

## ② April Lesson: 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:** 2<sup>nd</sup> grade

**Optional Craft, Activity or Snack:**

- Indy 500
- My Favorite Snack

**Materials:**

- Sensational Snacks Visuals
- Optional: Create a Snack handout

**Common Core Standards:**

- English Language Arts: Speaking and Listening: 2.1
  - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
  - Build on others' talk in conversations by linking their comments to the remarks of others.
  - Ask for clarification and further explanation as needed about the topics and texts under discussion.
- English Language Arts: Speaking and Listening: 2.3
  - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

**Background:**

Sometimes people confuse the word 'snack' with 'treat.' Snacking is a healthy habit that helps children grow. Because young children have small stomachs, they often need 2 snacks per day: one after breakfast, and one after lunch. Healthy snacks should include at least two of the five foods groups: whole grains, vegetables, fruit, dairy, or a protein (lean meats, nuts or seeds).

**Lesson:**

(Show slide 1) Is snacking healthy? Yes, you need snacks throughout the day to give you ENERGY!

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 are 'slow' snacks because they slow your body down.

Why do you need snacks?

Everyone should have healthy snacks, no matter how old they are, but especially kids because you are constantly growing! It's also important to provide your body with energy every few hours so you can stay energized and prevent feeling starved.

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.

If you don't feed your body when it needs fuel, what can happen? (Show slide 2)

You could feel tired, have a hard time concentrating, feel anxious, get a headache, feel crabby, or get the 'shakes'.

It is important to fuel your body on a regular basis. Does it matter *how* you fuel your body? Yes! The types of snacks you chose will impact how you feel.

What kinds of foods do you want to avoid during snack time? (Show slide 3)

Candy, chips, sodas, white breads, fried foods.

Why would these be poor choices? They can leave your body feeling tired or sluggish and don't provide any good nutrients your body needs.

What kinds of foods make good snacks? (Show slide 4)

Fruits, vegetables, nuts, seeds, whole grains, yogurt, cheese.

Why do these foods make better snacks?

They give you lots of energy and are filled with nutrients.

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 MyPlate Poster). Protein provides the building blocks that our bodies need to grow and stay healthy!

Let's see if we can think of snacks that include at least two food groups, for example: celery and peanut butter (point to food groups My Plate Poster or Food Cards).

- Apples and string cheese
- Raisins and almonds

Can you think of other 'go' snacks?

How big should snacks be? (Show slide 5)

Snacks should be no bigger than two 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.

How many snacks do you need a day?

Most of us need about 2 snacks each day.

When would be a good time to snack? (Show slide 6)

Between breakfast and lunch and after school (before dinner).

Snacking on 'go' foods gives your body a boost of energy until you eat your next meal. Remember, when choosing snacks, try to include at least two food groups and keep your portion size to two handfuls. (Show slide 7)

**Optional extension:**

Distribute the Create A Snack Handout and have the students list 4 snacks each of which contain foods from 2 different food groups.