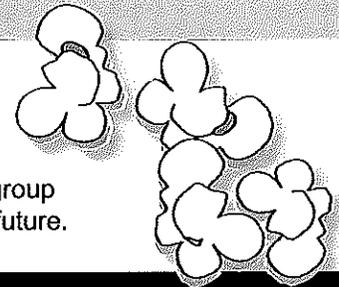




LESSON 2

Making Healthy Snack Choices

Student Learning Objectives:	National Health Education Standards:
1. Describe the benefits of eating healthy snacks.	• Core Concepts
2. Suggest a food from each of the food groups that could be eaten as a healthy snack.	• Self Management
3. Describe the benefits of drinking water compared to other beverages.	• Core Concepts



Lesson Synopsis

Review the five food groups and introduce healthy snacks from the five food groups. Emphasize water intake as necessary for health. Categorize snacks according to food group and taste snacks from all food groups. Identify favorite healthy snacks to choose in the future.

Activity	Time in Minutes	Materials Needed
Introduction	3	• None
Teacher Input	7	Health Education Materials • Poster: "Heart-Healthy Snacks," Michigan Model for Health Clearinghouse Supplied by the Teacher • Eight-ounce glass of water
Application or Skill Practice	15	Health Education Materials • Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse Teacher Manual Resources • Teacher Reference: "Healthy Snack Recipes" • Teacher Reference: "Family Letter: Healthy Snacks" (from Lesson 1) Supplied by the Teacher • Toothpicks or small paper plates • Variety of snack foods, some from each food group • Water cups for each student • Napkins or paper towels
Closure	5	Teacher Manual Resources • Student Worksheet: "Heart-Healthy Snack Letter"
TOTAL	30	

Preparation

Prior to the Lesson:

- **Read** the teacher reference, "Healthy Snack Recipes," and plan healthy snacks for the students to try during the Application or Skill Practice portion of this lesson.
- **Duplicate** the teacher reference: "Family Letter: Healthy Snacks," from Lesson 1 that asks parents to bring in snack foods from the five food groups for the Application or Skill Practice section of this lesson.
- **Ask five parents or older students to assist** as small group assistants for the Application or Skill Practice section of this lesson.

For Application or Skill Practice:

- **Decide** how you will have students form five groups.

For Closure:

- **Duplicate** the student worksheet, "Heart-Healthy Snack Letter," for each student.

LESSON PROCEDURE

Introduction: Review the importance of eating a variety of foods from the five food groups and introduce healthy snacks.

Approximately 3 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review the importance of eating a variety of foods.	<p><i>We have been learning about food and the importance of eating a variety of foods.</i></p> <p><i>What is one way to be sure we eat a variety of foods?</i></p> <p>Answer: Eat foods from all five food groups every day.</p> <p><i>Why is it important to eat a variety of foods?</i></p> <p>Answer: Each food gives our bodies different things it needs to grow and be healthy, such as vitamins and minerals and other nutrients.</p>	
Call on students to name the five food groups.	<p><i>Who can name one of the food groups?</i></p> <p>Answers: grains, vegetables, fruits, dairy, and protein foods</p> <p>Call on students until all five food groups are named.</p>	
Preview the focus of this lesson.	<p><i>If you like snacks, rub your stomach. If you do, you're sure to like our lesson today. It's all about healthy snacks.</i></p>	

Teacher Input: Define “snacks” and identify healthy snacks and the food group to which they belong. Describe the benefits of drinking water, rather than other beverages.

Approximately 7 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Define snacks.	<p><i>Snacks are small meals or any food eaten between meals. Since your bodies are growing, you may need the extra energy, vitamins, minerals, and other nutrients provided by snacks. Snacks can help keep us healthy if we choose them carefully.</i></p>	 <p>Ask the school food service personnel to display healthy snack options from the school menu.</p>
Show the poster, “Heart-Healthy Snacks.” Assign snacks to correct food group.	<p>Point to each snack and ask students to name the food and identify the food group in which each snack belongs.</p>	 <p>Be sure to identify nutritious beverages as healthy snacks, such as fat free or low-fat milk and 100% fruit juice. The prevention of osteoporosis depends on children and adolescents consuming enough calcium and vitamin D, from milk, fortified juices and other sources, and participating in weight-bearing physical activity.</p>
<p>Show an eight-ounce glass of water.</p> <p>Explain the importance of drinking water each day.</p>	<p><i>In what food group does water belong?</i></p> <p>Answer: It isn’t in a food group.</p> <p><i>Water doesn’t belong to a food group, but it is very important to drink enough water each day to keep your body healthy. When you are thirsty, your body is telling you it needs water.</i></p> <p><i>Why is it a healthier choice to drink water instead of soda pop?</i></p> <p>Answers: The body needs water to work its best, such as to digest food, make blood and tears, and keep skin soft and flexible. Soda pop does not help keep our bodies healthy. Soda pop can have lots of sugar that may fill you up so that you do not have room for healthy food and beverages.</p>	 <p>Have students chart the number of glasses of water they drink each day.</p>  <p>Encourage your school to adopt, and comply with, a healthy nutrition policy.</p>

