



Snack Smart!

Target Audience

Children, ages 5 to 7

Behavior Objectives

Children who participate in this activity will be able to:

- Identify a variety of healthy snacks
- Prepare an easy, healthy snack

Lesson Overview



20-MINUTE ACTIVITY!

- As an activity opener, children learn about healthy snacks, using the *Grab Quick & Easy Snacks* poster.
- Children make and taste a simple snack (a raw vegetable, crackers, and low-fat yogurt dip) shown on the *Grab Quick & Easy Snacks* poster, then talk about smart snacks.
- Each child receives an Eat Smart. Play Hard.™ Power Panther sticker.
- Each child receives the family handouts—*Super Good-for-You Snacks*, *Snacking Is Fun and Nutritious*, and the *Grab Quick & Easy Snacks* brochure.



Materials

Before you teach the lesson:



- Download the Power Panther songs to play at the start of the lesson.
- Display the *Grab Quick & Easy Snacks* poster.
- Order enough Eat Smart. Play Hard.™ Power Panther stickers and the *Grab Quick & Easy Snacks* parent brochure to share with each child.
- Gather ingredients and utensils for making a simple snack shown on the poster:* baby carrots, whole-wheat crackers, 8 ounces plain low-fat yogurt, one package dry soup mix, mixing spoon, bowl, and napkins. Children should wash their hands before the lesson since they will touch the food.
- Make copies of the two-page family handouts *Super Good-for-You Snacks* and *Snacking Is Fun and Nutritious* to share with each child.

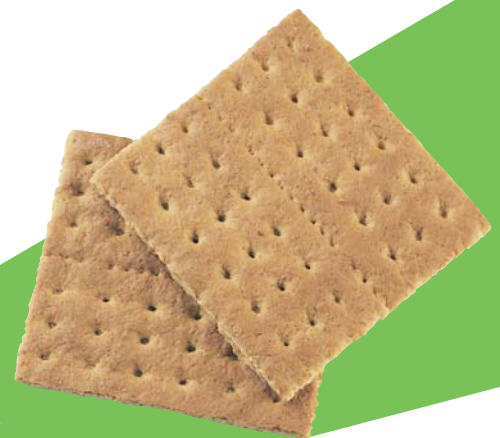
*Option: Offer a different snack than shown on the poster.

The images for the Eat Smart. Play Hard.™ materials (poster, clip art, and parent brochure) are available on-line:

www.fns.usda.gov/eatsmartplayhard/orderform.htm

The Power Panther songs are available at:

www.fns.usda.gov/eatsmartplayhard/collection/collect—tools.html



Background Information for Leaders

Use this information to guide your snack activities with children and their parents. It's not meant to be presented directly to children.

- Snacks count as part of the total calories consumed in a day. They can also be a source of good nutrition. Snacks are a normal part of a healthy diet for growing children.
- Snacks are a good way to get children to eat fruits and vegetables, whole grains, and low-fat and fat-free milk and milk products.

Examples of some fun, quick, and easy snacks:

- Whole-grain crackers and low-fat cheese
- Snack-size low-fat yogurt or pudding
- Pretzels or unbuttered popcorn
- Cut-up fruit in low-fat or fat-free yogurt
- Fruit smoothies
- Vegetable sticks with a low-fat yogurt dip
- Frozen fruit “pops” made from 100% juice
- Peanut butter on celery topped with Raisins
- Strawberry-flavored low-fat milk and graham crackers
- Peanut butter on whole-grain toast

For more snack ideas, refer to the family handouts in this lesson.



Teaching Activities

1. **Start** by playing the Power Panther songs.

2. **Introduce** Power Panther and his snack message, using the *Grab Quick & Easy Snacks* poster.

— **Share** part of the Power Panther’s “bio”:

“I play hard everyday! Because I’m so active, I need to keep my energy level up. So I eat smart and use the *MyPyramid* as a guide. One of my secrets is keeping a variety of fruits, vegetables, and whole-grain foods handy. They make great snacks and fuel me up for things I like to do. I hope boys and girls everywhere will make healthy food choices and be physically active like me!”

