



Super Snacks

3rd Grade Lesson Plan

Goal:	Students will realize the importance of eating snacks and making healthy snack choices.
Objectives:	<ol style="list-style-type: none"> 1. Students will be able to understand what a snack is. 2. Students will be able to differentiate between healthy 'GO' snack from a 'SLOW' sometimes snack. 3. Students will be introduced to the concepts of whole foods and processed foods.
Materials:	<input type="checkbox"/> PowerPoint slides or printed images <input type="checkbox"/> Food and equipment for taste test <input type="checkbox"/> Stop Light poster; GO,SLOW, FULL (optional) <input type="checkbox"/> Pictures of GO and SLOW foods (optional)
Lesson	
Talking Points	Materials/Activities/Notes
DISCUSSION	
Review	
<ul style="list-style-type: none"> • Who can remember what we talked about last time? <ul style="list-style-type: none"> • We talked about healthy bodies and healthy habits. We looked at different people and realized we couldn't say just by looking at someone if they are practicing healthy habits. • What are those healthy habits? I'll give you a clue... they included the 4-Bs. <ol style="list-style-type: none"> 1. Be Safe – food safety 2. Be Active – importance of physical activity 3. Be Mindful – listening to our bodies, knowing when we are hungry or full, enjoying food. 4. Be Colorful – eating all the colorful food groups as well as eating different colors of F&V "Eat a Rainbow." • I want us to remember: Health is not about how you look, it's about healthy habits and feeling good!! • Now we're going to use your nutrition knowledge to learn more about healthy foods today. 	
Mind Grabber	
<ul style="list-style-type: none"> • Bagel vs. Donut: Here's a picture of a whole wheat bagel and a picture of a donut. <ul style="list-style-type: none"> • Think to yourself how are these foods the same? How are they different? We'll talk more about what makes these foods different later in the session. 	

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What is a snack?

- Raise your hand if you like to snack. Keep your hand up if you think eating a snack is good for your body.
 - What is a snack? A snack should be just a small amount of food that you eat in between your meals (breakfast, lunch and dinner). Remember you want snacks to be small so that you can be hungry for your next meal.
 - Is snacking healthy? Snacks can be healthy, but it all depends on what you eat.
 - Today, since we have talked all about the food groups found on MyPlate and how to eat healthy meals, let's talk about using the foods to make a snack.
 - This year in 3rd grade we will be discussing how to make all our meals, breakfast, lunch and dinner, healthy. Because snacks are mini meals lets learn how to make the best and healthiest snack choices. We'll call these snacks Super Snacks because they fuel your body with the nutrients it needs to be strong and healthy all day.

GO, SLOW, and STOP

- Let's use this stop light to figure out which snacks are healthy and which snacks are not so healthy.
- Which color do you think are the healthy foods?
 - Green...we call these our GO foods because they are best for your body. These foods help our bodies grow strong and stay healthy.
 - When you are driving what does a green light mean? It means go, so that means that you can go ahead and eat these foods every day, several times a day.
 - What foods do you think would be GO foods?
 - Fruits and vegetables, whole grains, low-fat dairy products, etc.
 - Eating GO foods will:
 - Give you energy
 - Help you pay attention in school
 - Help you feel better
- Which color do you think are the not-so-healthy foods?
 - Yellow...we call these our SLOW foods because they are not-so-good for our bodies. They don't have the healthy nutrients that our GO foods do. They also may have a lot sugar and extra salt and fat that our bodies don't need.
 - When you are driving, what does a yellow light mean? It means to slow down, so when you are eating SLOW foods you want to slow down eating them and only have them every once in a while. Maybe just once a week or once every other week.
 - What foods do you think are SLOW foods?
 - Ice cream, French fries, soda, candy, chips...
- What do you think the red light is for?



- The red light means to STOP. We should learn to listen to our bodies and to stop eating when we are full. This means we should only have a snack when we are hungry, not when we're full.
 - When you are driving what does a red light mean? It means to stop, so when you are not hungry anymore, you should STOP eating.
- Think about how you feel before lunch? Is your stomach growling, are you thinking about food, or tired? Then you must be hungry!
- Think about how you feel after lunch, is your stomach not growling anymore, do you have energy? Then you must be full!
- Sometimes we eat way too much, even after we feel full, and we may have a tummy ache or need to lie down. It's no fun to feel this way.
- When deciding about whether to have a snack, it is important to check in with your tummy to see if you are hungry. If you are, it might be a good time for a snack. If you're not hungry, then it's probably not a good time for a snack.

