

KidsHealth.org/classroom

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)



# PreK to Grade 2 • Personal Health Series Healthy Snacking

Kids need to refuel more often than at breakfast, lunch, and dinner. But many young children don't know the difference between healthy and unhealthy snacks. Kids should know how to choose snacks wisely so they can get the energy and nutrients they need. The following activities will help your students make healthy snack choices.

## Related KidsHealth Links

### Articles for Kids:

#### When Snack Attacks Strike

[KidsHealth.org/en/kids/snack-attack.html](http://KidsHealth.org/en/kids/snack-attack.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### Recipes for Kids

[KidsHealth.org/en/kids/recipes/](http://KidsHealth.org/en/kids/recipes/)

#### MyPlate Food Guide

[KidsHealth.org/en/kids/pyramid.html](http://KidsHealth.org/en/kids/pyramid.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. How do you know if a snack is healthy?
2. What are some healthy snacks you can bring to school?
3. How many snacks should you eat in one day?
4. What times of the day are good for snacking?
5. Why aren't potato chips and cookies healthy snacks?
6. Why is it important to have snacks?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### The Snack Shack

#### Objectives:

Students will:

- Identify healthy snack choices
- Create a healthy snack menu

#### Materials:

- “The Snack Shack” handout - one for students; one to be made in the overhead
- KidsHealth articles “When Snack Attacks Strike,” “Go, Slow, and Whoa! A Kid’s Guide to Eating Right,” and “MyPlate Food Guide” (Note: Share the articles based on your students’ reading skills. For younger kids, it may be more appropriate to have them listen to the articles or view them from an interactive whiteboard. Older kids can read printed articles with a reading buddy.)
- Chart paper and markers for brainstorming

#### Class Time:

1 hour

#### Activity:

A new restaurant is opening in town called The Snack Shack. Our class was chosen to design The Snack Shack’s menu based on healthy foods that kids like to eat. After we learn about choosing healthy foods from the KidsHealth articles, we’ll create the menu, which has three sections: school snacks, after-school snacks, and after-dinner snacks. Most kids eat one or two snacks a day. Think about the snacks you eat at home, as well as the ones you eat in school. Choose foods that are low in sugar, low in fat, and high in fiber. First, we will brainstorm a list of healthy snacks and then divide them into the three sections. Then we’ll vote on what goes on the menu. (Note: Snack suggestions include fruit, precut veggies, nuts, yogurt, popcorn, cheese, cheese sticks, cottage cheese, peanut butter crackers, fig bars, mini muffins, applesauce, low-sugar fruit cups, frozen yogurt pops, frozen fruit pops, pretzels, rice cakes, smoothies, low-fat chocolate milk, low-sugar cereals.)

#### Extensions:

1. Ask kids to watch commercials during one kids’ TV show to see if snacks advertised are healthy. Discuss what they saw the next day in class.
2. Share The Snack Shack menu with family members to help improve their snack choices.



## Snack Buffet

### Objectives:

Students will:

- Understand the importance of healthy and nutritious snacking
- Create a mural based on healthy snacks

### Materials:

- Large sheet of butcher paper (about the length of a table)
- Markers, crayons, colored pencils, glue
- Magazine clippings of photographs of food, grocery store circulars
- KidsHealth articles “When Snack Attacks Strike,” “Go, Slow, and Whoa! A Kid’s Guide to Eating Right,” “Recipes for Kids”

### Class Time:

1 hour

### Activity:

After learning about healthy snacking from the KidsHealth.org articles, we’re going to create a healthy snack buffet on a large piece of paper so it looks like the real deal. You can include your favorite snacks and drinks ... as long as they’re healthy and nutritious! Using pictures of your favorite healthy snacks from magazines or newspapers, or drawing them with markers or crayons, decorate our snack buffet with at least eight different snacks and drinks. (Note: After the snack buffet mural is complete, display it in the classroom or hallway. See snack suggestions above.)

### Extensions:

1. Create a class snack book. Have students write and draw their favorite healthy snacks on index cards, then punch a hole through a corner of the cards and bind them with string. The students can sign out the book and take it home to share with family members.
2. Go to the “Recipes for Kids” article and select a few recipes that would be good snacks to make with the class. Share the recipes in a healthy snacking newsletter to parents. Have the students contribute to the newsletter.

## Reproducible Materials

### Handout: The Snack Shack

[KidsHealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking1.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/healthy_snacking1.pdf)

### Quiz: Healthy Snacking

[KidsHealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/healthy_snacking_quiz.pdf)

### Answer Key: Healthy Snacking

[KidsHealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/healthy_snacking_quiz_answers.pdf)

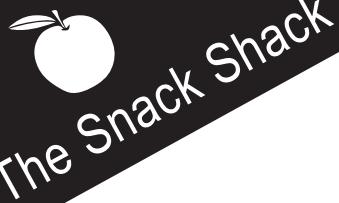


Name: \_\_\_\_\_

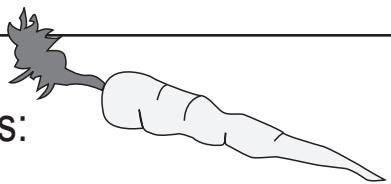
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## The Snack Shack

Instructions: Most kids have 1 or 2 snacks a day. As chefs of The Snack Shack, you're in charge of deciding what goes on the menu. Be creative and think of catchy names for healthy and nutritious snack foods for the restaurant. Include at least five choices for each section.



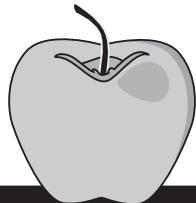
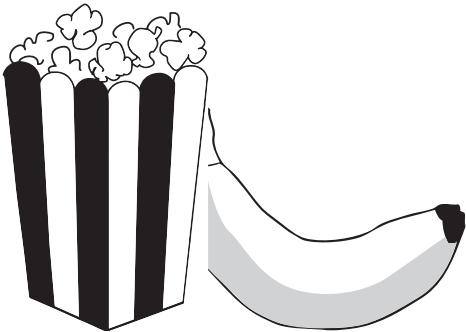
After-school snacks:



School snacks:



After-dinner snacks:



The Snack Shack delivers!



Name:

Date:

## Quiz

Instructions: Answer each question (can be oral or written).

1. What are good times of the day to plan to have a healthy snack?

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2. Why do kids get hungry between meals?

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3. Name five healthy snacks kids can eat between meals:

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4. True or False: Healthy snacks should tend to be low in fat, low in sugar, and high in fiber. T F

5. Draw a line through the snacks that are not healthy choices:

Carrots

Potato chips

Grapes

Cookies

Apples

Celery

Oranges

Bananas

Donuts



## Quiz Answer Key

1. What are good times of the day to plan to have a healthy snack?

When you're hungry mid-morning, after school, and before bedtime

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2. Why do kids get hungry between meals?

Kids use lots of energy playing and doing activities, and they have smaller stomachs than adults.

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3. Name five healthy snacks kids can eat between meals:

Any five of the following: fruit, precut veggies, nuts, yogurt, popcorn, cheese, cheese sticks, cottage cheese, peanut butter crackers, fig bars, mini muffins, applesauce, low-sugar fruit cups, frozen yogurt or fruit pops, pretzels, rice cakes, smoothies, low-fat chocolate milk, low-sugar cereals

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4. True or False: Healthy snacks should tend to be low in fat, low in sugar, and high in fiber.  F

5. Draw a line through the snacks that are not healthy choices:

Carrots

~~Potato chips~~

Grapes

~~Cookies~~

Apples

Celery

Oranges

Bananas

~~Donuts~~