Application or Skill Practice: Classify different snacks according to the food groups. Sample snacks.

Approximately 15 minutes

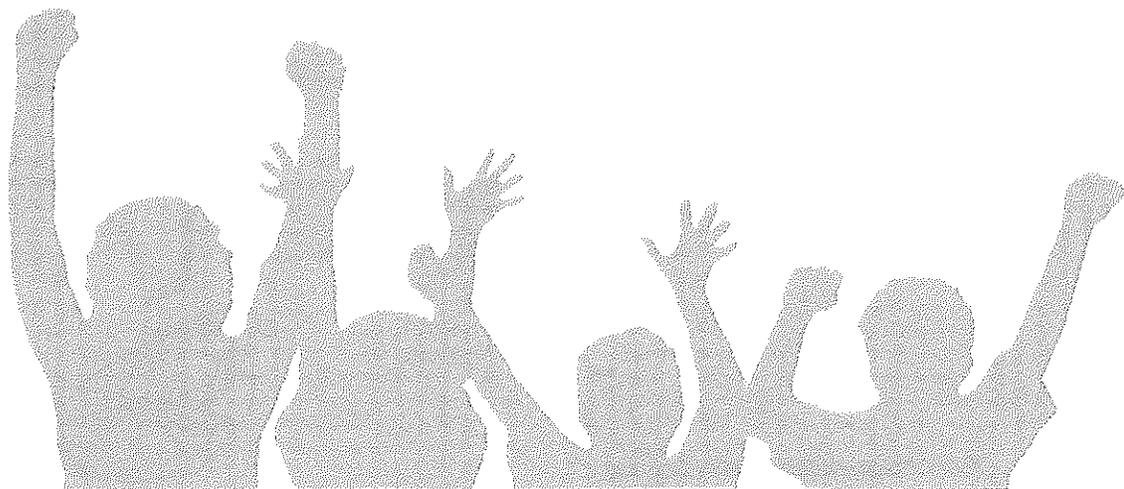
Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Classify snacks by food group, using the food group signs from the poster set, "MyPlate: Know Your Food Groups."</p>	<p>Place the food group signs in different locations in the room, with a table close by each sign.</p> <p>Place snacks brought in by parents on a table at the front of the room.</p> <p>Select one snack at a time from the table. Ask students to help decide in which food group it belongs.</p> <p>As each snack is classified, put it on the table next to the appropriate food group sign.</p> <p>If you or your students' families brought snacks that contain more than one food group, identify each food group in the snack and place it on the table with one of the correct food groups and the fewest snacks.</p>	<p> Consider turning this healthy snack activity into a "luncheon with parents."</p> <p> When using food in the classroom, emphasize healthy eating and the characteristics of healthy food, such as being low in fat and sugar and belonging to one of the five food groups.</p> <p> Encourage your school building or district to adopt an approved healthy snack list for parents to use when they are supplying snacks for school events.</p>
<p>Try snacks from the five food groups in five small groups.</p>	<p>Have students wash their hands.</p> <p>Divide students into five small groups. Position one group at each table with a parent or older student assistant.</p> <p>Indicate that students may sample the snacks in that food group. The assistant at each table will assure that each student has an opportunity to try a few different foods and that proper sanitary conditions exist.</p> <p>After a few minutes, ask the groups to rotate to the next table.</p> <p>Continue this process until each group has sampled snacks from each of the food groups.</p>	<p> While students rotate through the five groups, place a cup of water on each student's desk.</p> <p> Prepare snacks with students, using the "Healthy Snack Recipes" teacher reference.</p> <p>  Provide each student with an award (or sticker) for having tasted snacks from each of the food groups.</p>

<p>Gather students together. Drink water.</p>	<p><i>Now it's time to drink some water while we discuss what we have learned about healthy snacks.</i></p>	 <p>Encourage students to bring water bottles to school. Allow students to keep water at their desks all day.</p>
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Closure: Encourage students to identify and choose healthy snacks.

