

Teacher Guide: **SNACKS**

Key Messages

- Snacks provide the energy children need between meals and nutrients required by their active and growing bodies.
- Adults need to plan snacks so they don't get hungry and overeat at mealtime.
- Choose snacks low in salt, fat, and added sugars.
- Pre-packaged snacks are often expensive and high in fat, salt and added sugars. Avoid the temptation of buying them by following your shopping list.
- Home-made snacks can be nutritious and often are cheaper than pre-packaged snacks.
- Choose whole fresh, canned, or frozen fruit more often than fruit juice.
- Children are more likely to eat healthful snacks when they help select and prepare them.

Objectives

Participants learn:

- why snacks are important for children and adults.
- how to choose nutritious snacks.
- to compare pre-packaged convenient snack foods and homemade snack foods for cost and convenience.

Suggested teaching materials:

- Packages of pre-packaged convenience foods and containers of fruit juice and drinks.
- Pictures of healthful snack foods
- Snack handout

Activities

- Make a list of participant's snack choices. Discuss which food group the snacks belong to and display for all to see. Discuss serving sizes for the snack suggestions.
- Plan healthy snacks for the family and when the snack should be eaten. Use a clock to plan meals and snack times. Remember, children eat more often than adults. And snacks should not be eaten less than 2 hours before a meal.
- Plan snacks that are healthy and convenient to eat. Tips for making Ready-to-eat snacks.
- Provide pictures of snack food choices and have participants choose the most nutritious snacks.
- Compare convenience and cost of pre-packaged snack foods with snacks prepared at home.
- Discuss snack foods that you and your child can prepare together.