

Arizona Nutrition Network Lesson Plan

Type of Nutrition Education Class/Activity: Healthy Snacks

Classroom Lesson

Game

Community Presentation

Food Demonstration

Physical Activity and Nutrition message

Other

Class Location:

Date of Lesson:

AzNN Partner Class Instructor:

Title of Lesson: **Healthy Snacks**

Estimated Class Time: Approx. 30 minutes

Lesson Goal:

- To know the benefits of food group snacks.
- To understand how to make a healthy snack

Arizona Academic Standards: N/A

Lesson Objectives: (Use SMART = Specific, Measurable, Achievable, Realistic, Time Specific)

By the end of the session participants will be able to:

1. Name at least three healthy foods that can be used to prepare snacks.
2. Know when to give snacks to their children
3. Prepare a healthy snack by using two food groups from My Plate

Materials and Preparation: (List and attach lesson handouts/reinforcement items and evaluation form for class presentation)

- Easel pad/markers
- My Plate Poster
- Faux foods (optional)
- Handouts: Fruit & Veggie Fun Food News
- Education Reinforcement Item: Spreader or cookbook
- For Food Demo:
 - Recipe (TBD)
 - Hand wipes
 - Gloves
 - Soufflé cups
 - Napkins
 - Spoons

- Platter
- Prepare the room ahead of time

Sequence of lesson/script (Relate to each objective)

I. Introduction

Hello. My name is (). I would like to take a moment to meet all of you. Please tell us your name and how many children you have and their ages. (Allow participation). Today we are going to talk about the benefits of healthy snacks, share some snack ideas and discuss reasons why children need them. We are also going to learn how to make a healthy snack using the My Plate food groups. At the end of the session you will have the opportunity to taste a healthy snack that you can make at home.

II. Snacks

- What is a snack? *A small amount of food eaten between meals.*
- What kinds of foods do you think of when you hear the word “snack”? Allow answers.
- Why do you give your child snacks? Allow answers.
 - Snacks should be offered to satisfy hunger. (Some people may offer snacks to quiet tears, calm children, or reward behavior; which can lead to emotional overeating later on).
 - Healthy snacks provide important nutrients that allow your child to grow, maintain health, and repair body tissues.
 - Healthy snacks can fill in gaps: for example, if your child misses juice for breakfast, offer fruit at snack time.

When should snack time be? Allow answers. One mother asked when she should give her child a snack because he seemed to always be hungry after school. She was worried that he would get full on the snack and not eat dinner later on. You may worry about that too. One thing to remember is that children have small stomachs and they eat less than we do. If your child has been running and playing after lunch he/she has been using up energy and will soon become hungry again. A good time to offer snacks is 2-3 hours before meals. That way your child will be hungry for lunch or supper. For example, if your child had lunch at 12 PM and comes home at 3 PM, the child will most likely be ready for a snack, especially if dinner is served at 6 PM.

How large of a snack should your child eat? Allow answers.
Remember what a snack is: *a small amount of food eaten between meals.*
Offer small snacks to your children.

III. Benefits of Food Groups Snacks

Think of snacks as mini meals that provide nutrients and energy your child needs to grow and stay healthy. (Show My Plate Poster). Make food groups from MyPlate the usual snacks. Why is eating from

the different food groups important? Allow answers. (Discuss briefly the importance of each food group in overall health).

1. Grains: give us energy, and whole grains give us fiber
2. Veggies give us vitamin A: good for healthy eyes and skin
3. Fruits also give us vitamin C: helps us heal cuts and scrapes
4. Dairy provides calcium: helps build strong bones and teeth
5. Protein: helps build healthy muscles

Snack ideas from each food group: *On the easel pad write the heading “Healthy Snack Foods”. Ask participants to name some foods that might be used to make healthy snacks; write their suggestions on the pad. Fill out with some of the foods below if they were not named.*

Grains	Dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas
Vegetables	Veggie “matchsticks” (thin sticks) made from fresh carrots, or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar snap peas, avocados
Fruits	Apple slices, orange wedges, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, grapes, berries, pears
Dairy	Low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese
Protein	Egg slices or wedges, peanut butter, bean dip, hummus, slices or lean turkey or chicken

It’s best to include foods from at least two different food groups to make a healthy snack . For example, cheese and whole grain crackers (dairy group, and grains food group), or apple slices and peanut butter (fruit group, and protein group).

A word of caution to parents: small children can easily choke on foods like whole grapes, cherry tomatoes and other large or hard foods! Be sure to cut foods into small easy-to-chew pieces.

What kind of drinks can you offer your children as snack drinks? Allow answers.

Low-fat or fat free milk, 100% juice or water are good choices. Soft drinks and fruit drinks can crowd out foods your child needs to grow. (These are “sometimes” drinks - not for every day).

Focus on the food group that your child has not had or has had very little of that day.

Activity

Now that we have our list of foods let’s see what healthy snacks we can come up with by combining at least two food groups from the list. Once a food on the list is chosen I will check it off and it will no longer be used. If you would like to choose a food that is not on the list, think of a healthy food that is from one of the five food groups and something that is a common food most people would have at home. I will share my snack idea first:

- I like to make myself a quesadilla using a corn tortilla from the grains group and mozzarella cheese from the dairy group; I get energy and calcium from this healthy snack.
- I also like to eat a yogurt and fruit parfait as a snack, I use low fat vanilla yogurt (from the dairy group) and frozen berries (from the fruit group) on my parfait; I get calcium and vitamin C from this healthy snack.

Now it's your turn. I know that all of you can come up with some great snack ideas! Who would like to share? (Allow two-three minutes total for the activity). Which of these ideas have you tried at home? *Commend the group on their ideas and participation.*

Food Demo

Now that we have discussed how to make healthy snacks, you will get to taste a sample of a snack from a recipe you can make at home for your children. (Hand out the recipe along with the snack. Recipe could be something that follows the two food group rule learned in this lesson).

Evaluation (How was each objective met)

Participant involvement through questions and answers

Closure (Recap- call to Action)

Important tip for Parents: Be a Great Role Model

Children imitate you by watching your snacking habits. You can be a great role model for your children. If you eat healthy they will most likely do the same.

Let's review what we learned today:

- Name at least three healthy foods that can be served as snacks.
- How often should snacks be offered?
- How will you make a healthy snack using the food groups on MyPlate?
- What snacks will you offer your child this week?
- How will you feel when you offer your child healthy snacks this week?

Handout: Fruit & Veggie Fun Food News

Thank you for your participation!