

# Lesson 9

## MyPlate Snacks



### Healthy Snacks

#### Topic

Nutrition

#### Audience

2<sup>nd</sup> & 3<sup>rd</sup> Grades



#### Suggested Time

45 minutes

### NJ Core Curriculum Standards 2.1 Wellness

*By the end of Grade 2, students will:*

#### B. Nutrition

Choosing a balanced variety of nutritious foods contributes to wellness.

2.1.2.B.- 1. Explain why some foods are healthier to eat than others.

2.1.2.B.- 2. Explain how foods in the food pyramid differ in nutritional content and value.

#### Knowledge Objective(s)

The children will learn how common snack foods come from each food group on MyPlate.

The children will learn why it is important to make healthy food choices for snacks.

#### Behavioral Objective(s)

The children will use what they have learned to list snack foods that are good sources of nutrients and fiber.

The children will use what they have learned to choose snack foods from each of the groups on MyPlate.

The children will wash their hands the right way before eating a snack.

#### Life Skill(s)

The children will make healthy choices.

#### How This Activity Is Behaviorally Focused

The children will take what they have learned and state foods that they will eat from each of the food groups to make a snack.

The children will use proper hand washing before touching a snack.

## **Supplies Needed**

MyPlate poster

Flip chart if there is no board to write on in the classroom

Disposable gloves

Wipes

Pre-made trail mix using a whole grain cereal like Cheerios® or Wheat Chex®, pretzels and raisins. Also if you like, you can add a small amount of something sweet like chocolate chips, shredded coconut, raisins or other dried fruit, banana chips, etc.

**Be sure that you always include 2-3 cereals that are low in sugar and high fiber - healthy cereals like Cheerios®, Wheat Chex® or Kix®. You can buy the store or generic brand.**

**Check with school/teacher about food allergies and foods that the school may not let you bring to class.**

Plastic bags for Trail Mix

Potato chips (small bag)

Small brown paper bag

Empty bag of potato chips or pretzels

“The Berenstain Bears and Too Much Junk Food” storybook

“10 Great & 10 Not-So-Great Kids’ Foods” handouts

“Snack Cases” handouts

Flip chart if there is no board to write on in the classroom

## **Teaching Tip(s)**

Write new words on the board.

## **New Word(s) For Children & Educators**

**Dried Fruit:** fresh fruit that has been dried like raisins and raisins. It usually has more sugar than fresh fruit.

**Snack:** a little meal between regular meals.

**Anytime Foods:** healthy foods from each MyPlate food group that you can eat at any time.

**Sometimes Foods:** foods that have a lot of added sugars, solid fats, and salt and are not very good for you. Sometimes foods are foods like candy, French fries, potato chips, cake, ice cream and sugary drinks and soda. These foods are best to have as a treat and once in a while.

## **Pre – Lesson Preparation**

Hang MyPlate poster in front of the class.

Have all handouts.

Prepare Trail Mix snack and put into individual sandwich – size bags.

## **Background Information for Educator**

Children need to eat healthy food for energy and nutrients. Because their stomachs are small they eat less food each time they eat and may need to eat more often. If they get too hungry, they may get tired and have a hard time concentrating. Healthy snacks in-between meals help to give the fuel and nutrients children need to get through the day. Healthy snacks are snacks that are not high in sugar, solid fat, or salt. Sugar can cause tooth decay and add empty calories. Empty calories are calories that have a lot of fat and added sugar and not much else. They are empty of healthy nutrients. Saturated and trans fats can cause heart disease and other illnesses later in life. Too much salt can also cause health problems as children get older. It can affect their blood pressure later in life too. Snacks should be low in salt so that they meet the MyPlate recommendations.

When children use up all the energy from the last meal they ate, they need more fuel to keep them going until the next meal. Snacks give a little fuel to keep children from getting too tired and hungry and also keep their brain and body moving. An orange is a good example because it gives your body quick energy when you eat it. Your body stores the vitamin C for later. Potato chips are not the best choice for a snack because they have a lot of fat and salt. They are “sometimes” foods. It is okay to eat “sometimes” foods a few times a week but not every day. When you are young it is a good time to build healthy snacking habits.

**NOTE TO EDUCATOR:** If you want more information about a specific snack, you can:

- Check the label on the package.
- Look at the information at [www.choosemyplate.gov](http://www.choosemyplate.gov) for the food group or food groups (if it is a combination food) to which this snack belongs .
- Look at the Dietary Guidelines for Americans for more information about healthy snacking.