Whole Vs. Processed Foods

- One important thing we can think about when choosing "go" and "slow" foods is whether the foods are whole or processed.
 - Has anyone heard of these words before when talking about food?
 - We're going to talk about what they mean now.
- Have you heard of the grocery store Whole Foods? When we say whole foods are we talking about the grocery store? No! You can get whole foods at most grocery stores, like Walmart, Kroger, Food Lion, Compare Foods, Harris Teeter, etc.
 - What is a whole food?
 1. It is a food that has nothing added to it (sugar, salt, or other added chemicals). Think about the ingredients list, what the food is made of.
 - Here are 2 foods to compare. The ingredients list for Hot Cheetos, and the ingredients list for corn. Which food doesn't have anything added to it? Yes, the corn! The shorter the ingredients list, the fewer things added to the food.
 2. A whole food is also a food that doesn't have anything taken away from it.
 - Now let's think about brown vs. white rice. Some parts of foods you just can't eat, like the husk on the rice seed (or the husk on your corn). That must be removed from rice. Once that is removed, what you have left is brown rice, which is a whole grain because it is made up of the whole seed. To make white rice, the bran has to be removed. Which food is closer to a whole food? Right, the brown rice.
 - Let's think about whole wheat flour compared to white flour. Why do we call some flours whole wheat? Because it is made out of the whole seeds (name gives us a clue). What about white flour? How is it made? Just from the endosperm, so the bran and the germ had to be taken away. Which food is closer

to a whole food? The whole wheat flour because it has less taken away from it.

3. Another way to think about a whole food, is that a whole food is a food in the form in which nature intended it to be, or as close to it as possible.

- As you may have noticed when we were talking about “GO” foods, most of these “GO” foods are in their natural state, they still look the way we find them in nature or they may be changed just a little bit so that we are able to eat them. Whole foods are GO foods.
 - Who can give examples of Whole foods?
 - Remember these are foods that haven’t been changed much if at all from natural state, nothing taken away or added.
 - Fruits, vegetables and whole grains are examples of whole foods that have had none to very little processing (like grinding down) before we eat them.
 - These whole or ‘unprocessed’ foods are generally healthy choices. They tend to be higher in vitamins, minerals and other important nutrients. That’s why they get the green light.
- Many of our “slow” yellow-light foods are highly processed foods.
 - We just talked about what ‘whole’ or ‘unprocessed’ means. What do you think we are talking about when we say processed foods?
 - Processed means the foods have been majorly changed from their natural form. As you can see, the foods on this slide don’t look anything like foods we would find in nature, either growing in a garden or from an animal.
 - During processing, important nutrients like vitamins and minerals are often taken away. We want to go slow on these highly processed foods, because we need these nutrients to be our healthiest selves.
 - Also extra ingredients like sugar, fat, salt and chemicals are frequently added. While a little bit of these are okay, we don’t want to eat too much.
- Here are a few real life examples so you can see the difference between whole and processed foods.
 - Our first example is a baked potato vs. potato chips.
 - In this example, the baked potato is the “whole” food. It is in its natural form, it hasn’t been changed much, except being cooked so that it’s edible. We might add some butter or sour cream for extra flavor, but we haven’t changed the potato before we eat it.
 - The potato chips are the processed food. They come from a potato, however the potato has been majorly changed. After the potato is sliced, it is fried in a lot of oil (fat) then salted to turn it into chips. We don’t need this extra fat and salt in our healthy diet.

- Also, the potato peel has been removed to make the chips. The peel contains important vitamins and minerals that we are missing out on if we eat the chips instead of the potato.
 - The baked potato would be the healthier choice.
 - These two pictures show how potatoes grow in the field. The first picture shows several rows of potato plants, we can see here that potatoes grow underground. The second picture is a farmer harvesting the potatoes that are then cleaned and sold at the store just as is. There is no processing needed in their natural state.
 - Do you think potato chips grow in the field? No of course not, they are heavily processed from potatoes. There are many more steps to get them to your plate.
- Here's another example. Which one do you think is a whole food, the mixed berries or the fruit snacks?
 - This one is a little confusing since they both have fruit in the name.
 - However, the fruit snacks have little or no real fruit.
 - The berries (or any whole fruit) would be the better choice. This is the "whole" food. Remember, it has more vitamins and minerals that are good for us and are naturally sweet.
 - The fruit snacks are highly processed. They have added sugar (which we'll talk about a bit later) and fewer vitamins and minerals so it's not as healthy of a choice for our bodies.
 - The berries are a healthier choice and any whole fruit would make for a good snack.
 - These two pictures show how strawberries grow in the field. The first picture shows rows of strawberry plants, they grow low to the ground. The second picture shows ripe strawberries, ready to be harvested and sold so we can eat them at home.
- Here's our last example, we have chicken nuggets vs. grilled chicken. You might eat grilled chicken on its own or in a sandwich.
 - Which do you think is the whole food and which is the processed food?
 - Grilled chicken is the whole food. It has been cut off the chicken and cooked, but nothing major has been taken away from it or added to it.
 - On the other hand, chicken nuggets are the processed food. The chicken has been majorly changed. The meat has been cut up and then both breaded and fried. In this process extra oil, salt and preservatives are added. Our bodies don't need all this extra stuff, so the process makes the chicken less healthy.
 - The regular grilled chicken is the healthier choice. It comes right from the chicken.

Review before activity

- GO foods are foods that are good for your body like fruits and vegetables, dairy, whole grains, and lean sources of protein. These are foods have nutrients that make our bodies grow and strengthen.
 - GO foods tend to be our whole foods that have not been processed or changed much from their natural state.

