

What's Cookin' in the Classroom? Healthy Snacking

Grade: K-3 **Duration:** 1 hour

Knowledge Objective:

Students will identify healthy snacks and the benefits of healthy eating.

Behavioral Objective:

Students will:

- Eat less high fat foods, like chips, chocolate, and cookies
- Prepare fun and easy foods using fruits and vegetables they have discussed in the lesson

Materials:

Activity 1:

- Flip charts or blackboard
- Book: Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain
- Healthy Snacking Activity Sheet (one per participant)

Activity 2:

- Apples (2)
- Bananas (2-3)
- Rice Cakes (1 per student)
- Carrots (1 small bag)
- Celery (1 small bag)
- Raisins (1 large container)

Note to Educator: These are the suggested veggies and fruits. You can decide which veggies and fruits are going to be used for the different parts of the face (like raisins or banana coins for eyes) and cut the veggie or fruit accordingly. If you want to use other veggies or fruit, just keep in mind that they will need to be cut up to use as eyes, nose and mouth to make a Healthy Snack Face.

- Low-fat Cream Cheese (1 medium container)
- Hummus (1 medium container)
- Napkins (1 per participant)
- Paper Plates (1 per participant)
- Cutting Board (1)
- Knife (1 per adult)
- Plastic Spoons (1 per food container)
- Bowls to hold fruits and vegetables
- Hand Sanitizer (1 bottle)

Food amounts are based on a class size of 20 students

Activity 3:

Healthy Snacking Take Home Sheet (one per participant)

Background:

Is Snacking Part of Healthy Eating?

Some people think snacking is not part of healthy eating. People used to be told to eat three meals a day, with no snacks in between. The truth is snacking can be part of healthy eating. Snacking can add many nutrients to both children and adult diets. Young children have small stomachs and cannot eat large amounts of food in one sitting. Snacking helps them get more of the nutrients they need to grow.

Snacking on healthy foods, like veggies and fruits that are not high in fat, added sugar and salt, is good for your health and can help lower the risk for many diseases. Healthy snacks are good to eat anytime. That is why we call them anytime foods. Veggies and fruits and other anytime foods give us energy, vitamins, minerals and fiber.

Snacks like potato chips, cookies, cake, ice cream and candy have a lot of fat, added sugar and salt. These foods do not give us many nutrients, but have a lot of empty calories and can make us gain weight. Because of that, we call foods like chips, candy, ice cream and cookies sometimes foods. We can eat them once in a while, but not all the time or every day. These snacks fill us up and do not leave room for healthy foods like vegetables, fruit, low fat dairy and whole grain foods that our bodies need to grow and stay healthy and strong. Sometimes foods can make us tired and not feel well.

We gain weight when we eat more calories than we use or "burn" each day." A calorie is a unit of energy, just like a mile is a unit of distance. Calories are the amount of energy in food. We use or burn calories for EVERYTHING that we do, including schoolwork and sports. But if we eat more calories than we burn the leftover calories become fat.

This works like a subtraction problem.

We eat	1000 calories
We burn	<u>- 800 calories</u>
That leaves	200 calories which we do not burn and can turn into fat.

The calories we eat are on top. We subtract the calories that we burn during activities throughout the day. The difference is what becomes fat. If we burn all the calories we eat, then we will not have any calories left over that might become fat. Having too much fat on our body is not good for our body because it puts a strain on our heart. Our hearts may not work well if we have too much fat.

How Can We Help?

Giving children many different, healthy and easy anytime snacks may help them learn to make healthy snack choices when they get older. Have children help make the snack. Children are more likely to try foods they help make. They may still want to eat sometimes snacks that are not as healthy. Remember, it is ok to eat sometime foods once in a while but not every day. We want to remind children to have anytime foods in place of sometimes foods most of the time.

References:

Berenstain, Stan and Jan. The Berenstain Bears and Too Much Junk Food. New York, NY: Random House 1985.

Evers, Connie Liakos. How to Teach Nutrition to Kids. Carrot Press, Tigard, OR: Carrot Press 1995 p 87-88.

Wardlaw, Gordon M. and Insel, Paul M. Perspectives in Nutrition. St. Louis, MO: Mosby-Year Book, Inc. 1993 p 536-539.

Activity 1: Why is Too Much 'Sometimes' Food Not Healthy?

1. Ask students questions about what they eat for snacks.

Q: Who here likes to eat snacks?

A: *Wait for children to respond*

Q: What do you like to eat as snacks?

A: Answers will vary.

Note to educator: List all snacks the students answer on the black board or a flipchart. Do not erase this list. Keep it hanging up or on the board. You will use it again for a later activity.

Q: Do you think snacking is healthy which means good for your body or unhealthy which means not good for your body?

A: *healthy – good for your body*

Q: Why?

A: *Snacking can be part of a healthy diet. But it will depend on the snack foods you eat.*

Tell the children:

Eating anytime foods for snacks like:

- fresh veggies and fruits
- low-fat dairy products like yogurt, low-fat milk or low-fat cheese
- whole grain snacks like popcorn or whole wheat crackers

will give you energy to run and play. You also get vitamins and minerals to keep you healthy and not get sick and keep your body strong.

- Eating sometimes foods like:
 - potato chips and nachos
 - candy
 - cake
 - ice cream

can make you tired and they do not give you anything your body needs to be healthy and strong. You get a lot of extra calories from these foods and they can make you gain weight.