The most important thing to remember is that a snack is a small meal that gets eaten between larger meals. A snack can be something like ½ sandwich, leftover chicken, cheese and crackers, cheese and fruit, celery and peanut butter or a bowl of soup. Almost anything can be a healthy snack if it is a small portion of a food that is low in added sugar, fat and salt.

### **Activity 1 (25-30 minutes)**

Use the MyPlate poster to review MyPlate. Ask the children to say the different food groups and why they are good for you. Have information ready for answers about each food group from previous lessons. This should only take 5 minutes.

Tell the children “We are going to talk about healthy snacking today”.

1. Ask the children: “What is a snack?”

*Answer: A small serving of food between meals.*

2. Ask the children for examples:

*Answer: Answers will vary but should include:*

- *a piece of fruit*
- *pretzels*
- *a cup of yogurt*
- *peanut butter and celery or crackers*
- *raisins or craisins*
- *popcorn*
- *½ sandwich*
- *a bowl of soup*
- *cut up veggie sticks with hummus*
- *cheese and crackers.*

**NOTE TO EDUCATOR:** **Any** healthy food in a size smaller than a regular meal can be a snack for instance: a slice of pizza, leftover piece of chicken, or fish, etc.

3. Ask the children: “What snacks do you like to eat?”

*List 10 of the children’s answers on the board.*

4. Ask the children: “Which food group does each of the snacks belong to?”

*Write their answers next to each food on the board: grains, fruits, vegetables, dairy, or protein. If the foods come from more than one group list the food from the snack in the correct group.*

**NOTE TO EDUCATOR:** If a snack does not belong in a food group or is high in solid fat, sugar or salt tell the kids this is what we call a “sometimes” food that we only have for a treat now and then. Put these in a column labeled “Sometimes Foods.”

*Tell the children there are sometimes foods and anytime foods. Anytime foods are healthy and you can eat them anytime. Sometimes foods are foods that are best to eat in small amounts only now and then or sometimes for a treat.*

5. Ask the children: “Why do you think some foods are sometimes foods and some foods are snacks?”

*Answers will vary but should include:*

- *“Sometimes” foods are high in added sugar, fat and salt and are not a good snack for each day.*
- *“Sometimes” foods don’t have a lot of healthy nutrients.*
- *It is okay to eat “sometimes” foods a few times a week but not each day. Too much fat, sugar and salt each day can give you cavities and make you sick.*

6. Ask the children: “What do you think are other sometimes foods?”

*Answer: Chips, donuts, candy, cookies, cake, cupcakes, ice cream, French fries, fruit pies, popsicles, soda, etc.*

7. Ask the children: “Why do you eat snacks?”

*Answers will vary but should include:*

- *Snacks keep you from being hungry between meals.*
- *Snacks give you energy to grow, play and help you learn better.*
- *Eating snacks that are good for you can make you healthy and strong.*
- *They help you get all the nutrients you need each day.*

8. Ask the children: “When do we eat snacks?”

*Answer: We snack between breakfast and lunch, after school, and between lunch and dinner. If you eat a very early dinner then you might also eat a small snack after dinner and before bedtime.*

9. Ask the children: “Are snacks good for you?”

*Answer: Snacks can be good for you if you choose a healthy snack which is low in added sugar, fat and salt.*

Tell the children: “We are going to do an experiment”.

- Take a brown paper bag and put some potato chips inside.
- Lightly press the press or gently squeeze the bag with the chip inside. After a while, the fat from the chips begins to get absorbed by the bag and forms a greasy spot on the outside of the bag.

**Note:** This may take some time. If it doesn’t happen right away, put the bag aside and come back to it later.

10. Ask the children: “What do you think is happening here?”

*Answer: Fat from the potato chips is forming a film on the bag, which shows that this food has a lot of fat in it. This makes it a “sometimes” snack.*

Tell the children: “Now I am going to ask you to stand by your desk. I will read a list of snacks.

- If the food or foods I read make a good snack, move your hips like you’re doing the twist and say “Good Snack” in a normal, talking voice.

Show the children what to do and then have them stand up and practice.

- If the food or foods I read DO NOT make a good snack, walk in place and say “no, no”.

Show the children what to do and ask them to practice the movement.