Power Panther’s full “bio” is available at the Web site:

www.fns.usda.gov/eatsmartplayhard/Zone/bio.html

— **Say:** Today we are talking about snacks. Raise your hand if you eat snacks. What do you eat for a snack?

— **Ask:** What do you think a healthy snack is? What snacks do you think Power Panther is telling you to eat? [pretzels, crackers and low-fat and/or fat-free cheese cubes, raw vegetables and low-fat and/or fat-free yogurt dip, fruit]

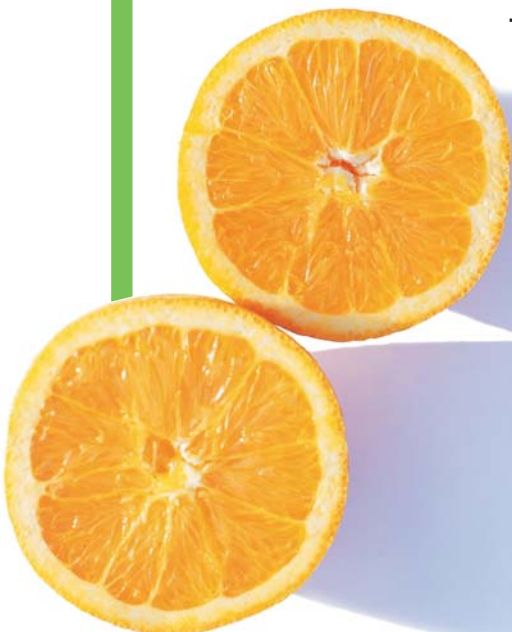
— **Ask:** When Power Panther eats healthy snacks, how does he feel? [He has energy to play and be active.] Do you think that eating healthy snacks would make you feel like Power Panther?

3. **Make** a snack to enjoy together.*

— In a medium-sized bowl, have one or more children mix one package of dry soup mix together with an 8 ounce container of low-fat plain yogurt.

— Serve baby carrots and whole-wheat crackers with the dip for each child to taste.

*Option: Offer a different snack than shown on the poster.



Teaching Activities (continued)

4. Talk about healthy snacks.

— Ask:

What other vegetables would be fun to eat with this dip?

What other foods would make good snacks?

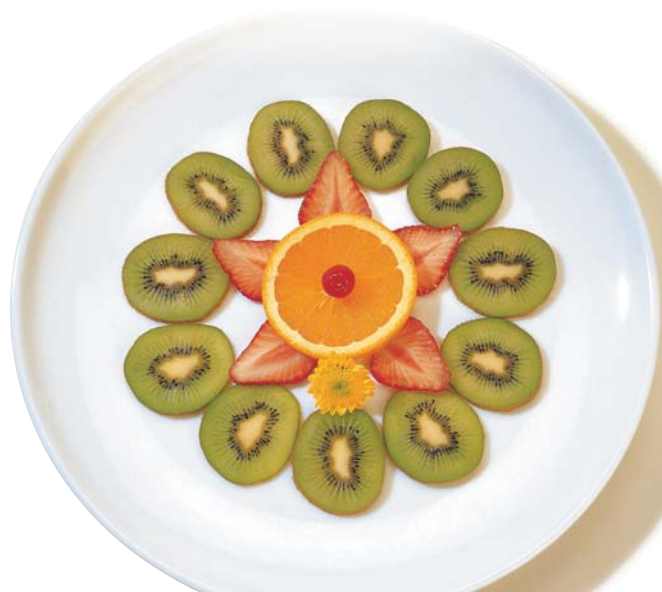
— Recognize each child with an Eat Smart. Play Hard.™ Power Panther sticker.

5. Encourage children to continue to snack like Power Panther at home:

— Say: Now that you have learned about snacks, here is how you can snack like Power Panther at home.

