

Lesson 3: Snack Attack

PREPARATION

 5 minutes

SET UP

Place the MyPyramid poster where all can see.

SUPPLIES

- MyPyramid poster [RK](#)
- Pack Your Snacks and Go* [RK](#)
- Grab Quick & Easy Snacks* [RK](#)

Outcomes (All Ages)



The purpose of this lesson is to have youth:

- Learn how to use food labels to make healthy snack choices
- Make an easy snack with a variety of foods
- Practice making wise snack choices

Instructor Essential Information

Most youth don't get all the nutrients they need to grow strong and stay healthy from just three meals a day. Therefore, snacking can be a healthful way to fulfill nutrient needs. Snacks are a great way to get more fruits, vegetables, whole grains, and low-fat dairy foods into a child's diet. The nutrition facts on food labels can help youth to compare snacks and make healthy choices.

Obtain the handouts shown below for use in Activity 1. You may download them in color from the websites below, or copy them from the black and white copies in the Resources Kit.

- Download *Pack Your Snacks and Go* from:
http://www.fns.usda.gov/eatsmartplayhard/collection/kids_activity.html
- Order *Grab Quick & Easy Snacks* free of charge at:
<http://www.fns.usda/eatsmartplayhard/Collections/Files/powerpac-order.pdf>

Discussion

 (All Ages)  15-20 minutes

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Ask: What are your favorite snacks? Explain that growing youth need more nutrients than some adults. Snacking can help meet those nutrient needs when you choose low-fat, nutrient dense foods. Nutrient dense foods are foods that are low in calories, but high in nutritional value.

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Ask: Do you think snacking is a good idea? Why or why not?

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Ask: Can you name some snacks that you think are "nutrient dense?" Stress that regardless of age, snacks can fill in the nutrient gaps you might have if you follow the recommended MyPyramid eating plan. Make your snacks count toward your food-group needs.



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PREPARATION

15 minutes

SET UP

- Place the MyPyramid poster where all can see
- Make copies of the handouts

SUPPLIES

- MyPyramid poster [RK](#)
- Three signs: "GO," "SLOW," & "WHOA"
- Assorted snacks (pretzels, candy bar, fruit) or Dairy Council food model pictures [RK](#)

HANDOUTS & BOOKS

- Grab Quick And Easy Snacks* [RK](#)
- Pack Your Snacks & Go* [RK](#)

Display the MyPyramid poster or MyPyramid Kid's poster. Go through each food group on the pyramid and ask the youth to name some healthy snacks from each food group.

Activity 1 – Go/Slow/Whoa

DO (All Ages) 20-30 minutes

Stress the importance of making healthy choices for snacks. Explain that youth will be running in a relay race where each one will select a snack from the plastic food models or bag of actual snack foods and categorize it as belonging in the GO, SLOW, or WHOA categories. Be sure to select snacks that are popular with the age group of youth you are teaching. Here are some of the types of foods that fall into each of the categories:

- WHOA - Candy bars, potato chips
- SLOW - Chocolate milk, pudding
- GO - Low fat, low sugar, foods such as fruits, vegetables and pretzels



This could be designed as a relay race with two bags of snacks and two sets of signs on different tables. Have each team member select a snack then run to the table and put it under the proper sign. The team that has the most snacks in the right categories wins. Discuss as a group which snacks fit into which category. Stress the importance of nutrient dense foods vs. empty calories when categorizing snacks.

APPLY (All Ages)

Give youth one of the handouts – *Grab Quick and Easy Snacks* or *Pack Your Snacks & Go* to use when making snack decisions at home or school.

PREPARATION

5 minutes

SET UP

Two signs: "BEST" and "POOREST"

SUPPLIES

Assorted snacks in bags - pretzels,

Activity 2 – Check The Snack Label

DO (All Ages) 20 minutes

Have each youth select a snack. Use actual pre-packaged snacks or Dairy Council food model pictures, which have nutrition information on the back of them. Put the "BEST" sign at one end of a table or room. Put the "POOREST" sign at the other end.

Have the youth line up with the snacks they chose, in a continuum from BEST snack choice to POOREST snack choice. The criteria could be amount of fat, calories, sugar, or nutritive value.

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candy bar, fruit, chips



When they are finished, have the group evaluate their positions in the line. You might have them read the labels and re-align themselves according to the amount of calories per serving, and/or amount of fat or salt or sugar per serving.

