sluggish; they do not provide good nutrients.
- Leader: What kinds of foods make good snacks?  
Fruits, vegetables, nuts, seeds, whole grains, yogurt, cheese (Point to the foods on the MyPyramid Poster).
- Leader: Why do these foods make better snacks?  
They give you lots of energy and are filled with nutrients.
- Leader: When snacking, try to pick foods that you see on the food pyramid. Fruits, vegetables, seeds, nuts, yogurt, cheese and whole grains are all excellent choices for snack time.
- Leader: Fruits and vegetables are always excellent snack choices. Sometimes, active bodies need a little more energy, so one thing you can do is pair a fruit or vegetable with another food group such as the protein group or milk group (point to poster). Let's see if we can think of snacks that include at least 2 Food Groups, for example celery and peanut butter (point to food groups on the poster).  
-Apples and string cheese  
-Raisins and almonds
- Leader: Many people forget to bring snacks and end up buying things from a vending machine. Can you think of ways to remember to bring healthy snacks?  
-Pack the night before  
-Purchase containers and fill them at the beginning of the week with healthy snacks; when you're in a hurry you can just grab and go!
- Leader: Can you share some of your favorite snacks that are easy to eat on-the-go?  
Apples, string cheese, dried fruit, trail mix, whole grain crackers, nuts, seeds etc.

- Leader: How big should our snacks be? An entire bowl or bag full?  
No, snacks should be no bigger than 2 handfuls (open both of your hands, palms up and show students). Remember it is just a snack- just enough food to give you energy until your next meal.
- Leader: How many snacks do you need a day?  
Most of us need about 2 snacks each day; really active kids may need up to 3 snacks per day to maintain a healthy weight.
- Leader: When would be a good time to snack?  
Between breakfast and lunch, and after school (before dinner).
- Leader: Snacks are a part of healthy, well-balanced diet.