Read the following list:

Yogurt - Good Snack	Potato chips - No, no
Taco chips - No, no	Doughnut - No, no
Carrots & celery - Good Snack	Raisins or dried craisins - Good Snack
Watermelon (Good Snack)	Soda - No, no
Candy - No, no	Grapes - Good Snack
Pretzels – Good Snack	Milk and crackers - Good Snack
Orange or a banana - Good Snack	String Cheese - Good Snack
Peanut butter with crackers, fruit or veggies - Good Snack	Popcorn - Good Snack
	Slice of cheese on toast - Good Snack

11. Ask the children: What kind of food are the no, no snacks

*Answer: Sometimes food*

**NOTE TO EDUCATOR: You can choose to use any single or combination of activities 2, 3 or 4.** Be sure to leave enough time for the conclusion activity.

### **Activity 2 - Cereal Trail Mix**

Tell the children we are now going to talk about cereal and how it can be a healthy snack and not just a breakfast food.

1. Ask the children: “Do any of you eat cereal as a snack food?”

*Answers will vary.*

2. Ask the children: “Why do you think cereals make a good snack?”

*Answer will vary but should include:*

- *They give us energy for our body.*
- *They also give us fiber that help food move through the body.*
- *They give us healthy vitamins and minerals like iron.*

3. Ask the children: “Do you think that all cereals are an anytime food?”

*Answer: No, cereals that are high in sugar are sometimes foods that you can have in small amounts as a treat, but not for breakfast or anytime snack.*

4. Ask the children: “Can you think of some cereals that might be high in sugar?”

*Answers may vary but some examples may be:*

- *Cookie Crisp®*
- *Lucky Charms®*
- *Coco Crispies®*
- *Captain Crunch®*
- *Fruit Loops®*
- *Count Chocula®*
- *Frankenberry®*
- *Store brand cereals that are like the cereals listed above*
- *Any cereal with frosting.*
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*These are just a few examples of many cereals in the market that are high in sugar.*

**Note:** You might want to take a trip to the supermarket and make a note of cereals that are high in sugar by looking at the label. You can then mention them to the children if they do not mention them.

5. Ask the children: “Can you think of some cereals that might be low in sugar and good for you too?”

*Answers may vary but some examples may be:*

- *Cherrios® or other oat cereals*
- *Wheat Chex®*
- *Special K®*
- *Kix®*

**Note:** If you decide to research high sugar cereals at the supermarket, you can do the same research to look for cereals that are lower in sugar and high in fiber.

6. Ask the children: “What ways can you eat cereal other than in a bowl with milk?”

*Answers may vary but can include:*

- *right out of the box for a snack*
- *in trail mix*
- *snack mix*

Tell the children you would like them to think about cereals in a different way. Instead of eating cereal with milk for breakfast, ask them if they could make their favorite cereals into a healthy snack by making a snack mix.

Tell them in a few minutes we are going to eat a healthy snack made with cereal called trail mix.

7. Ask the children: “Do you know what trail mix is?”

*Answer: It is a mix of cereals, dried fruit, nuts, seeds and other things that can be mixed together to make a healthy snack.*

Tell the children that you are now going to give each of them a bag with some trail mix. If you are using nuts or seeds in your trail mix, do not use peanuts. **DO NOT FORGET TO ASK THE TEACHER ABOUT FOOD ALLERGIES BEFORE HANDING OUT THE TRAIL MIX.**

Remind the children that before they eat their trail mix they must wash their hands. If you think it is necessary review the 5 steps of the hand washing procedure with the children if they did not participate in the “Clean Hands” lesson. Ask the children if they know the steps.

*Wait for children to answer but be sure they include the following answers.*

*Hand washing procedure:*

1. *Turn on faucet and wet hands thoroughly with warm water.*
2. *Apply soap to the hand and wrist area.*
3. *Wash for 20 seconds. The children can time 20 seconds of handwashing by saying “1 Mississippi, 2 Mississippi, up to 20 Mississippi.” Remind the children to wash between fingers and under nails.*
4. *Rinse thoroughly.*
5. *Dry with paper towel and use it to turn off faucet.*

Hand out the Trail Mix snack to the children to eat.

8. Ask the children if they like the healthy trail mix snack.

9. After they answer, tell them all the things you put in the trail mix. Ask the children if they can think of other anytime foods they would like to put in their trail mix.

**Activity 2 - The Berenstain Bears and Too Much Junk Food (15-20 Minutes)**

Tell the children you are going to read a story called *The Bernstein Bears and Too Much Junk Food*. When you are done if you have time, ask for volunteers to tell you what they thought about the story.

