



Super Snacks

3rd 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. Students will be able to state at least one reason why snacks are important.
3. Students will be introduced to the concepts of whole foods and processed foods.
4. Students will be introduced to the concepts of natural sugar and added sugar.
5. Given several options, students will be able to make healthy snack choices.

Materials Needed

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| <input type="checkbox"/> Stop light poster: GO, SLOW, FULL | <input type="checkbox"/> Pictures of GO and SLOW foods |
| <input type="checkbox"/> MyPlate poster | <input type="checkbox"/> Materials for supplemental activities |
| <input type="checkbox"/> Food and equipment for taste test | |

Lesson		
Talking Points	Materials/Activities/Notes	
<h3>Review</h3> <ul style="list-style-type: none"> • Last class we talked all about lunch and dinner! Who remembers the three parts of a power lunch and dinner? • Call on students and quickly review: <ol style="list-style-type: none"> 1. At least 4 food groups 2. Rainbow of Color—from fruits and vegetables 3. Just the right amount • Great job! We’re going to use your nutrition knowledge to learn more about healthy foods today. 		<p>Show image of MyPlate (and/or actual MyPlate) Optional: Show image of a meal that fits the “Power Lunches and Dinner” criteria”</p>
<h3>Mind Grabber</h3> <ul style="list-style-type: none"> • <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>Hold up the pictures of a whole wheat bagel and a donut. Ask students if they can name the foods.</p>
<h3>Discussion</h3> <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 (breakfast, lunch and dinner). Remember you want to snacks to be small so that you can be hungry for your next meal.
- 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.
- We're going to learn how to make the best and healthiest snack choices. We 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 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 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!
 - Remember last time when we talked about eating just the right amount at lunch and dinner? We need to do this with snacks too.
 - 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

Hold up picture of stop light as you discuss the GO, SLOW, and STOP categories.

Show images of GO foods.

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

Show images of SLOW foods.

During this discussion, emphasize that we can eat most foods in moderation, but we STOP when we are full.

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.
- 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.
 - We call these “whole” foods. Who has heard of whole foods? Can you tell me what it means or give me an example?
 - Like I just mentioned, whole foods are in their natural form, they haven't been changed, or they have been changed very little. This means they are in their purest form with all the good stuff right from nature, nothing has been taken away or added. They are also called “unprocessed”. Fruits, vegetables and whole grains are examples of whole foods that have had none to very little processing before we eat them.
 - These whole, unprocessed foods are generally healthy choices. They tend to have large amounts of 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 unprocessed (or whole) 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 at all, except to cook 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.

Show pictures of a variety of whole foods, e.g.: fruits, vegetables, whole grains, milk.

Show pictures of a variety of processed foods, e.g.: cookies, cake, candy, packaged snacks, soda.

Show pictures of a baked potato and potato chips.

- 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 which 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 as shown below.
 - 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

Show pictures of potato plants growing in a field (or ready to harvest).

Show pictures of fresh mixed berries and packaged fruit snacks.

Show pictures of strawberry plants growing in a field and being harvested (or ready to harvest).

Show pictures of chicken nuggets and grilled chicken.

Show a picture of a chicken. The point

Sugar Discussion

- Why is too much sugar bad for us? Sugar can provide our bodies with energy (just like any food with calories), but it lasts only a very short period of time.
 - Sugary snacks taste good but aren't so good for your teeth or your body. How many of you all have had a cavity? Too much sugar is bad for your teeth and can cause cavities. The bacteria (sugar bugs) on your teeth like to eat sugar, so when you eat lots of sugar, the bacteria (or sugar bugs) grow. Have your teeth ever felt fuzzy and then you brushed them and they felt better? The fuzziness is the bacteria (sugar bugs) on your teeth. Gross!
 - Some foods have natural sugars, like fruit and milk. These foods are healthy for us because they provide tons of vitamins, minerals and other healthy nutrients.
 - However, the sugary foods and snacks we want to avoid are the ones with added sugars. These are often the processed foods we just discussed like cookies, candy and ice cream. These have sugar added to them when they are being made, the sugar is not naturally in the food. This means we're getting mostly just sugar and not much of the other healthy nutrients in the whole foods.
 - Let's review some common foods and snacks with added and natural sugar so we can learn the best choices.
- The foods on this slide all have a great deal of added sugars. These would definitely be our "SLOW" snacks. Remember, they have tons of sugar without much of the healthy stuff like vitamins and minerals.
 - Can you tell me examples of other foods you eat with added sugar?
- These are some examples of healthy foods that are naturally sweet. No sugar is added, it is naturally present in the food. These foods have vitamins and minerals which our bodies need to be healthy. These would be our "Go" choices for healthy snacks.
 - Can you tell me examples of other foods you eat with natural sugar?
- Let's review.
 - 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 that are really good for our bodies and that we should eat often. Go foods tend to be our whole foods that have not been processed or changed much from their natural state.
 - Slow foods are foods that are not so good for our bodies – they are high in sugar and sometimes have too much salt and fat too. Slow foods are often processed foods, meaning they have been majorly changed from their natural form. We should slow down eating these foods and eat them only every once in a while.
- Let's take a look at some snacks and try to figure out if they are go snacks or slow snacks. Give me a thumbs up if it is a go food and thumbs down if it's slow.

