



## Lesson #17

### Healthy Snacks and Easy Recipes

#### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to Lesson
- 15** Minutes: PowerPoint Presentation/ Lesson
- 10** Minutes: Activity: *Fun Faces Snack*
- 3** Minutes: Explain Take Home: *Super Snacks*

**Goal:** Introduce students to the importance of eating healthy snacks and provide them with the tools to come up with their own easy snack recipes.

#### Objectives:

Students will:

- Understand what a snack is
- Understand the difference between a healthy and an unhealthy snack
- Be able to identify three healthy snack options

#### Materials:

- Lesson:
  - *Fit4Kidz Food Groups and My Plate* teacher reference
  - Chalkboard or dry erase board
  - Chalk or dry erase markers
- Activity: *Fun Faces Snack*
  - Grocery store items:
    - Brown rice cakes
    - Bananas (sliced)
    - Apples (thinly sliced)
    - Grapes (halved)
    - Raisins
    - Carrot (some sliced, some shredded)
    - Snap peas
    - Sunflower seed butter
    - Hummus
    - Cream cheese
  - Paper plates
  - Paper towels/napkins
  - Plastic knives or spoons
- Take Home: *Super Snacks* student activity worksheet

#### Instructions:

1. Begin the lesson with a quick review of last week's lesson on healthy school lunches. Ask students to give examples of some food items that make up a healthy lunch.
2. Tell students that this week's lesson focuses on healthy snacking.

3. Ask students, "what is a snack?". After receiving feedback, indicate that a snack is a small amount of food you eat between meals.
4. Ask students what some of their favorite snacks are. State that there are healthy and unhealthy snacks.
  - Unhealthy snacks have a lot of calories, sugar and fat.
    - Examples of unhealthy snacks are:
      - Candy
      - Cookies
      - Chips
      - Ice cream
      - Pop tarts
      - Soda
  - Healthy snacks have vitamins, minerals and give you energy.
    - They should contain at least two food groups.
      - Review five food groups using *Fit4Kidz Food Pyramid* handout:
        - Grains
        - Vegetables
        - Fruits
        - Milk
        - Meat & Beans
        - Oils – not a food group but need a small amount in diet
    - Remember, the more food groups you can use for a snack the better!
    - Examples of healthy snacks are (you can write some of these on the board):
      - Veggies with low-fat dip or salad dressing
        - Veggies:
          - Broccoli
          - Carrots
          - Cauliflower
          - Celery
          - Cucumber
          - Bell peppers
          - Snap peas
          - Tomatoes
        - Dips
          - Bean dip
          - Guacamole
          - Hummus
          - Salsa
          - Peanut butter
      - Whole grain pita pockets with fun fillings
        - Add hummus and veggies
        - Add peanut butter and apples or bananas
        - Add tomato sauce and low-fat mozzarella cheese and heat in the microwave or oven
      - Ants on a log
        - Celery with peanut butter (soy butter, sunflower seed butter, or almond butter for those with peanut allergies)

- Top with raisins or dried cranberries
- Whole grain crackers with low-fat cheese or peanut butter
- Trail mix
  - Combine cheerios, dried cranberries, sunflower seeds, mini dark chocolate chips and walnuts
- Fruit smoothies
  - Blend frozen fruit, bananas, yogurt and milk
- Other drinks:
  - Water
  - Low-fat or fat-free milk
  - 100% fruit juice

5. **Activity:** Have students create and enjoy their own healthy snacks with the *Fun Faces Snack* activity.

**Activity:**

Using the grocery store items listed above, have students come up with their own healthy snack in a fun face form. To make the fun faces each student receives one brown rice cake. Then spread sunflower seed butter, hummus or cream cheese on top of the rice cake. Use sliced banana, raisins, halved grapes, or sliced carrot for eyes and nose. Use apple slices or snap peas for mouth. Use shredded carrot for hair. As students are enjoying their fun face snack, ask them what food groups are parts of their fun face. (Answers: brown rice cake – *grains*; bananas, apples, raisins and grapes – *fruits*; carrot, snap peas – *vegetables*; sunflower seed butter, hummus – *meat and beans*; cream cheese – *milk*)

**Take Home:**

Encourage students to try some new snack recipes this week at home. Have them fill out their *Super Snacks* student activity worksheet by coming up with three new snack recipes with their parents. They should identify what food groups they included in each snack and rate how they liked each one.

For further reference, students and families can visit [www.fit4kidz.us](http://www.fit4kidz.us).