CALORIES IN ONE GRAM OF:
Fat = 9 calories
Carbohydrate = 4 calories
Protein = 4 calories

REFLECT (All Ages)

Ask: Were any of you surprised at your position in the snack line-up? Why or why not?

APPLY (All Ages)

At the next session, bring in wrappers from three healthy snacks that you or your family members have eaten during the week.

PREPARATION

⌚ 20 minutes

SET UP

Set out the snacks that each group will test.

SUPPLIES

- Brown paper towels or brown grocery bags
- Markers
- Regular potato chips
- Pretzels (or baked potato chips)
- Graham crackers
- Bakery or homemade cookies
- Banana
- Candy bar
- Cheese stick
- Carrot stick
- Peanut butter
- Fat-free yogurt

Activity 3 – Which Has More Fat?

DO (Middle School • Teen) ⌚ 20 minutes

Ask: Why should we care about the amount of fat in our snacks?

Answer: Because per gram, fat is higher in calories than carbohydrates and protein. Some fats have been linked with certain chronic diseases. Too much fat in our diets is considered unhealthy. Using actual snacks, youth will discover that fat "hides" in many of their favorite snack foods.

Show the snacks that each group will test (listed below). Ask youth which snack they think would have less fat.

- Regular potato chips vs. pretzels (or baked potato chips)
- Graham crackers vs. cookies
- Banana vs. candy bar
- Cheese stick vs. carrot stick
- Peanut butter vs. fat-free yogurt

Youth will perform a quick test for the presence of fat in foods. Divide youth into small groups of 2 to 4. Give each group a pair of snacks to test for fat.

Have youth rub each type of snack on brown paper or brown towel. The snack will leave a grease spot on the towel if it contains a lot of fat. Label the spots left by both types of snacks.



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REFLECT (Middle School • Teen)

Ask: What did you find out? How do the spots differ? What does this tell you? Which snack has more fat?

APPLY (Middle School • Teen)

Repeat this exercise at home with some of your snack choices.

PREPARATION

⌚ 5 minutes

SET UP

Place flip chart in front of room

SUPPLIES

- Flip chart
- Markers

Activity 4 – Snacking Dilemmas

DO (Middle School • Teen) ⌚ 15 minutes

This activity is designed to give teens practice in deciding which snacks to eat. You have a snack dilemma whenever it is easier to choose a snack that is not very healthy versus preparing one that is better for you. Record youth answers to the question below on a flip chart.

Ask: When do you have snack dilemmas? Examples: when running late, at someone else's house, at school, or waiting for the bus.

Beside each "snack dilemma" determine what a good snack choice might have been in that situation OR determine an alternate activity to eating at that time.

Ask: Could a little planning have made it possible to have a healthy snack? Which of these dilemmas might be avoided if the person in this situation had eaten a good breakfast or lunch?

PREPARATION

⌚ 30 minutes

SUPPLIES

See recipe for ingredients and utensils list.

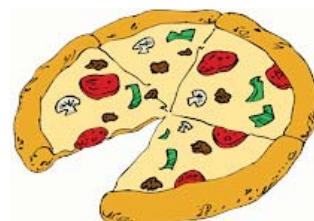
HANDOUTS & BOOKS

Recipe: *Pyramid Pita Pizzas* [A] p. 249

Now We're Cookin' - Pyramid Pita Pizzas

(All Ages) ⌚ 45 minutes

Have youth wash their hands using the *Proper Handwashing* steps on page 29. Divide youth into working groups to prepare Pyramid Pita Pizzas. The recipe is found in Appendix A.



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Technology Challenge

(All Ages)

Visit <http://www.cspinet.org/nutrition/>. Under "Kids Stuff," click on "The Top 10 Best and Worst Foods." Which ones are your favorites? If your choices were in the "worst" list – what could you substitute as a healthier option? Under "Kids Stuff," click on "Smart-Mouth.org" and scroll through the "Snacktoids." Share what you learn with your family.

(Teen)

Go to <http://www.aarp.org/health/>. In the SEARCH box, type in "healthy snacking" and find the article with that name. Read the article and find out:

- Why snacking is a good idea
- How you can avoid gaining weight when snacking
- Why you should avoid fatty and salty snacks
- Which snacks from their list are good ones?