Optional: Food Safety Moment

CHILL: Make sure foods are properly stored at safe temperature or placed back into refrigerator within 4 hours of removal.

- What if you want to take a perishable food with you to school or on a trip? How can you make sure it stays safe to eat if it is out of the refrigerator for longer than two

here is just to show them where the chicken they eat comes from, you can go over this briefly or skip it all together based on how you think the class will react.

Show pictures of snack foods with a lot of added sugar. E.g.: cookie, candy bar, pop tarts, skittles.

Show pictures of snack foods with no added sugar. E.g.: berries, watermelon, milk, raisins.

Show picture of green stoplight with "Go" snack examples.

Show picture of yellow stoplight with "Go" snack examples.

Go through several example pictures of "Go" and "Slow" snacks. Call on students to answer for each snack.

hours?

- To carry cold foods to school or on a picnic, use an insulated bag and an ice pack to keep food cold until time to eat.
- If the weather is really hot, as it often is in the summers here, you should not leave perishable foods out for more than one hour. Really the best idea is to refrigerate foods as quickly as possible.

Real-life scenarios:

You go to a restaurant for your birthday and leave with a to-go box, but you want to watch a movie at the theatre before you go home. What can you do to keep the leftovers safe?

Thanksgiving dinner is at noon, but everyone grazes on food the rest of the day and the food is still sitting out by 5:00. What foods may not be safe? What could you do to prevent germs from growing?

Wrap-Up (Optional)

• 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 belly 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

Optional (if time allows): Show **I Love to Eat** storybook with corresponding pictures.

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!

Challenge

- 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

- 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 small group activities)
- Ants on a Log (using Sunbutter instead of Peanut butter)

Small Group Activities (10-15 minute activities)

Teacher Activities

1. Student Worksheet

Nutritionist Activities:

1. **Stop Light Game:**

- 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

4. **Cooking Activity: Super Snack Trail Mix**

- Recipe and directions on Snack Time Handout
- Ingredients:

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

- 1C whole grain cereal
- ¼ cup raisins
- ¼ cup dried apples or apricots, cut into chunks
- ¼ cup mini pretzels
- *Makes 1 ¾ cup of trail mix

5. **Cooking Activity: Yummy Hummus with vegetables or WW crackers/pita bread**

- **Ingredients:**
 - 1 can garbanzo beans, rinsed and drained
 - 4 T tahini paste (parents can use peanut butter at home)
 - 2 T olive oil
 - 3 T lemon juice
 - 1/3 cup warm water
 - 1 teaspoon garlic powder
- **Directions:** Mash beans with potato masher. Have another group squeeze lemon halves. Add tahini paste, olive oil, and warm water, and lemon juice to mashed beans and mix thoroughly.

Student Handouts

- Healthy Snack Celebration Graph
- Choose Three Snacks
- Snack Attack word search
- Are You Snack Smart? word search
- Create-A-Snack
- Make Trail Mix
- Sugar Math Worksheet
- Venn Diagram: Whole vs. Processed Foods

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: Bagel vs. Donut
- Discussion of healthy snacks
 - GO, SLOW, FULL
 - Whole vs. Processed
 - Natural Sugar vs. Added Sugar
- Wrap-up: "I Love to Eat" poem (or other book)
- Taste test
- Distribute student and parent handouts



Public Health

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