

Snacks: Teacher's Guide

Objective: To provide information on how to choose healthful snacks.

Sample ANCHOR questions for participants:

"What foods do you think of when you think of snack foods?"

"What is your favorite snack food?"

"What kinds of snacks would be good choices for young children?"

"What kinds of snacks would be good choices for teenagers?"

"What kinds of snacks would be good choices for adults?"

"What kinds of snacks would be good choices for senior citizens?"

If during your discussion involving your ANCHOR questions your participants did not suggest topics they would like to learn about today you may want to ask:

"What kind of information would be useful to you or your family about snack foods?"

Background Information - Choose the appropriate information below to **ADD** to your lesson.

Healthy Snacks:

- Snacks are an important part of your diet.
- Plan your snacks so you can have energy throughout the day.
- Small, nutritious snacks can keep you from getting hungry and overeating at mealtime.
- Portion sizes will depend on the age, appetite and time between meals.
- Children and teenagers need snacks to help them get enough calories (energy) during the day.
- Any healthful foods can be served as a snack.
- Snacks are a good way to include a food group you may not have eaten at another meal.
- Whole grain foods, fruits and vegetables are good heart healthy snacks.
- Choose snacks low in fat, sugar and salt.

Snack Ideas

- Raw vegetables** - Wash and cut up raw vegetables. Store in the refrigerator for ready-to-eat snacks. Serve with a low-fat dip.

- **Fresh fruits & fruit juices** - Wash fruit and keep handy for snacking.
- **Low-fat grain foods** - bagels, pretzels, whole-grain breads w/ jelly, low-fat crackers, and English muffins.
- **Low-fat dairy foods** - skim milk, low-fat yogurt, low fat ice cream, skim milk pudding, and low-fat cheese.

Shopping For Healthy Snacks

1. Have healthful snacks on your grocery list.
2. Plan ahead and buy snacks at the supermarket to save money and make better choices.
3. Read the labels for the fat content in foods.
4. Read the ingredient list to find hidden sugars and fats.
5. At the checkout avoid tempting high-fat, high-sugar snack displays.

ACTIVITIES (APPLY):

1. Favorite Healthful Snack Poll - Ask participants to write their favorite "HEALTHFUL" snack on a piece of paper. Collect participant's answers. On a blackboard or large sheet of paper write their answers down so everyone can see each other's favorite snacks. Count and see which snacks were popular choices and if one was a favorite amongst the choices.
2. Why are certain foods popular snacks and other foods are not? Refer back to your list of snacks you made with your participants. Find a food that is a healthful snack that may not have been chosen or was listed only once or twice on the list. For example; no one chose vegetables as their favorite healthy snack. You may then begin the discussion by asking your participants: ***"Why do you think no one picked vegetables as their favorite healthy snack?"*** You could then discuss possible reasons with them: It takes time to prepare raw vegetables (washing, cutting) for snacks. You could suggest that when they have a spare moment they could wash and cut up raw vegetables and store in refrigerator so they will be ready-to-eat for snack time. Suggest they have low fat dips on hand. This may encourage some people to eat raw vegetables that do not normally like them. Also, leftover cooked vegetables can be warmed in the microwave and eaten for a snack.
3. ***"What foods do you think of when you think of snack foods?"*** (Instructor make list on board.) ***"Let's look at these snacks and divide them into those***

that are heart-healthy and those that we should eat less often.” Compare and talk about why some foods should be chosen less often as a snack food.

4. Have participants help make healthful snacks, or the instructor can demonstrate these snacks and serve them to the group.

Handouts (AWAY):

“Easy Snacking” - recipes

“Choose a Healthful Snack”

“Making Healthful Snack Choices”

“How Much Sugar in Soda?”

“Snacks” - children

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SNACK RECIPES

Gorp

- 3 cups of two different dry cereals
- 1/2 cup of one dried fruit
- 1/2 cup of one salty food
- 1 cup of one sweet food

Suggested ingredients:

- | | |
|------------------|--------------------|
| Any dry cereal | Chocolate candies |
| Sunflower seeds | Chocolate chips |
| Pumpkin seeds | Corn chips |
| Roasted soybeans | Bite-size crackers |
| Raisins | Marshmallows |
| Any nuts | Pretzels |

1. Mix everything together in a mixing bowl.
(Do not feed to small children because they could choke on some of the food items.)

Vegetable Dipping Sauce

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

1. Mix together all ingredients.
2. Serve with your favorite fresh vegetables.

Shaped Bread Sticks

- 1 frozen loaf whole wheat bread dough

1. Thaw and divide each loaf into 16 equal pieces.
2. Roll each piece of dough into a 10 inch long strip.
3. Place strips on a greased baking sheet.
4. Form into any desired shape.
5. Brush with melted margarine.
6. **Sprinkle with one or two of these:**
garlic salt onion salt
sesame seeds poppy seeds
7. Let rise in a warm place for 15 minutes.
8. Bake at 400°F for 15 minutes.

Fruit Dipping Sauce

- 1 cup nonfat or low fat sour cream
- 1/3 cup apricot or peach preserves or marmalade
- 2 - 3 Tbsp. skim milk

1. Combine sour cream and preserves in a small bowl.
(Cut up any large pieces of fruit in preserves). Mix well.
Stir in enough milk to make mixture of dipping consistency.
2. Chill and serve with assorted fresh fruit. For canned fruit, cut fruit into small chunks and serve with toothpicks for dipping.