



Healthy Snacks

Kindergarten – 1st Grade Lesson Plan

Goal: Students will realize the importance of eating snacks and making healthy snack choices.

Objectives:

1. Students will be able to differentiate between healthy and “sometimes” snacks.
2. Given several options, students will be able to make healthy snack choices.

Materials Needed

- | | |
|--|--|
| <input type="checkbox"/> Grease bags | <input type="checkbox"/> “I Love to Eat” storybook |
| <input type="checkbox"/> Stop light poster: GO, SLOW, FULL | <input type="checkbox"/> Books about healthy snacks |
| <input type="checkbox"/> Pictures of GO and SLOW foods | <input type="checkbox"/> Materials for supplemental activities |
| <input type="checkbox"/> MyPlate poster | <input type="checkbox"/> Food and equipment for taste test |

| Lesson | |
|--|----------------------------|
| Talking Points | Materials/Activities/Notes |
| Review <ul style="list-style-type: none"> • Who remembers what we talked about last time I was here? • Who remembers the challenge I gave you last time I was here? | |
| Mind Grabber <ul style="list-style-type: none"> • <u>Grease Bags</u>: Today, I brought in 2 paper bags; each bag contains a snack food that you may like to eat. Both of the snacks are alike because they are crunchy, but they are very different foods. <ul style="list-style-type: none"> ○ Can anyone tell me how these bags look different? (<i>One bag looks wet.</i>) We will talk more about how these foods are different a little later in the lesson... OR • <u>Bagel vs. Donut</u>: I brought in two pictures today. A picture of a whole wheat bagel and a picture of a donut. <ul style="list-style-type: none"> ○ How are these foods the same? How are they different? We’ll talk more about what makes these foods different later in the session. <p>Today, since we have talked all about the food groups found on MyPlate, let’s talk about using the foods to make a snack.</p> | |
| Discussion <p>What is a snack?</p> <ul style="list-style-type: none"> • Raise your hand if you like to snack. Keep your hand up if you think eating a snack is good for your body. | |

- Snacks can be healthy, but it all depends on what you eat.
- A snack should be just a small amount of food that you eat in between your meals (like breakfast, lunch and dinner). Remember you want the snack to be small so that you can be hungry for your next meal.

GO, SLOW, and STOP

- Let's use this stop light to figure out which ones are healthy and which ones 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 to 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 us and slow down our bodies. They may have a lot of fat and/or sugar and/or salt in them and do not help our bodies stay healthy. Too much fat (or grease) and/ or salt can hurt our hearts and sugar can hurt our teeth.
 - 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 WHEN FULL**. We should learn to listen to our bodies and to stop eating when we are full, and to not have a snack when we're not hungry.
 - 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 have to lie down. It's no fun to feel this way, so just **STOP** eating when you feel full.

Hold up picture of stop light as you discuss each GO, SLOW, and FULL categories.

May ask students about their favorite snacks, and have the class sort them into GO and SLOW categories.

- 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.

Wrap-Up

- **I Love to Eat!**

I love to eat
My sugary treats
I love junk food in my tummy
It tastes really yummy

I love cakes and milkshakes
Pizza that's really greasy
Candy bars taste great
I think I might eat eight

For dinner, I want to supersize my French Fries
But the juicy hamburger is my prize
I want a soda please
And don't forget the cookies

But now, my stomach hurts
Maybe it was all those desserts?
My teeth have a lot of cavities
And I might even have clogged arteries

My body is aching
and my belling is growing
Was it the greasy food
That gave my body the blues?

Then I remembered what the nutritionist told me
To be healthy
Go for the healthy foods
Slow down on the unhealthy foods
And Stop when you are full

So tomorrow I will eat
Foods to keep me
Happy, healthy and upbeat

Cheese and crackers between my meals
Peanut butter and bananas have a great appeal
Parfaits with yogurt that's really creamy
All will give me a lot of energy!

