

## **Lesson: Sensational Snacks**

### **Supplies Needed:**

- 2.7\_LV\_SENSATIONAL-SNACKS-VISUALS

### **Goals:**

- Students will understand Go Foods are good snack choices.
- Students will learn the importance of eating two balanced snacks each day.
- Students will be able to identify components of a well balanced snack.

### **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 two 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:**

**(Start with two or three minutes of exercises.)**

Last month, we tried some yoga. Who remembers some of the benefits of yoga?  
*(Calm us down, flexibility, strength)*

Why is it important to keep our body flexible?  
*(So that it doesn't hurt. We sit a lot and stretching helps reduce stiffness so we feel better.)*

Did anyone try yoga at home? When? How did you feel?

It's great to try something new. Today, we're going to talk about snacks, and maybe you can think of some new snack ideas to tell your parents about when you get home.

**(Show slide 1.)** Is snacking healthy? *(Yes, if you get hungry between meals you may need snacks to give you ENERGY!)*

Some people think of cookies, pie, candy, or chips as snacks. Are these Slow Foods or Go Foods?

*(These are Slow Foods and slow down your body.)*

Cookies, pies, candy and chips should be once in a while treats because they don't give you long lasting energy. What kinds of foods should we choose for snacks?

*(Go Foods)*

We now know that go foods should be the first choice for everyday snacks, but why do you think we need snacks?

*(Hungry between meals, energy)*

Everyone can have healthy snacks, no matter how old they are, but kids need snacks 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 hungry.

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 sometimes need to eat more often since their stomachs can't hold as much food.

Do you remember what energy balance is?

*(It is when we eat enough food so we have the energy we need to do what we love to do but not too much that we feel tired and sluggish.)*

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's important to eat when we are hungry.

Sometimes we choose a snack even when we are not hungry. Has anyone ever done this? Why?

*(Bored, tired, thirsty, something looks tasty --cake, candy)*

Listen to your body. Does your stomach feel empty? Eat a snack. What you choose to eat matters.

Let's review. What kinds of foods are only once in a while snacks?

**(Show slide 3.)** *(Candy, chips, sodas, white breads, fried foods)*

Why shouldn't we have these every day?

*(They can leave your body feeling tired or sluggish and don't provide very few if any 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?

*(Go Foods 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 (**Make okay sign.**) or vegetable (**Smile.**) with another food group such as the protein group (**Flex muscle.**) or milk group (**Point to teeth.**) (**Point to MyPlate Poster.**) Protein (**Flex muscle.**) provides the building blocks that our bodies need to grow and stay healthy!

Make a snack out of at least two food groups to have good energy. Can you think of some ideas of a two food group snack?

*(Celery and peanut butter or apples and string cheese)*

How big should snacks be? (**Show slide 5.**)

Unless you have been very active, 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.

Why would you need a snack?

*(Hungry between meals)*

How many snacks do you need a day?

*(Most of us need about two snacks each day.)*

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

*(If you feel hungry between breakfast and lunch and after school - before dinner.)*

How many of you get hungry for snacks after school? Let's have you break into groups. (**Show slide 7.**) For the next two minutes each group will think of snacks they would want to eat when they get home from school. The snacks should be the size of about two handfuls and include at least two food groups. For example, hard boiled eggs on cucumber slices. At the end of two minutes each group will share two of the snacks they thought of. Get creative! Think about foods you really like. Ready, set, go!

**(Have the students brainstorm for two minutes and then share their ideas. Give them a 30 second warning to choose their favorite snacks.)**

**(Show slide 8.)** 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.