Give each child:

- *Super Good-for-You Snacks* family handout with recipe and snack ideas.
- *Snacking Is Fun and Nutritious* family handout, which is a fun activity sheet to do together to help children know about a variety of good-for-you snacks to enjoy at home with family and friends.
- *Grab Quick & Easy Snacks* parent brochure which contains information and tips on healthy snacking.



Extra Activities

If you have more than 20 minutes, these are some extra activities you might do.

- Create “Snack Smart” Mini Posters ...** Have children make “Snack Smart” mini posters to take home. Use the Power Panther clip art and/or the Power Panther sticker sheet: www.fns.usda.gov/eatsmartplayhard/collection/tools_clipart.html
- Read All About It! ...** Read the book *Go Glow Grow Foods for You* with the children. As you share the story, talk together about all the different kinds of foods that could make good snack foods: <http://www.fns.usda.gov/tn/Resources/goglowgrow.html>
- The Snack Maze ...** As an individual activity for children to learn or practice, give each child the *Grab Quick & Easy Snacks* kids’ activity sheet: www.fns.usda.gov/eatsmartplayhard/collection/kids_activity.html



At-Home Activities

When you talk with parents, you might suggest:

- ☀ **Smart Snacking for Families** ... Give parents these two handouts: *Super Good-for-You Snacks*, *Snacking is Fun and Nutritious* handouts and the *Grab Quick & Easy Snacks* parent brochure. Encourage parents to keep easy, healthy snack foods at home.



Community Activities

- ☀ **Healthy Snack Fund-Raisers** ... Raise money for sports teams, and other community programs, selling healthy snacks: for example, fruit (apples, baby carrots, grapefruit, oranges), nuts, popcorn, pretzels, low-fat yogurt, or frozen fruit pops.
 - Use the *Grab Quick & Easy Snacks* poster and mini-poster as part of your fund-raising announcement.
 - Give your “sales force” Eat Smart. Play Hard.™ stickers to wear as they take orders or sell. Provide them with *Grab Quick & Easy Snacks* parent brochures or kids’ activity sheets to give with each sale.

Useful Resources

- **Additional Eat Smart, Play Hard™ Resources:**
www.fns.usda.gov/eatsmartplayhard
- **From Team Nutrition's *Nibbles for Health*:**
Newsletter 22, "Why Snacks?"
Download: www.fns.usda.gov/tn/Resources/Nibbles/why_snacks.pdf
- **From Team Nutrition: *Fruits & Vegetables Galore*:**
Helping Kids Eat More
Download: www.fns.usda.gov/tn/Resources/fv_galore.html
- **From the Food and Nutrition Service/USDA:**
After School Snack Program:
www.fns.usda.gov/cnd/Afterschool/default.htm
- **From the Food and Nutrition Information Center/USDA:**
Child Nutrition and Health Web sites:
www.nal.usda.gov/fnic/etext/booooo8.html

We want to hear from you! Share your success stories with the Food and Nutrition Service by sending news clippings, photos, and event descriptions to: eatsmartplayhard@fns.usda.gov



Super Good-for-You Snacks

How can you get your child to eat lowfat snacks? These easy-to-make recipes are a great place to start! Invite your child to help you prepare them, too. Cooking is an excellent way to introduce young children to math skills such as measuring, and science concepts such as how heat and cold change substances. Cooking offers you and your child a chance to enjoy a project together. Remember to wash your hands and review kitchen safety rules before you begin.

Mexican Snack Pizzas

A low-fat, low-calorie pizza with a Mexican flavor. The beans and whole-wheat muffins give a fiber boost.

