

The information below may be used as a lesson plan to educate your child(ren). This program is designed for younger children. The purpose of this information is to educate and instill habits that lead to increased physical activity levels and teach valuable nutritional lessons that your child can use throughout their lives.

## Snack Attack

---

Do you think it is okay to snack between meals?

- Snacking between meals helps keep our energy levels up and provides nutrients (vitamins and minerals) we may miss out on with our other meals.
- But you need to pay careful attention to the types of snacks you are choosing. If you primarily eat high fat, high sugar snacks, you may harm your health.
- Eating high fat, high sugar foods may lead to weight gain and other serious medical conditions as well as decreased energy levels.

What is your favorite snack? *(Ask your child for examples.)*

We can decide if a snack is a healthy choice or not by reading the food label. *(Choose a food item from your kitchen pantry to show your child a food label.)*

What information can you find on the food label? *(Point out the line items on the label.)*

Fat, Cholesterol, Sodium (salt)  
Fiber, Calcium, Vitamins, Iron

Tell your child they should try to read the food label before eating a snack and to pay attention to the percentage of Daily Value for each nutrient. *(Look at the Daily Values on the food label.)*

Have your child guess if he/she wants a high or low percentage of various nutrients on the food label?

Answers:

- Choose foods that have **less** fat, cholesterol and sodium. *(5% or less is low. 20% or more is high.)*
- Try to eat more of foods that are **high** in fiber, calcium, vitamins and iron. *(5% or less is low. 20% or more is high.)*

Now we are going to talk about tips for healthy snacking. There is an easy way to remember it, by spelling the word SNACKS. *(Have your child spell the word SNACKS.)*

### **S – Smaller portions**

Eat smaller amounts when snacking. Instead of buying a large bag of chips, buy a smaller bag. Or take just a handful out of the larger bag and then put it away.

### **N – Not in front of the TV/Computer**

Eating in front of the TV or computer can cause you to overeat. Television acts as a distraction causing you to forget about how much you are eating. Also, when you watch TV you see a lot of commercials



about food. Sometimes these commercials can be tempting and make us want to eat things we normally wouldn't.

### **A – Am I really hungry?**

Before you eat something, ask yourself – am I really hungry? Your body is a good indicator of when you are hungry and when you are not. Listen to those cues. If you just had dinner and are feeling full, maybe you don't need to eat those chocolate chip cookies for dessert. Sometimes we eat because we are bored and that may lead to weight gain. Find some other activity to do to distract you from eating.

### **C – Choose low fat foods for snacks.**

Examples of low fat snacks would be fruits, veggies, plain popcorn, string cheese, low fat yogurt, low fat granola bars, baked chips, whole wheat crackers and cereal with low fat (1%) or fat-free milk. Look for these and other healthier options when at the store or the vending machine. You should always be able to find a healthier choice.

### **K – Kitchen is a good place to eat.**

Since most other rooms in the house tend to have TVs, the kitchen is usually the best place to eat. You are free from distractions, can actually make your meal or snack, and can talk with your family members.

### **S – Sit Down, Slow Down, Savor and Enjoy!**

Don't rush through your meals. **It takes your brain 20-30 minutes to realize that your stomach is full.** Just think about if you skin is pinched, you feel it immediately, but it goes away. When eating, you may think you are still hungry, but if you wait and slow down your brain will tell your stomach it is full. Sit down and take the time to enjoy your meals.

### **Suggested Activity: Picking the Healthy Snacks**

This activity is designed to help you choose healthy snacks. Use the chart below as a guide. *(If available, have samples of both healthy and unhealthy snacks from each food group. Have your child pick a healthy choice from each food group.)*

