



TRACKS Lesson Plan

Healthy Snacks

Healthy Snacks for Kids (and Caregivers Too!)

Audience: Caregivers

I. Nutrition Education Objectives:

- A. Consume recommended amounts and variety of fruits and vegetables daily
- B. Consume recommended amounts of calcium-rich foods daily
- C. Choose healthy snacks

II. Content

- A. Participants will discuss their family's snacking habits and ways that they can improve their habits.
- B. Participants will learn how to interpret a food label to determine if a snack is healthy or unhealthy.
- C. Participants will learn ways to prepare healthy, low fat snacks.

III. Materials

- A. Power Point presentation: Snack Wise, laptop, projector
- B. Visuals: Assorted food labels from popular snack foods (1 per participant or pair of participants)
- C. Handouts:
 - 1. "Reading nutrition labels"
 - 2. "Read it before you eat it"
 - 3. "Munching Matters- the secret to smart snacking" brochure
 - 4. ERN information sheet
 - 5. Parent newsletter- Healthy Snacks
- D. Supplies: Pencils
- E. Food tasting- Smoothies
 - 1. Frozen bananas
 - 2. Frozen strawberries
 - 3. Canned pineapple in light syrup or pineapple juice
 - 4. 100% orange juice, canned or concentrate
 - 5. Skim milk
 - 6. Blender
 - 7. Extension cord
 - 8. Small plastic cups
 - 9. Plastic spoons
 - 10. Plastic straws
 - 11. Individual hand wipes

12. Large plastic spoon
 13. Tablecloth
 14. Napkins
 15. Plastic pitcher
 16. Gloves
- F. Reinforcement: ERN Calculator (or any other appropriate reinforcement)

IV. Procedure

A. Introductory

1. Introduction of Nutrition Educator
2. Ice Breaker
 - a. Ask participants what their children like to snack on. What snacks do they eat? What snack foods do they have in the house or in the refrigerator?
3. Lesson Introduction
 - a. Explain the Eat.Right.Now. Nutrition Education program and general goals. Give specifics on what we do in the schools and why nutrition education at this age is so important. Explain how the prevalence of overweight and obesity in children and adolescents has increased over the years. Research has shown that children who are overweight at a young age tend to be overweight as adults. Prevention is necessary to keep this trend from increasing.
 - b. Activity- Name the Candy Bar and Fruit and Vegetable. Have the participants try and guess the candy bars and then the fruits and vegetables. See if they know more candy bars or fruits and vegetables. Explain to the participants that most students usually know more candy bars. Students tend to snack on chips, candy and soda.
 - c. Introduce the concept of healthy snacking.
 - i. Healthy snacks are important for growth and energy needs of kids.
 - ii. Parents play a key role in helping their children make healthy choices.
 - iii. Repeat exposure – keep trying even if a child says that he/she does not like fruits and vegetables.
 - iv. Find out what your child is willing to eat and start from that point.
 - v. Control snack portions.
 - vi. Look for ways to “hide” fruits and vegetables in snacks (salsa, fruit kabobs, zucchini bread, carrot cake, fruit smoothies).
 - vii. Make healthy snacks available to substitute for unhealthy choices, like soda and chips.

B. Developmental

1. Label Reading Activity: How to choose a healthy snack
 - a. Distribute food labels from popular snack foods to each participant. Participants may also choose to work in groups. Also distribute a copy of the “*Reading Nutrition Labels*” handout.
 - b. Explain how to interpret the nutrition label. Discuss the difference between serving size and servings per container and how the amounts of nutrients listed are per serving, not for the whole container. Review the “*Read it before you eat it*” handout.
 - c. Have the participants evaluate their food label based on calories, fat, and percent daily value per serving to determine if it is a healthy snack. Use the “*Reading Nutrition Labels*” worksheet.
 - d. Have the participants identify an alternative snack that would be healthier.
2. Beverages and Calcium
 - a. Discuss that important nutrients come from beverages as well as food.
 - b. Highlight that calcium in the diet is essential for children who are growing; most life-time bone mass develops during childhood.
 - c. Skim milk is one of the best sources of calcium (low calorie, low fat, high calcium).
 - d. Other calcium sources include cheese, yogurt, calcium-fortified orange juice, some breakfast cereals and green vegetables.
 - e. Discuss smoothies as a good source of calcium and fruit, relatively inexpensive, and a good summertime snack.
 - i. Talk about smoothie ingredients.
 - ii. Can substitute any fruits that participants or their children like.
 - iii. Using canned and frozen fruit can keep costs low.
 - iv. Importance of using 100% juice (pineapple, orange, grape, mixed fruits).
 - v. Importance of using skim or low-fat milk.
3. Discuss healthier snack options.

V. Conclusion:

- A. Thank the participants for their time and answer any questions they may have.
- B. Distribute hand wipes.
- C. Provide each participant with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
- D. Distribute parent handouts
- E. Distribute and explain reinforcements.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.