- whole-wheat English muffins
- $\frac{1}{4}$ cup tomato puree
- $\frac{1}{4}$ cup canned kidney beans, drained and chopped
- 1 tablespoon onion, chopped
- 1 tablespoon green pepper, chopped
- $\frac{1}{2}$ teaspoon oregano leaves
- $\frac{1}{4}$ cup mozzarella cheese, part skim milk, shredded
- $\frac{1}{4}$ cup lettuce, shredded

4 servings

Per pizza:

($\frac{1}{2}$ English muffin):

Calories 95

Total fat 2 grams

1. Split muffins; toast lightly.
2. Mix puree, beans, onion, green pepper, and oregano. Spread on muffin halves. Sprinkle with cheese.
3. Broil until cheese is bubbly (about 2 minutes).
4. Garnish with shredded lettuce.



Chili Popcorn

Prepare the popcorn in a microwave oven or hot air popper. The small amount of fat added to the popcorn is just enough to make the other seasonings stick to the popped kernels.

- 1 quart popcorn, popped
- 1 tablespoon margarine, melted
- 1 $\frac{1}{4}$ teaspoons chili powder
- $\frac{1}{4}$ teaspoon ground cumin
- dash garlic powder

4 servings, 1 cup each

Per serving:

Calories 50

Total fat 3 grams

1. Mix hot popcorn and margarine.
2. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.
3. Serve immediately.

Foods that are round, hard, small, thick and sticky, smooth, or slippery should not be offered to children under 4 years of age because of the risk of choking. Examples of such foods include hot dogs, whole grapes, seeds, nuts, popcorn, large pieces of raw carrot, and spoonfuls of peanut butter.

Super Good-for-You Snacks

You and your child can enjoy preparing these recipes together.

Fruit-Juice Cubes

Are you looking for an afternoon snack that is cool, refreshing, and different? Both children and adults will enjoy these bite-size fruit-juice cubes. They are a good replacement for sugary drinks, which supply almost no vitamins or minerals.

- 1 ½ tablespoons (1 ½ envelopes) unflavored gelatin
- ¾ cup water
- 6-ounce can frozen grape or apple juice concentrate

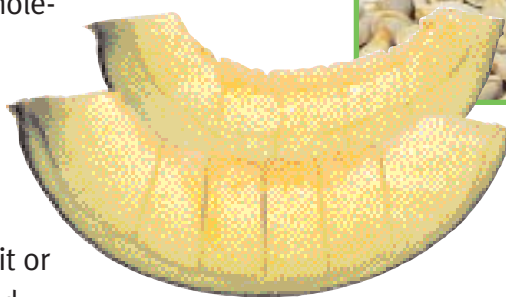
45 cubes
Per cube:
Calories 10
Total fat Trace

1. Very lightly grease 9- by 5-inch loaf pan or plastic ice-cube trays, with non stick spray.
2. Soften gelatin in water in a saucepan for 5 minutes.
3. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat.
4. Add fruit-juice concentrate; mix well. Pour into loaf pan or ice-cube trays.
5. Cover and refrigerate. Chill until set.
6. Cut into 1-inch cubes and serve.

Other snack ideas

When your child wants something:

- Juicy: fruits
- Crispy: pumpkin seeds, carrot sticks, cucumber strips, whole-grain toast, cereal mixed with nuts
- For warmth: soups, warm cider, or hot chocolate
- For thirst: water, fruit or vegetable juices, and yogurt shakes



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Find the low-fat snacks hidden in this picture. Find: graham cracker, low-fat cheese, low-fat milk, pretzels, bagels, low-fat cracker, string cheese, chicken, apple, banana, grapes, orange, celery, broccoli, cereal, low-fat cookies, unbuttered popcorn. Color the picture.

A black and white line drawing of a whimsical wooden structure. A large, curved slide extends from the top right towards the center. A small, round object, possibly a ball or a fruit, is sliding down it. At the bottom of the slide, there is a large bowl filled with food, possibly soup or a stew, with a spoon resting in it. The structure is made of various wooden planks and beams, some of which are decorated with circular patterns. In the background, there are stylized trees and a fence. The overall style is simple and illustrative, typical of a children's book illustration.