<ul style="list-style-type: none"> • Slow foods are foods that are not so good for our bodies – they are high in sugar and sometimes have too much salt and the unhealthy fats. Slow foods are often processed foods, meaning they have been majorly changed from their natural form. <ul style="list-style-type: none"> ○ We should slow down eating these foods and eat them only every once in a while. • Stop light is there to remind us to listen to our bodies and to stop eating when our tummies are full and we are no longer hungry. <ul style="list-style-type: none"> ○ Be mindful eaters and eat “just the right amount” for you. • Remember – snacks are smaller than meals, they are just a little bit of food to keep us full before a meal. We want to eat just the right amount until we are full. <ul style="list-style-type: none"> ○ If we eat too much we won’t be hungry for our next healthy meal. <p>GO, SLOW physical activity</p> <ul style="list-style-type: none"> • Let’s take a look at some snacks and try to figure out if they are go snacks or slow snacks. <ul style="list-style-type: none"> ○ STAND if it is a GO food and SIT if it’s a SLOW food. ○ Apples slices with peanut butter – STAND for GO Food. • Ants on a log, also known as celery with peanut butter and raisins – STAND for GO • Cheetos and orange soda – SIT for SLOW • Veggie sticks and dip – STAND for GO • Donut – SIT for SLOW • Fruit smoothie – STAND for GO • Brownies – SIT for SLOW • Hummus with whole wheat pita and veggies – STAND for GO • Grapes, water, and sunflower seeds – STAND for GO • Takis and Gatorade – SIT for SLOW • Glass of milk – STAND for GO • Fries – SIT for SLOW • Whole wheat toast with banana and almond butter – STAND for GO • Fruit Snacks – SIT for SLOW • Plum – STAND for GO • Cookie or Chips – SIT for SLOW • Cheese and whole grain crackers – STAND for GO • Homemade Popcorn – STAND for GO • Rice Krispy Treats – SIT for SLOW • Yogurt with fruit – STAND for GO • When you are FULL and all done – STOP! <p>Bagel and Donut</p> <ul style="list-style-type: none"> • Let’s quickly go back to our whole wheat bagel and donut from the beginning of the class. After learning about GO, SLOW, WHOLE and PROCESSED, what can you tell me about these two foods? <ul style="list-style-type: none"> ○ How are they different? <ul style="list-style-type: none"> ▪ Donut = SLOW whole wheat bagel = GO 	<p>Optional to review all 21 GO or SLOW snack examples.</p>
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<ul style="list-style-type: none"> ▪ Donut has lots of added sugars and fat, making it highly processed ▪ A whole Wheat bagel is more of a whole food, with less processing, not a lot of added ingredients. ▪ Remember snacks are small so even when choosing the whole wheat bagels, let make sure it's a smaller one so we don't spoil our next meal. 	
Wrap-Up	
<ul style="list-style-type: none"> • What are Whole foods? <ul style="list-style-type: none"> ○ Foods that look most like it's found in nature/ on the farm. ○ Very little added to it or nothing taken away. Are they GO or SLOW snacks? ○ GO! • What are Processed foods: <ul style="list-style-type: none"> ○ Foods that look very different from any item found in nature or on farm. ○ Foods with lots of added stuff and foods that have been altered. ○ Are they GO or SLOW snacks? ○ SLOW! Okay sometimes. • And of course, remember to STOP when you are full. Listen to body cues. 	
Challenge	
<ul style="list-style-type: none"> • Since we have learned all about how eating healthy snacks makes your body feel great, I have a challenge for you. Try to eat a GO snack at least 3 days of the week. If you see one of your classmates bring in a GO snack, give them a "thumbs up." 	
Taste Test Ideas	
<ul style="list-style-type: none"> • Dips (hummus, yogurt parmesan, butterbean pate, creamy avocado), sweet pea guacamole, salsas (black bean mango, bean and corn watermelon, strawberry radish) 	
Additional Activities	
<p>Stop Light Game:</p> <ol style="list-style-type: none"> 1. I have some pictures of snacks that are GO foods, SLOW foods, and I need your help in figuring out which ones are which. Can you help me with that? Ask students to march in place when you show them a picture of a GO food and jump in place when you show them a picture of a SLOW food 	<p>Hold up pictures of snacks and ask the students to identify them as GO foods or SLOW foods.</p>
<p>Student Handouts</p> <p>Good Nutrition Starts With MyPlate workbook</p> <ul style="list-style-type: none"> • Snack Smart page 12 	<p>Activity book</p>
Parent Handouts	
<p>Today in Nutrition Class...Super Snacks (English & Spanish)</p>	



Lesson Roadmap	
<ul style="list-style-type: none">• Review of Healthy bodies and health habits• Mind Grabber: Bagel vs. Donut• Discuss Healthy Snacks<ul style="list-style-type: none">○ What is a snack?○ GO, SLOW, STOP○ Whole vs. Processed• Stand Up & Sit Down GO SLOW Snack Activity• Wrap-up review• Challenge• Workbook• Tasting	