Fruit

Vegetable

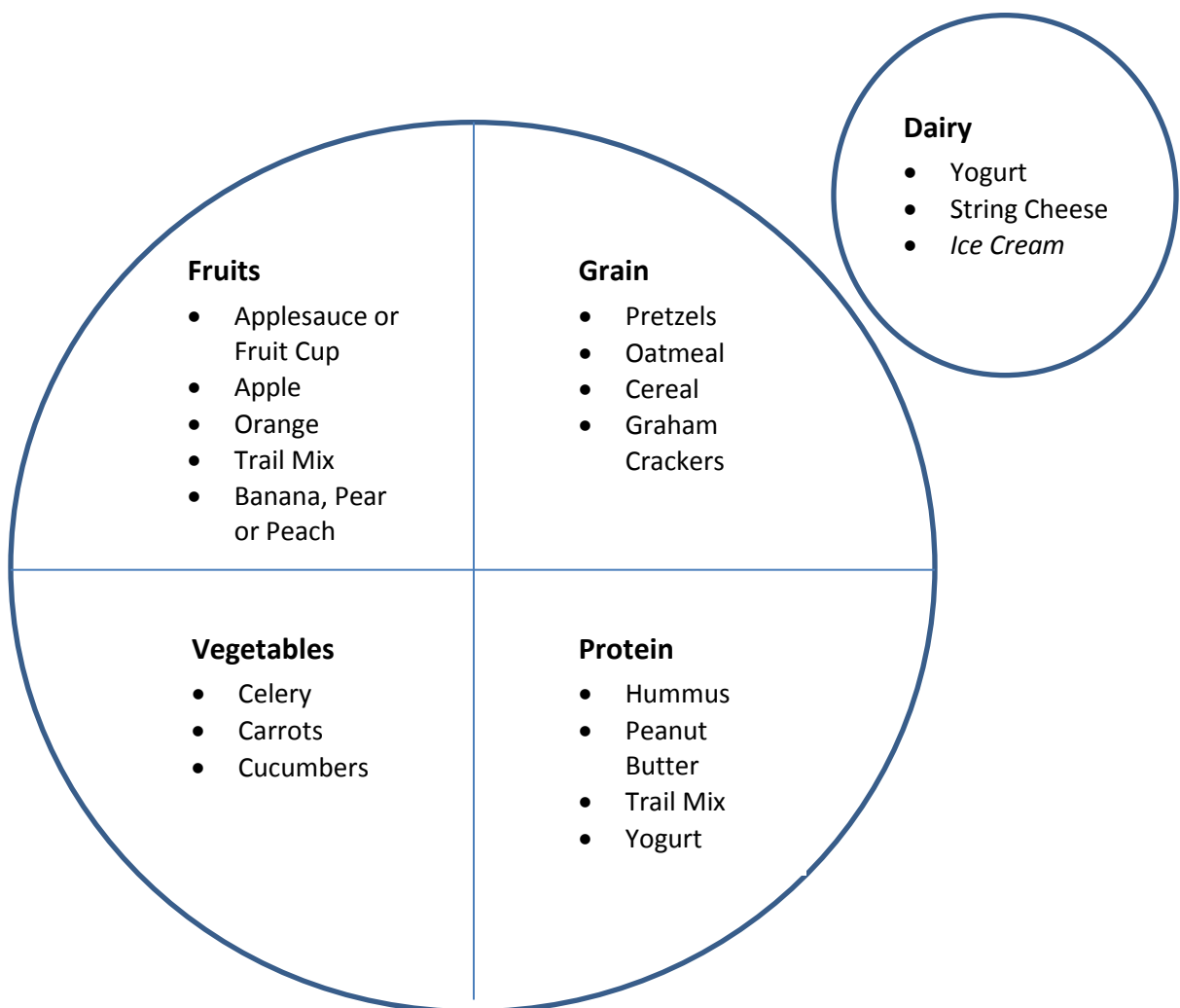
Grain

Protein

Dairy

*With any remaining snacks, hold up each leftover food that was not chosen and have your child give a thumbs up or down on whether it is a healthy snack.*

Good Idea	Not so Good Idea
Peanut Butter	Chips
Celery	Poptarts
Yogurt	Rice Krispie Treat
Pretzels & hummus	Ice Cream
Oatmeal	Soda
Apple, Orange, Banana, Peach or Pear	Cookies
Cucumber	
Carrots	
Graham Crackers	
Trail Mix	
String Cheese	
Applesauce or Fruit Cup (unsweetened)	



- |   |
|---|
| <ul style="list-style-type: none"> <li>• Chips</li> <li>• Poptarts</li> <li>• Rice Krispies</li> <li>• Soda</li> <li>• Cookies</li> </ul> <p><b>“OFF THE PLATE”</b></p> |
|---|