Approximately 5 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Identify favorite healthy snacks.</p>	<p><i>Think about the snacks you tried today. Which one was your favorite?</i></p> <p>Answers will vary.</p>	 <p>Chart the snacks students eat. Sort them according to food group and create a graph.</p>
<p>Distribute the student worksheet, "Heart-Healthy Snacks Letter," to each student. Read it to them.</p> 	<p><i>Fill in your name and your parents' name(s) on the appropriate lines and take it home to share with them tonight.</i></p>	 <p>Ask students to draw their favorite snacks on the worksheet and write the names of those snacks next to their drawing, using the "Heart-Healthy Snacks" poster as a guide.</p>
<p>Introduce the next lesson.</p>	<p><i>In our next health lesson, we will learn how to get enough physical activity, rest, and sleep.</i></p>	





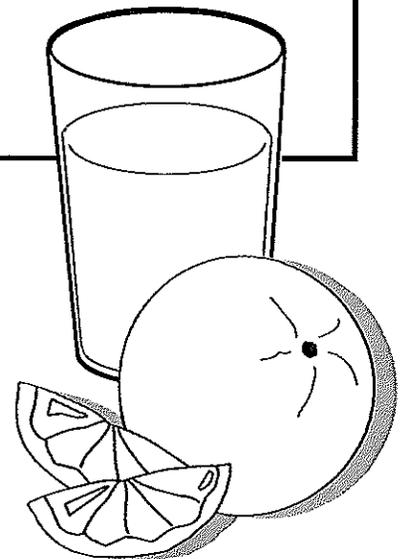
Healthy Snack Recipes

Materials

- Dependent on recipes chosen.

Directions

1. Assemble ingredients to prepare the snacks. Following are some suggested recipes:
 - **Funny Butter:** Mash together 1/2 cup peanut butter and one large, ripe banana. Spread on whole wheat crackers.
 - **Fruit Kabobs:** String an assortment of fruits on pretzel sticks. Serve.
 - **Fresh Vegetables and Cottage Cheese Dip:** Clean, peel and cut vegetables into manageable sizes.
 - To make dip, combine in blender: 2 cups fat free cottage cheese, 2-3 tablespoons low-fat milk or sour cream, 2 teaspoons lemon juice, 1 teaspoon instant minced onion. Serve (when smooth) with vegetables.
 - **Fruit Juice, 100% juice rather than juice drink:** Serve in small cups. Four-ounce cups are recommended.
2. You may want to provide each student with an award (or sticker) for having tasted snacks from each of the food groups:
 - **Grains:** pretzels, whole wheat crackers
 - **Fruit:** banana, fruit juice
 - **Vegetable:** carrots, celery, broccoli
 - **Dairy:** cottage cheese, milk, sour cream
 - **Protein Foods:** peanut butter



Adapted from *FOOD ... Your Choice*, National Dairy Council



Heart-Healthy Snack Letter



Dear _____

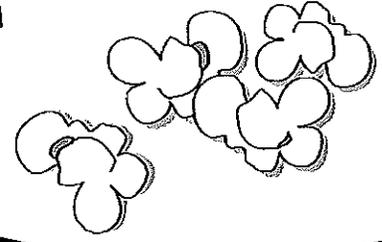
We are studying about the kinds of foods that help your heart and body stay healthy.

My teacher wants me to share a list of heart-healthy snacks. Would you help me look at this list of snacks and circle the ones I like best?

Thank you,

Circle your favorite snacks:

- Bananas
- Apples
- Nuts
- Low-Fat Frozen Yogurt
- Peanut Butter on Whole Wheat Toast
- Raisins
- Animal Crackers
- Grapes
- Frozen 100% Juice Bar
- Unsweetened, Whole-Grain Cereal
- Graham Crackers
- Bagel
- Carrots
- Popcorn



Adapted from American Heart Association