2. Read the story, The Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain aloud to the class.

After the story, ask students:

Q: Why did Mama Bear decide to change the way the family eats?

A: She wanted them to be more healthy. She noticed that they were gaining weight.

Q: What did Mama Bear do to make the Bear family more healthy?

A: She put all the sometimes foods in the freezer so the family could not eat them.

Q: What foods did the family eat to be more healthy?

A: Apple slices, nuts and raisins, carrot sticks and frozen yogurt

Q: What did those foods replace?

A: All the sometimes foods

Q: What else did the family do to be healthier?

A: Exercise

Q: Did the Bear family have to cut out all sometimes foods?

A: No

Q: What do you think it would be like to never eat junk food again?

A: Not very fun!

Q: What are some of your favorite healthy snacks or anytime foods?

A: Answers will vary.

Activity 2: The "Healthy Snacking Activity Sheet"

1. Pass out the **Healthy Snacking Activity Sheet**.
2. Have students circle whether the food in the picture is an **Anytime Food** or a **Sometimes Food**.
3. Go over the answers with students.

Cake: sometimes

Apple: anytime

Banana: anytime

Candy: sometimes

Carrot: anytime

Cookies: sometimes

Activity 3: Rating Snacks

1. Go back to the list of snacks to the blackboard or flipchart list you made of the snack foods the children said they liked to eat.
2. Have students decide if each snack is an **Anytime Food** or **Sometimes Food**.

3. Ask students:

Q: What food group do sometime foods fall into?

A: *Answers will vary. Be sure to tell students that sometimes foods can be in any food group but they are foods that are high in fat, sugar and salt. We should only eat these kinds of foods sometimes so that we can stay healthy.*

Q: What will happen if you eat too many sometime foods?

A: *They fill you up so you are not hungry for the foods your body really needs. It can also make you gain weight.*

Q: How do you think you would feel if you ate sometimes food all of the time?

A: *Tired, no energy*

Q: What are some healthy snacks or "anytime foods" that you could have instead?

A: *Answers will vary but can include veggies, fruits, peanut butter and crackers, low-fat yogurt, cheese and milk, popcorn, etc.*

Q: Why are these healthier than "sometimes food"?

A: *They have vitamins and minerals that we need to stay strong and they give us energy to be active and healthy. Also they do not have as many calories sugar, salt or fat.*

Activity 4: Healthy Snacks Can Be Fun!

Healthy Happy Snack Faces

Note to Educator if you are unable to have a food activity at your site:

- Grades 1-3 do the ***What is Your Favorite Snack*** activity instead.
- Grade K do the ***Draw Your Favorite Snack*** activity. Ask the students to draw their favorite snack. You can then go around the room and ask them if it is an anytime snack (and they can circle the smiley face) or a sometime snack (and they can circle the sad face). If you have time you can ask them to tell you why it is anytime or sometime.

1. Tell students we are going to make healthy, happy snack faces.
2. First show students how to make the Healthy Happy Snack Faces by using a rice cake, cracker or pita for the face and adding veggies and fruits for eyes, nose, mouth and other part of the face. Use low-fat cream cheese or hummus to hold the pieces together.
3. Set up a station at each table or group of desks.
4. Have each student wash his/her hands or use hand sanitizer.

5. Give each student a paper plate and napkin.
6. Place a rice cake, cracker, or pita on each student's plate.
7. Put a bowl of veggies and fruits at each table. Suggested veggies and fruits for the bowl include: apples, bananas, carrots, celery and raisins)
8. Give each student a scoop of hummus and/or cream cheese.
9. Students should make a happy, healthy snack face.
10. Have students display their healthy faces to the class.
11. Let students eat their healthy snacks.

Discussion

Q: How will you share the ***Healthy Happy Snack Face Recipe*** with your family?

A: *Answers will vary*

Q: What can you use from your house to make healthy snacks?

A: *Answers will vary*

Q: Why is it important to eat mostly healthy snacks?

A: *Healthy snacks give you the things your body needs to be healthy and strong. Healthy snacks also give you energy.*

Take Home or Leave Behind Activity (Optional)

1. Give each student a ***Healthy Snacks Take Home*** Activity.
2. Tell the students to work with their families or in class to answer the questions on the Activity Sheet.
3. If you have not done the ***What is Your Favorite Snack*** or ***Draw Your Favorite Snack*** activity you can also leave it behind with the teacher (Grades 1-3) for the class to do at another time.

Healthy Snacking Activity Sheet

Name: _____

Check the right box next to the food

SNACK	Anytime Snack 	Sometime Snack 
 Banana		
 Candy		
 Carrot		
 Apple		
 Cookie		
 Cake		

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What is Your Favorite Snack?

Grades 1-3

What is your favorite snack? _____

Is your favorite snack an Anytime food or a Sometime food?

Circle one:

ANYTIME

SOMETIME



Why is it an anytime food or a sometime food? _____

What is another anytime snack that you like to have? _____

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Draw Your Favorite Snack

Kindergarten

Draw a picture of your favorite snack or snacks:

Is it an anytime food?

Is it a sometime food?



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Healthy Snacking Take Home Activity

Did you try a new anytime healthy snack food today? _____

What was it? _____

Did you like it? (Explain) _____

What will you do to try to eat more anytime healthy snacks? _____

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