Show **I Love to Eat** storybook with corresponding pictures.

Challenge

- Since we have learned all about how eating healthy snacks makes your body

feel great, I have a challenge for you. Try to bring in 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

- Whole grain crackers and low fat cheese
- Baked tortilla chips and salsa
- Cherry Tomato Kabobs: cherry tomatoes, low fat cheese cubes on a toothpick served with low fat ranch dressing
- Fruit and Cheese Kabobs (see activity below)
- Fruit Bubbler: 50/50 mixture of 100% juice and seltzer water
- Ants on a Log (using Sunbutter rather than Peanut butter)

Small Group Activities (10-15 minute activities)

Teacher Activities (Reading a book):

1. *Healthy Snacks with Blue* by JP Chanda
2. *The Bernstein Bears and Too Much Junk Food* by Stan and Jan Bernstein
3. *Good Choices for Cat and Dog* by Rozanne Lanczak Williams

Nutritionist Activities:

1. Stop Light Energizer:

- 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.

2. Cooking Activity: Fruit and Cheese Kabobs

- Distribute cubes of low-fat cheese and grapes and have students make kabobs on pretzel sticks.

3. Cooking Activity: Stop Light Snacks

- Distribute graham cracker rectangles, reduced fat cream cheese/non fat greek yogurt, and chopped fruit. Direct students to make a traffic light by spreading cream cheese or yogurt on graham cracker rectangles and add green, yellow, and red fruits or vegetables. Examples of colored fruits and vegetables are:
 - Green: grape halves, kiwi, green pepper, zucchini round
 - Yellow: mango, pineapple tidbits, banana slice, yellow pepper
 - Red: red pepper, dried cranberries, strawberry slice, half of cherry tomato

Hold up pictures of snacks and ask the students to identify them as **GO** foods, **SLOW** foods

Additional Activities

1. **Snack foods list:** Let's make a list of the foods we like to eat for snack. I am going to write them on the board so that we can all see them. What types of snacks do you eat? (make the list long enough to include all food groups, something greasy, and something sugary)
 - Now let's go through the list and figure out which foods are **GO** foods and which foods are **SLOW** foods.
 - Remember that **GO** foods help our bodies stay healthy, and **SLOW** foods are not-so-healthy because they contain a lot of fat which is unhealthy for our hearts and/or a lot of sugar which is unhealthy for our teeth.
 - Use colored markers to mark them with a green or yellow or circle them w/ the corresponding color

marker

2. Online Storybook: *Henry and the Sugar Bug* (Great for a classroom with smartboard technology)
 - Found at http://www.abcya.com/flash_book_sugarbugs.htm
3. **Create-a-snack:** Show pictures of part of a common healthy snack (graham crackers, cheese, celery, apple, banana, popcorn) and ask students to raise their hand if they can think of something to add to the food to make it a complete snack. Remind students that when we are choosing healthy snacks, we want to try to choose snacks that have at least two of the five healthy food groups.

Student Handouts

- Go for the Healthy Snacks
- Healthy Snack Tic-Tac-Toe
- Mary's Shopping List
- Crispy, Crunchy Snacks
- Choose a Heart Healthy Snack
- Snack Time
- ADA What's Missing?
- Healthy Snack Crossword Puzzle
- **Incentive:** Healthy Snack bookmark

Parent Handouts

- Today in Nutrition Class: Healthy Snacks
- Nubites: Have a Snack Plan
- 10 Tips: Cut Back on Your Kid's Sweet Treats
- 4 Tasty Ways to Enjoy Balanced Meals and Snacks
- Eat Right: 25 Healthy Snacks for Kids
- Healthy Snacks for Home and School

Lesson Roadmap

- Mind Grabber: Grease Bags or Bagel vs. Donut
- Discussion of healthy snacks
 - GO, SLOW, FULL
- Wrap-Up: "I Love to Eat" poem
- Taste test
- Distribute student and parent handouts



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. **SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.**