**Activity 3 – SNACK CASES (15 minutes)**

Read each case in SNACK CASES aloud to the children and ask volunteers to make suggestions. If you think that your class can read and write well enough, you can hand this out and let them work on it for 5-10 minutes and then go over the answers. If you have time, you can ask the children to tell you in what food group the snacks they chose belong.

**Conclusion**

1. Ask the children: “What is a healthy snack?”

*Answer: It is any food you eat for a snack that is low in added sugar, fat and salt.*

2. Ask the children: “What are some examples of healthy snacks?”

*Answers will vary but may include:*

- *Cheese and crackers*
- *Your favorite fruit like bananas, kiwis, apple, oranges, grapes*
- *Pretzels*
- *Milk*
- *Yogurt*
- *Popcorn*
- *Unsweetened cereal*
- *Cut up veggies like carrot sticks, green pepper strips or any cut up veggies with dip – like hummus*
- *Dried fruit like raisins or raisins but not too much because they have more sugar than fresh fruit*
- *Hard cooked egg*
- *½ sandwich with turkey, lettuce and tomato*
- *Bowl of soup*

Be sure that whatever the children mention be sure it is low in added sugar, fat and salt.

3. Ask the children: What kind of snacks would you eat next week?"

*Answers may vary. Again make sure there examples are low in added sugar, fat and salt.*

4. Ask the children: "Will you ask to eat cereal as a snack at home?"

*Answers may vary.*

Leave behind the handout **10 Great & 10 Not – So – Great Kids Foods**"

Adapted from *Smart Foods Rock* Curriculum created by the Union NJ SNAP-Ed staff.

## **References**

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# Snack Cases



**Snack Case #1** – You are hungry when you get home after school and you are not allowed to cook or use the microwave. What’s your healthy snack?

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**Snack Case #2** – It is your turn to bring snacks for 15 teammates to eat after the soccer game. They are very thirsty and hungry. What do you bring?



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**Snack Case #3** – You need to bring a healthy snack that is easy to pack for a class trip that will take 3 hours. What snack foods will you bring?



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**Snack Case #4** – You and your friends stop at a fast food restaurant for an after school snack. What can you order that will be a healthy snack?

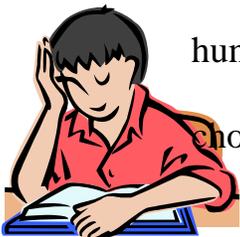


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**Snack Case #5** – You are studying in the school library and you get hungry. You cannot leave the building and the only food choices are in the vending machines. Can you think of a healthy snack you can choose?



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# 10 Great & Not So Great Kids Foods



The following foods have been mixed up to see if you can put these foods under the right headings.

Chicken Breasts & Drumsticks (not fried)

Whole Milk

Graham Crackers

Fruit Loops® Cereal

Low-Fat Chocolate Milk

Chicken Nuggets

Hard Boiled Egg

Ice Cream

Fresh Fruits

Frozen Yogurt



Low Sugar Cereals like Kix® or Cheerios®

Hot Dogs

Soda

Pizza with Cheese & Meat

Popcorn with Butter

Fresh Vegetables

Pop Tarts® or Toaster Fruit Pies

French Fries

100% Fruit Juice

Vegetarian Burgers



10 <u>NOT</u> So Great Kids' Foods	10 GREAT Kids' Foods
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.



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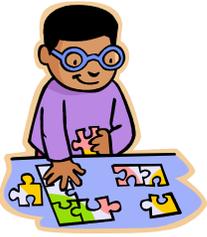
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## ANSWER SHEET



# 10 Great & Not So Great Kids Foods

10 <u>NOT</u> So Great Kids' Foods	10 GREAT Kids' Foods
1. <b>Whole Milk</b>	1. <b>Chicken Breasts &amp; Drumsticks (not fried)</b>
2. <b>Fruit Loops®</b>	2. <b>Graham Crackers</b>
3. <b>Chicken Nuggets</b>	3. <b>Low-Fat Chocolate Milk</b>
4. <b>Ice Cream</b>	4. <b>Hard Boiled Egg</b>
5. <b>Hot Dogs</b>	5. <b>Fresh Fruits</b>
6. <b>Soda</b>	6. <b>Frozen Yogurt</b>
7. <b>Pizza with Cheese &amp; Meat</b>	7. <b>Kix® or Cheerios®</b>
8. <b>Popcorn with Butter</b>	8. <b>Fresh Vegetables</b>
9. <b>Pop Tarts® or Toaster Fruit Pies</b>	9. <b>100% Fruit Juice</b>
10. <b>French Fries</b>	10. <b>Vegetarian Burgers</b>